

Volume 22 Issue 3

# BORO PARK

מרכז ד'בארא פארק



## Spring 2022 Program Guide

**SPRING MEMBERSHIP**  
**APRIL 11th - JUNE 25th**

**Adult - \$180\* Family \$270\* Child \$75\***

- Learn to Swim before the Summer •
- Full Range of Swim Classes available •

\*Includes registration and insurance. must be paid in full  
at time of registration • All classes additional



**2ND GEN SURVIVORS**  
Fun, Educational, and stimulating  
programs, with friends old and new.  
Receive validation of the challenges  
living as a child of Holocaust Survivors.  
*Register now and give us your ideas.*

**Boro Park YM-YWHA Mercaz D'Boro Park**  
4912 14th Avenue • Brooklyn, NY 11219  
Tel: 718.438.5921 • Fax: 718.871.7336  
Website: [www.boroparky.org](http://www.boroparky.org)

# 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 **6 sessions: May 1 - June 12 - No classes June 5**
    - 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: \$65 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 \$65.00  
**2G00 PRE SCHOOL FUN CLUB**  
 Creative group activities including arts & crafts, music, dance, cooking and more.

### P1A - 1ST GRADE

10:00 - 11:15 AM

**2G02 GYMNASTICS I** \$55.00  
 Beginning gymnastics using mat & a balance beam.

**2G01 PAINTING FOR BEGINNERS** \$65.00  
 Introductory program for the young artist-bring a smock!

**2G07 CRAFTS** \$55.00

11:15 - 12:30 pm

**2G12 GYMNASTICS I** \$55.00  
 Beginning gymnastics using mats & a balance beam.

1:00 - 2:15 pm

**2G31 SUMMER ART** \$55.00  
 New & exciting Craft projects - No Repeats!

**2G30 BAKING** \$55.00  
 Introductory or the young artist - bring a smock!

2:15 - 3:30 pm

**2G50 BAKING** \$55.00

### SWIM INSTRUCTION ALL GRADES

11:30 - 12:25 pm

**7GS1 LEARN TO SWIM** \$70.00

12:30 - 1:20 pm

**7GS2 LEARN TO SWIM** \$70.00

1:15 - 2:00 pm

**OPEN SWIM** No Fee

2:05 - 3:00 pm

**7GS3 LEARN TO SWIM** \$70.00

**3:00-3:30pm OPEN SWIM** No Fee

**12:30-3:30pm OPEN GYM** All Grades No Fee

**GRADES 2 - 3**

**10:00 - 11:15 am**

2G02	<b>GYMNASTICS I</b>	\$55.00
	Beginning gymnastics using mat & balance beam.	
2G05	<b>DRAWING AND PASTELS</b>	\$65.00
2G04	<b>PAINTING I</b>	\$65.00
	Composition, perspective and shading.	

**11:15 - 12:30 pm**

2G12	<b>GYMNASTICS</b>	\$55.00
2G16	<b>CASIO I</b>	\$55.00
	Learn to read notes and play Jewish songs. 3-12 octave Casio with earphone attachment required.	

2G14	<b>DRAWING</b>	\$65.00
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2G17	<b>PAINTING I</b>	\$65.00
	Learn composition, perspective, shading and color. class size limited. bring a smock!	

2G18	<b>POTTERY</b>	\$65.00
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**1:00 - 2:15 pm**

2G35	<b>WOODSHOP</b>	\$65.00
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2G33	<b>GYMNASTICS I</b>	\$55.00
	Beginning gymnastics using mats & balance beam.	

2G49	<b>PAINTING I</b>	\$65.00
	Learn composition, perspective, shading and color. class size limited. bring a smock!	

**2:15 - 3:30 pm**

2G57	<b>POTTERY</b>	\$65.00
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2G54	<b>PAINTING</b>	\$65.00
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**GRADES 4 - 5**

**10:00 - 11:15 am**

2G04	<b>PAINTING I</b>	\$65.00
	Composition, perspective and shading.	

2G05	<b>DRAWING AND PASTELS</b>	\$65.00
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2G09	<b>CRICKET COMPUTER ART</b>	\$65.00
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**11:15 - 12:30 pm**

2G16	<b>CASIO I</b>	\$55.00
	Learn to read notes and play Jewish songs. 3-12 octave Casio with earphone attachment required.	

2G17	<b>PAINTING I</b>	\$65.00
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2G23	<b>OVERSIZED PAINTING</b>	\$65.00
	Must have taken Painting I.	

2G18	<b>DRAWING</b>	\$65.00
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2G19	<b>CRICKET COMPUTER ART</b>	\$65.00
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**1:00 - 2:15 pm**

2G35	<b>WOODSHOP</b>	\$65.00
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2G39	<b>CASIO II</b>	\$55.00
	Pre-requisite Casio I	

2G38	<b>WATER COLOR</b>	\$65.00
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2G70	<b>SELF DEFENSE</b>	\$55.00
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2G33	<b>GYMNASTICS I</b>	\$55.00
	Beginning gymnastics using mats & balance beam.	

2G49	<b>PAINTING I</b>	\$65.00
	Composition, perspective and shading!	

**2:15 - 3:30 pm**

2G58	<b>GYMNASTICS II</b>	\$55.00
	Pre-requisite Gymnastics I	

2G61	<b>DRAWING</b>	\$65.00
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2G69	<b>CRICKET COMPUTER ART</b>	\$65.00
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**GRADES 6 - 8**

	<b>11:15 - 12:30 pm</b>	
2G23	<b>OVERSIZED PAINTING</b>	\$65.00
	<i>Composition, perspective and shading!</i>	
	<b>12:30 - 1:00 pm - OPEN GYM</b>	
	<b>1:00 - 2:15 pm</b>	
2G39	<b>CASIO II</b>	\$55.00
	<i>Pre-requisite Casio I.</i>	
2G70	<b>SELF DEFENSE I</b>	\$55.00
2G36	<b>CRICUT COMPUTER ART</b>	\$65.00

	<b>2:15 - 3:30 pm</b>	
2G58	<b>GYMNASTICS II</b>	\$55.00
	<i>Pre-requisite Gymnastics I.</i>	
2G61	<b>DRAWING AND PASTELS</b>	\$65.00
	<i>Beginners class using charcoal pencils.</i>	
2G73	<b>SELF DEFENSE I</b>	\$55.00
	<i>Basics of Karate and practical self defense.</i>	

# 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. 10:15 - 11:15 am*

**CARDIO MIX WITH STEPS**  
*Mon. & Wed. 10:00 - 10:30 am*  
*Energetic cardio routine featuring step aerobics*

**CARDIO DANCE**  
*Wednesday 10:00 - 10:30 am*  
*Energetic Dance Routine*

**TOTAL BODY CONDITIONING**  
*Monday 10:30 - 11:15 am*  
*Toning using weighted equipment & a mat*

**SCULPT**  
*Wednesday 10:30 - 11:15 am*  
*Leave no muscle untouched with intense toning, weight & mat*

**STEPTASTIC**  
*Mon. & Wed. 12:15 - 1:00pm*

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

**DANCE BODY & TONING**  
*Tues. 8:00 - 9:00pm*  
*Fun dance choreography followed by weight & mat work*

**CURCUIT STEP & SCULPT**  
*Thurs. 8:00 - 9:00 pm*  
*Dance choreography on and off the step fold by floor work and weights*

**H.S. GIRLS FITNESS CLASSES**  
**CORE-DINATION**  
*Tues. & Thurs. 8:00 - 8:45 pm*  
*Aerobics Training - fun work - Hard Play stretching, calisthenics and step included in total workout*

## ADULT EXERCISE CLASSES

**KINSTRETCH**  
**5KU1: APRIL 29 - JUNE 24**  
**9:00-9:45AM**  
FEE: M-\$100/NM-\$125  
• **DROP IN ONE CLASS \$15**

**ZUMBA WITH TAMARA**  
*Energetic aerobics workout combining latin & international dance steps*  
**FRIDAY 10-10:45AM**  
**5ZU1: APRIL 29 - JUNE 24: 10 SESSIONS**  
FEE: M-\$100/NM-\$125 • **DROP IN ONE CLASS \$15**

**ISRAELI & LINE DANCING WITH SHULAMIS SPUTZ**  
**MON, WED 8-10:00PM**  
**TUES. 10-12:00 NOON**  
AFTER LAG B'OMER FOR 6 WEEKS  
**5SP1: MAY 23 - JULY 16**  
FEE: M-\$200 • **DROP IN ONE CLASS \$15**

# 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: **May 1- June 12 No program June 5** • Friday Program dates: **April 29 - June 3**

### SWIMMING

**SWIM INSTRUCTION** \$70.00

Grades 1 - 8. All Levels.  
*Beginners through advanced beginners, child will be tested at first session and placed in a group based upon his swimming level.*

**7BF1** Friday 1:30 - 2:15 pm  
**7BS1** Sunday 4:40 - 5:25 pm  
**7BS2** Sunday 5:30 - 6:15 pm

**GUARD START** \$85.00

**7BF2** Friday 1:30 - 2:15 pm  
**7BS3** Sunday 5:20 - 6:10 pm

**OPEN SWIM** No Fee

Sunday 4:15 - 6:00 pm  
 Friday 12:30 - 1:15pm  
 Friday 2:15 - 3:00 pm

**FATHER/SON SWIM** No Fee

*Father must be accompanied by child.*  
 Sunday 6:15 - 7:30 pm

**WOODWORKING I** \$70.00

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

### HS PROGRAM

**SPORTSCENTER** No Fee

Sunday 7:15 - 9:00 pm  
 Monday & Wednesday 7:00 - 9:00 pm

**FITNESS FACILITY** No Fee

Sunday 7:00 - 9:00 pm  
 Friday 12:00 - 3:00 pm

**OPEN SWIM** No Fee

Sunday 7:00 - 9:00 pm

Lifeguarding Refresher Classes

### SPORTS



**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 - 12:30-1:30 pm

**Grades 4 - 6** Friday - 1:30-2:15 pm

**Grades 7 - 8** Friday - 2:15-3:00 pm

**SELF DEFENSE I** \$70.00

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

**2BS3** Sunday 6:00 - 7:00 pm

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

## MUSIC LESSONS

### GROUP LESSONS

**Sunday 4:00 - 6:00 pm • \$50**

**Percussion** 2B12 4-5pm

2B13 5-6 pm

**Casio I** 2B14 4-5pm

**Casio II** 2B15 5-6 pm



# HEALTH & WELLNESS DEPT.

*\*ALL AMERICAN RED CROSS BOOKS INCLUDED*

## WOMEN

- LEARN TO SWIM** \$75  
*Program of swim instruction based upon your needs & skill level.*
- 7MD1** Monday 10:20—10:55am  
 May 2 - June 13
- 7TD2** Tuesday 7:15—8:00pm  
 May 3 - June 7
- SWIM FOR FITNESS** \$50
- 7WD1** Wednesday 10:20 - 10:55am  
 May 4 - June 8
- LIFEGUARDING INTENSIVE\*** \$600  
 May 5 - June 9  
*Preliminary screening test fee: \$10. (non-refundable)  
 Must be 15 and a Deep Water Swimmer*
- 7TE4** Thursday 6:30—10:30pm
- WSI** \$600  
 May 3 - June 13
- 7TE7** Tuesday 6:30—10:30pm
- LIFEGUARDING REFRESHER** \$300  
 May 10 - June 19  
*Preliminary screening test fee: \$10. (non-refundable) Must be 16.*
- 7TE3** Tuesday & Thursday 6:30—9:30pm  
 May 24 - June 2
- 7TE6** Tuesday & Thursday 6:30—9:30pm

## GIRLS

- LEARN TO SWIM** \$70  
*Emphasis on water comfort, floating, breathing, kicking-front and back crawl.*
- May 1 - June 12
- 7GS1** Sunday 11:30—12:25am  
**7GS2** Sunday 12:30—1:20pm  
**7GS3** Sunday 2:05—3:00pm
- May 3 - June 7(6 Sessions)
- 7GT1** Tuesday 5:30-6:15pm
- GUARD START** \$85  
 June 1 - June 12
- 7GS5** Sunday 2:00—2:55pm

## BOYS

- LEARN TO SWIM** \$70  
 May 1 - June 12
- 7BS1** Sunday 4:40—5:25pm  
**7BS2** Sunday 5:30—6:15pm
- April 29 - June 3
- 7BF1** Friday 1:20—2:10pm

## H.S. BOYS & MEN

- LIFEGUARDING INTENSIVE\*** \$600  
*Preliminary screening test fee: \$10. (non-refundable)  
 Must be 15 and a Deep Water Swimmer.*
- May 1 - June 19
- 7BS4** Sunday 7:00—11:00pm
- WSI** \$600  
 May 1 - June 19
- 7BS7** Sunday 6:30—10:30pm
- LIFEGUARDING INSTRUCTOR** \$600  
*Preliminary screening test fee: \$10. (non-refundable)  
 Must be 15 with current lifeguarding certification.*
- May 1- June 12
- 7BS5** Sunday 6:00—10:00pm
- LIFEGUARDING REFRESHER** \$300  
*Includes CPR*
- May 1 - June 12
- 7BS6** Sunday 6:30—9:30pm

### ALL RED CROSS BOOKS INCLUDED!

CPR Updates, CPR's and Basic First Aid Refresher Courses available. Call for Information

### Health Benefits of Swimming

Humans are buoyant & weigh 1/10th less in water. Many people who have stopped exercising because of injuries or strain on bones or joints like knees can safely swim. It is low impact because it is not weight bearing and warm water helps relax muscles stiffened by arthritis and other conditions. Aquatic exercise programs offer no-impact options for walking.

# 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 avail. during daytime classes & at night by reservation only.
- Children are not permitted in any of the classrooms

## art palletete

### ART WORKSHOP I CHAVA ROTH

Introduction to drawing in black & white. Line volume, composition and prespective taught through still life. Basic principles of watercolor & techniques. Knowledge of color mixing and perception by direct observation & study of color theory.

**5TD1** Tuesday 10:00 - 12:30 pm  
May 3- June 21

**5WE1** Wednesday 7:00 - 9:30 pm  
May 4 - June 22

Fee: M-\$150/NM-\$185 (8 Sessions)

### ART WORKSHOP II CHAVA ROTH

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

**5TD2** Tuesday 12:45-3:15pm  
May 3 - June 22

**5WD2** Wednesday 12:45-3:15pm  
May 4 - June 21

**5WD1** Wednesday 10:00 - 12:30 pm  
May 4 - June 21

Fee: M-\$150 NM-\$185 (8 Sessions)



# 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 & 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
- Classes & 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 Technique



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

**SIMONNE HIRSCHHORN**  
Program Director

**ESTHER GROSSMAN, MALKY LIPSCHUTZ**  
Program Assistants

**MUSHKA MALKA**  
Administrative Assistant

**YOSEF CHESNEY**  
Social Worker

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

## •• BUILDING SCHEDULE ••

Friday April 29 .....Boys Friday Program Begins  
Sunday May 1 .....Sunday Program Begins  
Sunday May 30 .....Memorial Day Y Open  
Sunday June 5 - Mon. June 6 .....Shavuous Y Closed  
Sunday June 26 .....Summer Schedule Begins

## BORO PARK Y SENIOR CENTER

**Judy Liff, Director** **Esther Lewin, Assistant Director** (718) 435-3804

*The Y Senior Center offers diverse & stimulating  
activities for men and women over 60  
Monday thru Friday 9:00 am - 4:30 pm.*

## New Program & Activities are added every Month!

*Pick up calendar at the Senior Center Office*

### PROGRAM HIGHLIGHTS

- Aerobics • Chair Yoga • Lectures • Nutrition Education
- Weekend Meals • Movies/Documentaries • Craft Club
- Walking Club • Shopping Excursions • Drama Group
- Strength Training • Mat Yoga • Food & Baking Projects
- Painting Classes • Health Screening
- Day Trips & Tours • Holiday Parties • Picnics

*Funded by The New York City Department for the Aging*