

VOLUME 18 ISSUE 1

BORO PARK

מרכז ד'בארא פארק



Fall 2017 Program Guide

Y PROGRAM STARTS WEEK OF OCTOBER 20

GIRLS SUNDAY PROGRAM 10:00am - 4:00pm

BOYS SUNDAY PROGRAM 4:00pm - 7:00pm

BOYS FRIDAY PROGRAM 12:30pm - 2:30pm

BOYS MOTZOEI SHABBOS PROGRAM

8:00pm - 10:30pm BEGINS NOVEMBER 4TH

SWIM INSTRUCTION PROGRAM FOR ALL AGES

ADULT CLASSES

CLUB NISSIM FOR HOLOCAUST SURVIVORS

SENIOR CENTER FUNDED BY DFTA

HIGH SCHOOL DIPLOMA PROGRAM

a beneficiary of
UJA Federation
of New York

UJA/FEDERATION OF NEW YORK

IS A MAJOR CONTRIBUTOR OF THE BORO PARK Y AND OTHER BORO PARK SOCIAL SERVICE AND EDUCATIONAL INSTITUTIONS. YOUR GIFT TO THIS ANNUAL CAMPAIGN MEANS RESPONDING TO JEWISH POVERTY IN NEW YORK, EUROPE AND ISRAEL.

BORO PARK YM-YWHA MERCAZ D'BORO PARK

4912 14TH AVENUE • BROOKLYN, NEW YORK 11219

TEL: (718) 438-5921 • FAX: (718) 871-7336 • WEBSITE: WWW.BOROPARKY.ORG

GENERAL INFORMATION

MEMBERSHIP

Membership at the Boro Park Y entitles everyone to participate in a variety of cultural, educational and recreational programs. It includes full use of the Y's health and fitness facilities - 2 indoor pools, well equipped exercise room, gymnasium, exercise classes, sauna and steam room according to the designated schedules. Members receive priority registration and reduced fees for other programs. In the case of financial difficulty scholarships may be arranged confidentially. There are no refunds for membership and membership is not transferable.

MEMBERSHIP CARDS

Each member received a non-transferable membership card at no cost upon joining the Y. The card must be carried whenever you are in the center. Those not carrying a membership card may be denied admission. If you lose your card a replacement card is available at a \$5 charge.

ILLNESS OR INJURY

If you are unable to use the BPY facilities for an extended period due to illness or injury you must contact the office immediately. You must provide a doctor's note documenting the date and nature of your illness or injury and the dates from the start to the end of your absence. You may receive up to one-month extension on your membership.

GUEST PASSES

Those who would like to purchase a one-day guest pass:

- ◆ Local resident may only be a guest two times a year
- ◆ One month Guest membership \$85.00 and cannot be renewed
- ◆ Guest pass fee: \$15 for an adult; \$10 for a child and are at the discretion of management; Sunday Program guest pass \$30.
- ◆ Guest pass fee can be credited towards a membership only within 24 hours of issuance

REFUND POLICY

All classes are appropriately limited in size to provide maximum benefit to participants. If the Y cancels a class before the class is scheduled to begin participants will receive a full refund. If a class is cancelled after the first class, participants will receive a pro-rated refund. If a registrant withdraws prior to the first class a \$10 administrative fee will be charged. No refunds on any classes after the second class.

RETURNED CHECKS

A fee of \$20 will be charged for any returned checks.

BABYSITTING

A baby-sitting service for members who are participating in Boro Park Y activities is available for \$3.00 per hour per child. A babysitting coupon book consisting of 10 coupons for 10 hours can be purchased at the reduced fee of \$25.00. You may not use the service if you are not participating in a Y program or leave the building while your child is in babysitting.

BABYSITTING HOURS

Monday, Wednesday 9:00 - 2:30pm • Thursday 9:00 - 12:00 noon

MEMBERSHIP INFORMATION

Membership includes the use of the swimming pool, gym, fitness facility, steamroom, sauna, and whirlpool, weight room and the member's fee on classes and events. Membership is valid for a period of twelve months from the date of enrollment. Membership dues are payable in full at the time of application. Adjustment of fees on the basis of financial need can be made by completing the Fee Adjustment Form, which is available in the Main Office.

MEMBERSHIP DUES ARE NOT REFUNDABLE AND NON-TRANSFERABLE.

ANNUAL MEMBERSHIP DUES SCHEDULE

FAMILY a) Parents and all children age 20 and younger living at home. b) Students, ages 18-20, and still living at home, students 20-23 \$125 additional each	\$550
SINGLE PARENT FAMILY * Single parent who is divorced, legally separated, widow or widower; and all Children age 20 and younger. students 20-23 \$125 additional each	\$300
ADULT COUPLE	\$515
INDIVIDUAL ADULT - over age 18	\$440
ADULT STUDENT - Age 17 through 25 and a full-time student*	\$275
KOLLEL COUPLE - Age 21-30 and one spouse is a full-time student*	\$360
CHILDREN - Age 4 through 13 (grade P1A - 8)	\$185
HIGH SCHOOL STUDENTS - Grades 9 through 12	\$225
SENIOR ADULTS* <ul style="list-style-type: none"> • Individual, over age 65 • Couple, both over age 65 	\$250 \$365
<i>*Verification Required At Time Of Registration.</i>	

NEW MEMBERSHIP REGISTRATION FEE - \$50.

A registration fee of \$50. will apply to all new members at the time of enrollment.

INSURANCE

Accident Medical Expense Insurance is required for all that participate in the gym, swim and pre-school programs at the Y. The fee is \$10. per family member. The insurance covers all injuries caused by an accident sustained while participating in Y sponsored activities. The plan is subject to \$25. deductible applying to each claim. The Senior Citizen policy is subject to a deductible based on payments by Medicare. The dental limit is \$150. per accident and covers expenses incurred in the 26 weeks from the date of the accident. There is no family enrollment; each individual must be enrolled separately. Insurance fee must be paid at time of membership enrollment.

LATE RENEWAL FEE

Y members, who do not renew their memberships and wish to rejoin the Y at a later date, will be charged an administrative fee. If within thirty days (30) after their membership has lapsed, they will be charged a \$25 fee; after sixty days (60) has lapsed the membership will be canceled and they will be considered a new member.

GIRLS program

- Activities are for girls grades P1A - 8 require pre-registration including classes with no fee.
- All activities are for Y members only; Swim and gym activities require accident insurance.
 - All groups meet for 10 sessions: **OCTOBER 22 - DECEMBER 31, 2017**
 - **NO PROGRAMS DECEMBER 17TH - CHANUKAH**
- All fees include supplies & materials. Please dress for arts & crafts & or bring a smock.
- To customize a program for you child geared to their interest & skills please call the Y.
- **Special Offer:** Register for one class & receive another class of **equal or lesser** value free! Offer good for each child & is **NOT transferrable to any other child or family member & NOT transferrable to another semester. Offer does not include swim instruction classes.**
Can only be used once a semester per child. Membership must be paid in full at time of registration to qualify.



TRANSPORTATION SCHEDULE

Door To Door Transportation in Boro Park & Flatbush. Fee: **\$70** roundtrip

- **TR01** Pick up to be at Y **10:00 am** • **TR02** Pick up to be at Y **11:15 am**
- **TR03** Depart Y at **1:00 pm** • **TR04** Depart Y at **2:15 pm** • **TR05** Depart Y at **4:00 pm**

NURSERY & KINDERGARTEN

BOYS & GIRLS AGES 3 - 5

10:00 - 1:00 PM

2G00 PRE SCHOOL FUN CLUB \$85.00
Creative group activities including arts & crafts, music, dance, cooking and more.

P1A - 1ST GRADE

10:00 - 11:15 AM

2G01 BALLET I \$80.00
Barre work emphasizing proper alignment of the body. Develop & improve coordination & image.

2G02 GYMNASTICS I \$65.00
Beginning gymnastics using mats & a balance beam.

2G03 PAINTING 4 BEGINNERS \$90.00
Introductory program for the young artist - bring a smock!

11:30 - 12:25 PM

(give your child enough time to get ready)

7GS1 LEARN TO SWIM \$100.00

11:15 - 12:30 pm

2G10 CRAFTS CATALOGUE \$65.00
Dazzle your friends and family!

2G11 BAKERS AND CHEFS \$65.00
Special treats that are fun to make and eat!

2G12 GYMNASTICS I \$65.00
Beginning gymnastics using mats & a balance beam.

12:25 - 1:15 pm

7GS2 LEARN TO SWIM \$100.00

1:00 - 2:15 pm

2G30 PAINTING FOR BEGINNERS \$90.00
Introductory program for the young artist - bring a smock!

2G31 CLAYMATICS \$65.00
New and exciting craft projects-no repeats!

2G32 BAKERS AND CHEFS \$65.00
Put on your apron and bake special treats.

1:15 - 2:00 Open Swim

2:00 - 2:55pm

7GS3 LEARN TO SWIM \$100.00
followed by Free Swim!

2:15 - 3:30 pm

2G51 CRAFTS AND MORE \$65.00

2G52 PAINTING 4 BEGINNERS \$90.00

GRADES 2 - 3**10:00 - 11:15 am**

2G02	GYMNASTICS I	\$65.00
	<i>Beginning gymnastics using mats & a balance beam.</i>	
2G05	BASIC DRAWING	\$90.00
	<i>Learn composition, perspective, shading and color. class size limited. bring a smock!</i>	
2G06	WORD I	\$75.00
	<i>Learn to use the keyboard for fun & crafts.</i>	
2G07	CRAFTS & CREATIONS	\$65.00

11:30 - 12:25 pm

7GS1	LEARN TO SWIM	\$100.00
	<i>(give your child enough time to get ready)</i>	

11:15 - 12:30 pm

2G14	BALLET I	\$80.00
	<i>Learn basic ballet steps.</i>	
2G12	GYMNASTICS I	\$65.00
	<i>Beginning gymnastics using mats & a balance beam.</i>	
2G16	CASIO I	\$75.00
	<i>Read notes, play Jewish songs. 3-1/2 octave Casio with ear-phone attachment required.</i>	
2G17	PAINTING I	\$90.00
	<i>Learn composition, perspective, shading and color. class size limited. bring a smock!</i>	
2G10	CRAFTS CATALOGUE	\$65.00

12:25 - 1:15 pm

7GS2	LEARN TO SWIM	\$100.00
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1:00 - 2:15 pm

2G33	GYMNASTICS II	\$65.00
2G34	PAINTING I	\$90.00
2G31	CLAYMATICS	\$65.00
2G36	JUNIOR PARTY PLANNERS	\$65.00
	<i>Edible masterpieces to eat and serve.</i>	
2G37	WORD I	\$75.00
	<i>Learn to use the keyboard for fun and crafts!</i>	

2:00 - 2:55 pm

7GS3	LEARN TO SWIM	\$100.00
	<i>Beginners - Intermediate. Small group sizes.</i>	

2:15 - 3:30 pm

2G53	WORD I	\$75.00
	<i>Learn the keyboard, functions and games.</i>	
2G56	JR. PARTY PLANNERS	\$65.00
2G54	PAINTING I	\$90.00
2G55	CRAFTS FACTORY	\$65.00

GRADES 4 - 5**10:00 - 11:15 am**

2G06	WORD I	\$75.00
	<i>Learn Keyboard, functions and games!</i>	
2G08	PAINTING I	\$90.00
2G05	BASIC DRAWING	\$90.00

11:15 - 12:30 pm

2G20	STEP AEROBICS	\$65.00
	<i>Exercise workouts using energetic steps.</i>	
2G16	CASIO I	\$75.00
	<i>Learn to read notes and play Jewish songs. 3-1/2 octave Casio with earphone attachment required.</i>	
2G14	BALLET I	\$80.00
	<i>Learn basic ballet steps.</i>	

2G17	PAINTING I	\$90.00
	<i>Use different media to learn about composition, perspective, shading and color. Limit 10 students.</i>	
2G13	DRAWING II	\$90.00

Drawing Principles, shading and pencil work. Limit 10 students.

2G21	WOODSHOP	\$85.00
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2G22	WORD I	\$75.00
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Learn to use the keyboard for fun and crafts!

11:30 - 12:25 pm

7GS1	LEARN TO SWIM	\$100.00
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GRADES 4 - 5

<i>12:25- 1:15 pm</i>		
7GS2	LEARN TO SWIM	\$100.00
<i>1:00 - 2:15 pm</i>		
2G38	BALLET I	\$80.00
2G37	WORD I	\$75.00
<i>Learn the computer keyboard, functions & games.</i>		
2G33	GYMNASTICS II	\$65.00
2G34	PAINTING I	\$90.00
<i>Use different media to learn about composition, perspective, shading and color. Limit 10 students.</i>		
2G39	CASIO I	\$75.00
<i>Learn to read notes and play Jewish songs. 3-1/2 octave Casio with earphone attachment required.</i>		
2G41	WOOD SHOP	\$85.00
2G42	PARTY PLANNERS	\$65.00
<i>Edible masterpieces to eat and serve.</i>		

<i>2:00 - 2:55 pm</i>		
7GS3	LEARN TO SWIM	\$100.00
<i>Beginners through Intermediate.</i>		
7GS5	GUARD START	\$125.00
<i>Junior Lifeguarding</i>		
<i>2:15 - 3:30 pm</i>		
2G58	GYMNASTICS II	\$65.00
2G57	PARTY PLANNERS	\$65.00
2G53	WORD I	\$75.00
<i>Learn to use the keyboard for fun and crafts</i>		
2G73	SELF DEFENSE	\$85.00
2G61	DRAWING	\$90.00



GRADES 6 - 8

<i>11:15 - 12:30 pm</i>		
2G23	DRAWING I	\$60.00
<i>Beginners class using charcoal pencils</i>		
2G34	OVERSIZED PAINTINGS	\$95.00
2G22	WORD	\$75.00
<i>12:25 - 1:15 pm</i>		
7GS2	LEARN TO SWIM	\$100.00
<i>1:00 - 2:15 pm</i>		
2G43	FITNESS TRAINING	\$60.00
2G41	WOODSHOP	\$85.00
2G34	PAINTING	\$90.00
2G71	SELF DEFENSE II	\$85.00

2G39	DRAWING II	\$90.00
2G44	CASIO	\$75.00
<i>2:00 - 2:55 pm</i>		
7GS5	GUARD START	\$125.00
<i>2:15 - 3:00 pm</i>		
2G62	PARTY PLANNERS <i>Advanced</i>	\$65.00
2G73	SELF DEFENSE I	\$85.00
2G58	ADVANCED GYMNASTICS	\$65.00
<i>Placement Test Required</i>		
2G61	DRAWING II	\$90.00
2G72	SIMCHA DANCE II	\$80.00

HIGH SCHOOL GIRLS PROGRAM

FITNESS FACILITY NO FEE
 Tuesday & Thursday ~ 7:00 - 8:00 pm

CORE-DINATION
Aerobics Training - fun PLAY - Hard WORK stretching, calisthenics and step included in total workout.
 Tuesday & Thursday ~ 8:00 - 9:00 pm

WSI Fee: \$550
 October 24 - January 2
 7TE2 Tuesday 6:00 - 9:00 PM

LIFEGUARDING Fee: \$550
 October 26 - January 4
 7TE3 Thursday 6:00 - 9:00 PM

Includes CPR Pro, First Aid, & AED. Preliminary screening test fee: \$10. (non-refundable)

LEARN TO SWIM \$100.00

October 24 - January 9
 7TE1 Tuesday 7:15 - 8:00 PM

OPEN SWIM NO FEE
 Tuesday & Thursday ~ 7:30 - 8:00 pm

New!! Gymnastics

2GT1 Tuesday ~ 5:00 - 6:00 PM
 2GT2 Tuesday ~ 6:00 - 7:00 PM

October 24 - January 9
 (10 Sessions)
 Fee: M-\$85 • NM-\$125

HIGH SCHOOL BOYS PROGRAM

SPORTSCENTER NO FEE
 Sunday 7:00 - 9:00 pm
 Motzoei Shabbos 9:00 - 10:45 pm

FITNESS FACILITY NO FEE
 Sunday 7:00 - 8:30 pm
 Motzoei Shabbos 9:00 - 10:45 pm

KARATE M-\$80/NM-\$125
 November 4 - January 13 (10 Sessions)

2MS1 Level I Motzoei Shabbos 8:00 - 9:00 pm

2MS2 Level II Motzoei Shabbos 9:00 - 10:00 pm

LEARN TO SWIM \$100.00
 October 23 - January 1
 7ME1 Monday 7:30 - 8:00 pm

LIFEGUARDING \$550.00
 7BS4 Sunday 6:30 - 9:30 pm
 November 5 - January 14
See swim page for complete details. Preliminary screening test fee: \$10. (non-refundable). (Book fee and Red Cross fee additional- \$105)

OPEN SWIM NO FEE
 Sunday 7:00 - 9:00 pm
 Motzoei Shabbos 9:00 - 10:45 pm

New HS Equivalency Program NEDP

GET YOUR HS DIPLOMA!

NEDP Program enables you to get a NY State HS Diploma on a flexible schedule with no classroom time.

Must be able to read and write on a 9th grade level (on site testing) & be 18 years old.

Call for information and registration.

BOYS PROGRAM

Rabbi Kalman Brody, Supervisor Boys Program

• All activities require pre-registration including classes with no fee • All activities are for Y members only; swim and gym requires accident insurance • All programs are for **9 sessions**. All fees include supplies and materials except where noted.

• Sunday Program dates: **October 22 - December 31** • Friday Program dates: **October 20 - December 29**

• Motzoei Shabbos Program dates: **November 4 - March 10** • No Sessions **December 15, 16, 17 Chanukah**

• **SPECIAL OFFER** -Register for a swim instruction class and receive one activity at half price!

Offer good for each child and is not transferrable to any other child or family member and not transferrable to another semester. Membership must be paid in full at time of registration to qualify. Can not be combined with any other offer.

Sunday - 5:30 - 7:00 pm • Motzoei Shabbos - 8:45- 9:45 pm

SPORTSCENTER - No Fee • Organized activities geared to age levels.

Grades 3 - 5 Sunday - 4:00-5:30 pm

Grades 6 - 8

Sunday - 5:30-7:00 pm

Grades 1 - 3 Friday - 12:15-12:50 pm

Grades 4 - 6

Friday 12:50-1:35 pm

Grades 7 - 8 Friday - 1:40-2:15 pm

Grades 6 - 8

Motzoei Shabbos - 8:00-9:00 pm

SELF DEFENSE I

\$85.00

Basic martial arts and skills. A Gi is optional as is testing & at an additional cost.

2BFO Sunday 3:45 -4:45 pm
2MS1 Motzoei Shabbos 8:00-9:00 pm

SELF DEFENSE II

\$85.00

2MS2 Motzoei Shabbos 9:00-10:00 pm

GYMNASTICS

\$65.00

2BS2 Sunday 3:45-4:45 pm
2BF9 Friday 1:15-2:15 pm

WOODWORKING I

\$90.00

2BS6 Sunday 3:45 - 4:45 pm
2BS7 Sunday 4:45 - 5:45 pm

WOODWORKING II

\$90.00

2BS8 Sunday 5:45 - 6:45 pm

PAINTING & DRAWING

\$90.00

2BS4 Sunday 3:45 - 4:45 pm
2BS9 Sunday 4:45 - 5:45 pm

COMPUTERWISE I

\$75.00

Learn the keyboard function & games.

2BS8 Sunday 5:00 - 6:00 pm

SWIM INSTRUCTION

\$100.00

Grades 1 - 8. All Levels.

Testing at first session for placement.

7BS1 Sunday 5:00 - 5:45 pm
7BF1 Friday 1:20 - 2:10 pm

GUARD START

\$125.00

First step training for Junior Lifeguards.

7BF2 Friday 1:15 - 2:10 pm
7BS2 Sunday 5:00 - 5:45 pm

OPEN SWIM

Members Only No Fee

Sunday 4:15 - 4:40 pm
Sunday 5:45 - 7:00 pm
Friday 12:30 -1:15 pm
Motzoei Shabbos 8:00 - 8:30 pm

FATHER/SON SWIM

Members Only No Fee

Sunday 6:00 - 7:00 pm
Motzoei Shabbos 8:30 - 10:00 pm

Father must be accompanied by child.

**New
Boys
Program!**

**YESHIVA BOYS ORCHESTRA PROGRAM
LEARN TO PLAY AN INSTRUMENT:**

MUSIC LESSONS FOR BOYS

Sunday 4:00 - 6:00 pm • \$60

Group Lessons in

• Violin • Clarinet • Drums

Violin	2B10	4-5pm	2B11	5-6 pm
Percussion	2B12	4-5pm	2B13	5-6 pm
Casio	2B14	4-5pm	2B15	5-6 pm
Clarinet	2B16	4-5pm	2B17	5-6 pm





AQUATICS & PHYSICAL EDUCATION

- All Classes require Y membership and accident insurance are for 10 Sessions unless otherwise noted
- No evening classes December 12 - December 19 Chanukah

WOMEN

LEARN TO SWIM \$100.00
 October 23 - December 25
7MD1 Monday 10:20 - 10:55 am
 October 24 - December 26
7TE1 Tuesday 7:15 - 8:00 pm
 October 25 - December 27
7WD1 Wednesday 10:20 - 10:55 am

LAP SWIM \$60.00
 October 23 - January 3
 Registration is for one Lap Swim Period Only
7W01 Lap I 7:15 - 8:00 am
7W02 Lap II 11:00 - 11:45 am
7W03 Lap III 1:15 - 2:00 pm

LIFEGUARDING \$550.00
Pre-requisite 15 years old. Level IV swim skills. Includes CPR Pro, First Aid, & AED. Preliminary screening test fee: \$10. (non-refundable) Book & Red Cross fee extra.
7TE3 September 22 - January 5 Thursday

WSI \$550.00
 September 20 - January 3
7TE2 Tuesday 6:00 - 9:30 pm
Red Cross materials and fees not included

GIRLS

LEARN TO SWIM \$100.00
Emphasis on water comfort, floating, breathing, kicking-front & back crawl.
 October 22 - December 31
7GS1 Sunday 11:30 - 12:25 pm
7GS2 Sunday 12:25 - 1:15 pm
7GS3 Sunday 2:00 - 2:55 pm
 October 24 - January 9
7GT1 Tuesday 5:30 - 6:15 pm

GUARD START \$125.00
First step training for Junior Lifeguards.
7GS5 Sunday 2:00 - 2:55 pm
7GT2 Tuesday 5:30 - 6:15 pm

BOYS

LEARN TO SWIM \$100.00
 October 22 - December 31
7BS1 Sunday 5:00 - 5:45 pm
 October 20 - December 29
7BF1 Friday 1:20 - 2:10 pm

GUARD START \$125.00
First step training for Junior Lifeguards.
 October 22 - December 31
7BS2 Sunday 5:00 - 5:45 pm
 October 20 - December 29
7BF2 Friday 1:20 - 2:10 pm

HIGH SCHOOL BOYS & MEN

LIFEGUARDING \$550.00
 November 5 - January 14
7BS4 Sunday 6:30 - 9:30 pm
Preliminary screening test fee: \$10.(non-refundable)Book & Red Cross extra. Must be 15.

LEARN TO SWIM \$100.00
 October 3/23 - January 1
7ME1 Monday 7:30 - 8:00 pm

ONE ON ONE SWIM INSTRUCTION

Fee: \$40 - per 30 minute session

Available as an alternative to group lessons for those who wish one on one with an instructor, customized to meet your specific needs.

All Sessions for 1/2 hour. Pre-registration required.

PLEASE CHECK WITH YOUR INSURANCE COMPANY IF THEY HAVE A GYM REIMBURSEMENT PROGRAM. WE WILL GLADLY FILL OUT ALL FORMS YOU REQUIRE

BORO PARK Y POOL SCHEDULE					
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEN Open Swim 7:30 - 10:30 am	WOMEN Lap Swim I 7:15 - 8:00 am	MEN Open Swim 7:30 - 10:30 am	WOMEN Lap Swim I 7:15 - 8:00 am	WOMEN Open Swim 7:30 - 10:30 am	MEN Open Swim 7:30 - 11:00 am
GIRLS (P1A-8) Swim Instruction 11:30 - 12:25 pm 12:25 - 1:15pm	WOMEN Open Swim 8:00 - 10:15 am		WOMEN Open Swim 8:00 - 10:15 am	WOMEN Open Lap Swim 10:00 - 11:30 am	BOYS (Grades 1-8) Open Swim 12:30 - 1:15 pm
GIRLS Open Swim (Grades 2-8) 1:15 - 2:00 pm	WOMEN Swim Instruction 10:20 - 10:55 am		WOMEN Swim Instruction 10:20 - 10:55 am		BOYS Swim Instruction (Grades 1-8) 1:20 - 2:10 pm
GIRLS (Grades 1-8) Swim Instruction 2:00 - 2:55 pm	WOMEN Lap Swim II 11:00 - 11:45 am	GIRLS Open Swim 4:30 - 5:30 pm	WOMEN Lap Swim II 11:00 - 11:45 am	GIRLS Open Swim 4:30 - 6:00 pm	
GIRLS (Grades 1-8) Open Swim 3:00 - 3:30 pm	WOMEN Open Swim 11:45 - 12:45 pm	GIRLS Swim Instruction 5:30 - 6:15 pm	WOMEN Open Swim 11:45 - 12:45 pm		
BOYS Open Swim (Grades 1-8) 4:15 - 4:55 pm	WOMEN Open Lap Swim 12:45 - 1:15 pm	H.S. GIRLS & WOMEN WSI 6:00 - 9:00 pm	WOMEN Open Lap Swim 12:45 - 1:15 pm	H.S. GIRLS & WOMEN Lifeguarding 6:30 - 9:30	MOTZOEI SHABBOS NOV. 4 - MARCH 10
BOYS Swim Instruction 5:00 - 5:50pm	WOMEN Lap Swim III 1:15 - 2:00 pm	H.S. GIRLS & WOMEN Swim Instruction 7:15 - 8:00 pm	WOMEN Lap Swim III 1:15 - 2:00 pm		BOYS Open Swim (Grades 1 - 8) 8:00 - 8:30 pm
FATHER / SON Open Swim 6:00 - 7:00 pm	H.S. BOYS Open Swim 7:00 - 9:00 pm	H.S. GIRLS Open Swim 7:00 - 8:00 pm	H.S. BOYS Open Swim 7:00 - 9:00 pm	H.S. GIRLS Open Swim 7:30 - 8:00 pm	FATHER / SON Open Swim 8:30 - 10:00pm
H.S. BOYS Open Swim 7:00 - 9:00 pm	MEN Open Swim 7:00 - 10:30pm	WOMEN Open Swim 8:00 - 9:30 pm	MEN Open Swim 7:00 - 10:30pm	WOMEN Open Swim 8:00 - 9:30 pm	H.S. BOYS & MEN Open Swim 9:15 - 10:45 pm
H.S. BOYS Lifeguarding 7:00 - 9:30 pm		WOMEN Open Lap Swim 9:30 - 10: 45 pm		WOMEN Open Lap Swim 9:30 - 10:45 pm	

AQUADYNAMICS WATER EXERCISE

WOMEN

Monday & Wednesday 9:30 - 10:00 am
11:15 - 11:45 am
12:00 - 12:30 pm

Thursday 9:30 - 10:00 am

Tuesday & Thursday 8:30 - 9:00 pm

MEN Wednesday 7:30 - 8:00 pm

SMALL POOL HOURS

WOMEN

Monday & Wednesday 10:00 - 1:30 pm

Thursday 9:00 - 11:30 am

Tuesday & Thursday 7:30 - 9:30 pm

MEN

Monday & Wednesday 7:30 - 9:30 pm

Sunday, Tuesday, Friday 8:30 - 10:30 am

POOL HOURS WILL BE STRICTLY ENFORCED
SUBJECT TO AVAILABILITY OF LIFEGUARDS

SAUNA, WHIRLPOOL & STEAMROOM

WOMEN

Monday & Wednesday 7:15 - 2:15 pm

Tuesday 7:30 - 10:30 pm

Thursday 8:00 - 11:30 am
7:30 - 10:30 pm

MEN

Sunday 7:30 - 10:45 am

Monday & Wednesday 6:00 - 10:30 pm

Tuesday 7:30 - 10:30 am

Friday 7:30 - 11:00 am

FITNESS FACILITY

WOMEN

Monday & Wednesday 8:15 - 1:30 pm

Tuesday & Thursday 8:15 - 10:45 pm

Thursday 8:15 - 11:00 am
8:15 - 10:30 pm

MEN

Sunday 7:30 - 10:30 am

Monday & Wednesday 6:00 - 10:45 pm

Tuesday & Friday 7:30 - 10:30 am

Motzoei Shabbos 8:00 - 9:00 pm

H.S. GIRLS

Tuesday & Thursday 7:00 - 8:00 pm

H.S. BOYS

Motzoei Shabbos 9:00 - 10:45 pm

Sunday 7:00 - 8:30 pm

**BORO PARK YM-YWHA - 4912 14TH AVENUE, BROOKLYN, N.Y. 11219 718 438-5921
PHYSICAL EDUCATION DEPARTMENT**

RULES FOR USE OF POOL, GYM, SAUNA AND WHIRLPOOL

Y members have the use of the following facilities:

- Pool, Gymnasium, Steam Room, Sauna, Exercise Room, Whirlpool and Locker Rooms.
- All Schedules are subject to change. • No food or beverages are allowed in any of the facilities.
- Lockers are to be used only during the time one is participating in an activity. All lockers must be emptied and locks removed at the end of the day. • Locks will be cut if left overnight. The Y is not responsible for personal property.
 - All women must wear a bathing cap in the pool.
- Accident Insurance is required of all participants. This policy provides for coverage after application to private insurance and a \$25 deductible has been met.
- All participants must shower with soap before entering the pool, sauna or whirlpool.
 - Use of sauna and whirlpool is limited to 10 minutes.
- Persons in poor health should consult their physician before using any of the above facilities.
- Bathing suits must be worn in the pool, sauna and whirlpool, no shoes to be worn in the pool area.
- In the Gym and Exercise Room proper attire must be worn at all times, sneakers and leotards and tights, or sweat suits or shorts - no bathing suits.
- The lifeguards reserve the right to exclude any person from the pool who does not follow the rules

NOTE: LOCKER ROOMS CLOSE ONE HALF HOUR AFTER GYM CLASSES EXCEPT SUNDAY WHEN LOCKER ROOMS CLOSE AT 11:00 AM. NO ADMITTANCE TO ANY FACILITIES 15 MINUTES BEFORE CLOSING.

OPEN GYM SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEN Open Gym 8:00 - 9:30 am	WOMEN Open Gym 9:00 - 10:00 am		WOMEN Open Gym 9:00 - 10:00 am		BOYS Open Gym (grades 1 - 3) 12:15- 12:50 pm
WOMEN Circuits 10:00 - 10:45 am GIRLS Open Gym (grades 1-8) 12:30 - 1:30 pm	WOMEN Cardio Challenge 10:00 - 10:45 am Arms and Abs 10:50 - 11:20 am		WOMEN Cardio Challenge 10:00 - 10:45 am Arms and Abs 10:50 - 11:20 am		BOYS Open Gym (grades 4 -6) 12:50- 1:35 pm (grades 7 - 8) 1:40 - 2:15 pm
GIRLS Open Gym (grades p1a-3) 1:30 - 3:30 pm		H.S. GIRLS Core-dination 8:00 -8:45 pm		H.S. GIRLS Core-dination 8:00 -8:45 pm	MOTZOEI SHABBOS NOVEMBER 4 MARCH 10
BOYS Open Gym (grades 3-6) 4:30 - 6:00 pm	WOMEN Steptastics 11:45 - 12:15 pm	WOMEN Cardio Dance Fusion 7:55 - 8:45 pm	WOMEN Step Tastics 11:45 - 12:15 pm	WOMEN Cardio Dance Fusion 7:55 - 8:45 pm	
BOYS Open Gym (Grades 6-8) 6:00 -7:15 pm					BOYS Open Gym (grades 6 - 8) 8:00 - 9:15 pm
HS BOYS Open Gym 7:15 - 9:00 pm	MEN Open Gym 7:00 - 10:30 pm	WOMEN Open Gym 9:00 - 10:30 pm	MEN Open Gym 7:00 - 10:30 pm	WOMEN Open Gym 9:00 - 10:30 pm	HS BOYS Open Gym 9:15 - 10:45 pm

••• ADULT SPECIAL INTEREST CLASSES •••

- No refunds will be given on any class after the first session has begun.
- Supplies are not included in course fees. • Babysitting is available during daytime classes and at night by reservation only. • Children are not permitted in any of the classrooms
- No Evening Classes Chanukah December 13

••• ART PALETTE •••



ART WORKSHOP I

BASIC DRAWING AND WATERCOLORS

Introduction to drawing in black and white. Line volume, composition and perspective taught through still life. Basic principles of Watercolor and techniques.

5TD1 Tues. 10:00-12:30 pm • October 24 - December 27
Fee: M-\$185/NM-\$200 (10 Sessions)

CHAVA ROTH

ART WORKSHOP II

Basic drawing pre-requisite. Oil Painting from a representational viewpoint. Still Life, landscapes, etc. Color mixing, paint application and composition strategies emphasized.

5TD2 Tuesday 12:45 -3:15pm • October 24 - December 26
5WD1 Wednesday 10:00-12:30 pm • October 25 - December 27
5WD2 Wednesday 12:45 - 3:15pm • October 25- December 27
5WE1 Wed. 7:00-9:30 pm • October 25 - December 27
Fee: M-\$185/NM-\$200 (10 Sessions)

CHAVA ROTH

••• BASIC COMPUTER EDUCATION •••



WORD FOR WINDOWS I

Basic Course for computers. Work with file, applications, Notepad. Create and format documents in Word.

5CC1 Monday & Wednesday 10:00 - 11:30 am
5CC2 Monday & Wednesday 7:00 - 8:30 pm (12 Sessions)
October 30 - December 6 Fee: M-\$145/NM-\$165

JOSEPH ROSENTHAL

EXCEL

Create spreadsheets, graphics & calculating formulas.

5CC5 Monday & Wednesday 7:00 - 8:30pm (5 Sessions)
December 27 - January 10 • Fee:M-\$85/NM-\$115
5CC3 Tuesday & Thursday 5:00 - 6:30pm (5 Sessions)
November 6 - November 22 • Fee:M-\$85/NM-\$115

JOSEPH ROSENTHAL

QUICKBOOKS

Pre Requisite - Word for Windows. Learn to set up books for a business payroll, vendors, pay taxes or for personal use.

5CC4 Tuesday & Thursday 7:00 - 8:30 pm (6 Sessions)
November 6 - November 22 Fee: M-\$100/NM\$125

JOSEPH ROSENTHAL

MICROSOFT ACCESS

User friendly database system to design tables, forms, reports & queries.

5CC6 Tuesday & Thursday 10:00 - 11:30am (10 Sessions)
November 17 - December 23 Fee:M-\$120/NM-\$145

JOSEPH ROSENTHAL

WOMEN'S FITNESS CLASSES

We encourage you to develop a set routine to keep fit. The exercise schedule may change by time or instructor as needed.

INTERVELOCITY

Sun. 10:00 - 10:45 am

CARDIO CHALLENGE

Mon. & Wed. 10:00 - 10:45 am

High impact aerobics followed by intense abdominal exercises

ARMS & ABS

Mon. & Wed. 10:50 - 11:30 am

Toning Class

STEPTASTIC

Mon. & Wed. 11:30 - 12:15 pm

Variation of popular basic moves, off cadence stepping, tap free stepping, creating more complex patterns, while working with one or two steps

CARDIO DANCE FUSION

Tues. 7:55 - 8:55 pm

Fun cardio combinations followed by weights & mat work

BOOT CAMP TRAINING

Thurs. 7:55 - 8:55 pm

Cardio kick boxing with emphasis on the core & lower body

H.S. GIRLS FITNESS CLASSES

CORE-DINATION

Tues. & Thurs. 8:00 - 8:45 pm

Aerobic Training - fun work - Hard Play stretching, calisthenics and step included in total workout

ADULT EXERCISE CLASSES

Open to Members & Non Members!

ZUMBA WITH TAMARA

Energetic aerobics workout combining latin and international dance steps

FRIDAY 10-10:45PM

OCT. 20-DEC. 22:

10 SESSIONS

5ZU1 FEE: M-\$100/NM-\$125

DROP IN ONE CLASS \$15

● ● ● CLUB NISSIM ● ● ●

Club Nissim is a Day Program for Holocaust Survivors, and is open for men and women who are Survivors of the Shoah. It meets Monday, Tuesday, Wednesday and Thursday beginning at 10:00 am . Club Nissim was so named by its members in recognition of their miraculous survival, and it is a dynamic program where participants can explore a wide variety of stimulating activities in a cheerful and friendly environment.

“**The Circle**” offers special programs and services for members of Club Nissim members who are in need of additional support and supervision.

Limited transportation to and from the Y is available free of charge.

activities include:

- ❖ Daily Exercise for Women
- ❖ Lectures
- ❖ Discussion & Support Groups
- ❖ Aqua Dynamics for Women
- ❖ Cooking & Baking
- ❖ Weekly Movies & Documentaries
- ❖ Exercise, Swimming & Shiur for Men only
- ❖ Social Gatherings & Parties
- ❖ Dance, Bowling & Ping pong
- ❖ Birthday Club
- ❖ Weekly Trips & Outings
- ❖ Beading, Knitting & Other Crafts
- ❖ Health & Nutrition Programs
- ❖ Relaxation & Stress Reduction Techniques

Visit us, and you will discover many dear, familiar faces! This is also the place to make fresh connections and find new friends! Members are encouraged to browse and select among the many varied activities, or to simply drop in for a cup of coffee and a schmooze!

SIMONNE HIRSCHORN
PROGRAM DIRECTOR

ESTHER GROSSMAN
PROGRAM ASSISTANT

CHANA SAHLER
PROGRAM ASSISTANT

Join Club Nissim and Get a New Lease on Life!

"Club Nissim" is supported by grants from the Conference on Jewish Material Claims against Germany and UJA/Federation of New York and the NYC Council Elie Weisel Holocaust Survivor Initiative.

BORO PARK Y SENIOR CENTER

Judy Liff, Director **Hindy Gertner**, Program Assistant (718) 435-3804
 The Y Senior Center offers diverse and stimulating activities for men and women over 60; Monday thru Friday 9:00 am - 4:30 pm.

Program Highlights

- CRAFTS
- HEALTH & NUTRITION LECTURES
- GUEST SPEAKERS
- SHOWS
- ASSISTANCE WITH GOVERNMENT BENEFITS
- DAILY GLATT KOSHER LUNCHES
- CLASSES & LECTURES

WEEKLY SCHEDULE				
Monday	Tuesday	Wednesday	Thursday	Friday
9:30 am BOARD GAMES				
			10:00 - 11:00 am Blood Pressure Screening	9:45 - 10:45 am Morning Workout with Svetlana
11:00 - 11:45 am Chair Yoga in Center		10:30 - 11:30 am Morning Workout with Svetlana	10:00 - 10:45 am Exercise with Miri	
11:50 - 12:45 am Mat Yoga in Gym	11:00 am Trivia Hour		11:00 am "News & Views"	11:00 am Class with Rabbi Kestenbaum
12:00 noon LUNCH				
1:00 pm Movie Matinee	1:00 pm Bingo	1:00 pm Crafts	1:00 pm "Arts & Entertainment"	
1:30 pm Dance with Shulamith				

UPCOMING EVENTS

THANKSGIVING PARTY
 Thursday
 November 23rd
 11:30 AM • \$4
 Reservation Required

CHANUKAH PARTY
 Thursday
 December 14th
 11:30 AM • \$4
 Reservation Required

FUNDED BY NEW YORK CITY DEPARTMENT FOR THE AGING

BORO PARK Y BUILDING SCHEDULE 5778

Subject to Change

Monday September 4	Labor Day Y Open
Wednesday September 20	Erev Rosh Hashanah Swim Cancelled Y closes at 1
Thursday September 21 - Friday September 22 ..	Rosh Hashanah Y closed
Sunday September 24	Tzom Gedalia Regular Schedule
Friday September 29	Erev Yom Kippur Men's Swim till 11am Y closes at 1pm
Wednesday October 4	Erev Succos Swim Cancelled Y closes at 2 pm
Thursday October 5 - Friday October 6	Succos Y Closed
Sunday October 8 - Tuesday October 10	Chol Hamoed Schedule
Thursday October 11	Hoshana Rabba Y closed
Thursday October 12 - Friday October 13	Shiminei Atzeret & Simchas Torah Y closed
Thursday November 23	Thanksgiving - Regular Schedule
Motzoei Shabbos December 16	Motzei Shabbos Program Cancelled
Sunday December 17	Mens Swim & Gym Y Closes at 12 Noon Childrens Program Cancelled
Thursday December 28	Asara B'Tevet Regular Schedule

~ 2018 ~

Monday January 1	Y Open
Wednesday February 28	Taanis Esther - Y Open till 4pm
Thursday March 1	Purim - Y Closed
Thursday March 29	Y Open till 2 pm
Friday March 30	Erev Pesach Y Closed
Monday April 2 - Wednesday April 4	Chol Hamoed Schedule
Thursday April 5 - Friday April 6	Y Closed
Sunday May 20 - Monday May 21	Shavuot Y closed
Monday May 28	Memorial Day Y Open
Sunday July 1	17th of Tammuz observed Y Closes at 4 PM
Wednesday July 4	Y Open
Sunday July 15	Y Closed
Friday July 13 - Friday July 20	Nine Days Schedule
Sunday July 22	Tisha B'Av Y Closed
Monday July 23	Summer Schedule Resumes

CHOL HAMOED SCHEDULE

Monday, Wednesday Thursday - Women's Swim 8:00 - 11:00 am
 Tuesday & Thursday - Women's Swim 7:30 - 10:00 pm
 Sunday, Tuesday, Friday - Men's Swim 8:00- 11:00 am
 Monday & Wednesday - Men's swim 7:00 - 10:00 pm

NINE DAYS SCHEDULE

Exercise classes and Fitness room open. Pool, Sauna, Whirlpool closed.

Boro Park YM-YWHA
4912 14TH AVENUE
BROOKLYN, NEW YORK 11219

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