SUMMER MEMBERSHIP
SUNDAY JUNE 26th - MON. SEPT. 5th

Adult - $225 • Family $350
Student $99 • Child/Youth $99
Senior Adult $99

A) Full payment required at time of registration.
B) No Fee Adjustments. C) Insurance & Registration Fee included
D) "Three Weeks", July 17- August 7; Nine Days July 29 - August 7

• • BUILDING SCHEDULE • •

Sunday June 26 . . . . . . . . Summer Schedule Begins
Monday July 4 . . . . . . . . Y Open
Sunday July 17 . . . . . . . . 17th of Tammus Observed Y Closed
Friday July 29 - Friday August 5 . Nine Days Pool Closed.
Gym Fitness Facility, Steam Rooms, Sauna Open
Sunday July 31 . . . . . . . . Y Closed
Sunday August 7 . . . . . . . . Tisha B’av observed Y Closed
Monday September 5 . . . . . Labor Day, Y Open

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
**BORO PARK Y SUMMER SCHEDULE**

*Effective June 26 - September 5, 2022*

<table>
<thead>
<tr>
<th>SUNDAY</th>
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<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<tr>
<td><strong>MEN &amp; HS BOYS</strong></td>
<td><strong>WOMEN</strong></td>
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<td>Open Swim</td>
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**FATHER AND SON**

| Open Swim             | **WOMEN**        |                                 |                                |                               |                                 |
| 9:30 - 11:00 am       | Open Lap Swim    |                                 |                                |                               |                                 |

| **WOMEN**             | **MEN**          | **WOMEN**                        | **WOMEN**                      | **WOMEN**                     | **MEN**                         |
| Open Swim             | Open Lap Swim    | Open Swim                        | Open Lap Swim                  | Open Swim                     | Open Swim                      |
| 12:00 - 1:00 pm       | 8:00 - 11:00 am  | 11:00 - 12:30 am                 | 11:00 - 11:30 am               | 11:00 - 12:30 am              |                                 |

| **GIRLS**             | **MEN**          | **WOMEN**                        | **WOMEN**                      | **MEN**                       |                                 |
| Open Swim             | Open Lap Swim    | Open Lap Swim                    | Open Lap Swim                  | Open Swim                     |                                 |
| 1:15 - 3:00 pm        | 11:00 - 12:30 am | 11:00 - 11:30 am                 | 11:00 - 12:00 noon            | 5:30 - 6:30 pm                |                                 |

| **BOYS**              | **WOMEN**        | **MEN**                          | **WOMEN**                      | **MEN**                       |                                 |
| Open Swim             | Open Lap Swim    | Open Swim                        | Open Lap Swim                  | Open Swim                     |                                 |
| 7:00 - 10:30 pm       | 7:30 - 9:30 pm   | 7:00 - 10:30 pm                  | 7:00 - 10:30 pm               | 9:30 - 10:45 pm               |                                 |

**GYM & FITNESS FACILITY SCHEDULE**

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| **MEN**               | **WOMEN**        | **MEN**                          | **WOMEN**                      | **WOMEN**                     | **MEN**                         |
| Fitness Facility      | Morning Workout  | Open Gym                         | Open Gym                       | Open Gym                      |                                 |
| 7:30 - 11:00 am       | 10:00 - 10:45 am | 8:30 - 10:30 pm                  | 6:00 - 10:30 pm               | 8:30 - 10:30 pm               |                                 |

| **WOMEN & HS GIRLS**  | **MEN**          | **WOMEN**                        | **WOMEN**                      | **MEN**                       |                                 |
| Exercise Class        | Fitness Facility | Morning Workout                 | Morning Workout                |                               |                                 |
| 7:45 - 8:45 pm        | Fitness Facility | 10:00 - 10:45 am                 | 10:00 - 10:45 am               |                               |                                 |

**Small Pool Hours**

**WOMEN**

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<tr>
<th>Monday Wednesday Thursday</th>
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**POOL HOURS STRICTLY ENFORCED SUBJECT TO AVAILABILITY OF LIFEGUARDS**

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**ADULT CLASSES**

**BASIC DRAWING***  
Chava Roth  
A workshop exploring the elements of drawing.  
Learn how an artist views the world and puts it down on paper.  
5TD1  
Tuesday, July 5 - August 30  
Fee: M-M: $150/NM: $185 (8 Sessions)  
10:00 - 12:30 pm

**OIL PAINTING***  
Chava Roth  
For all Levels. Work on individual projects, Technics & critiques.  
5TD2  
Tuesday July 5 - August 30  
Fee: M-$150/NM-$185 (8 Sessions)  
12:45 - 3:15 pm

**ART WORKSHOP***  
Chava Roth  
Basic drawing, water and oils are explored. Media dependent on groups interest.  
5WE1  
Wednesday July 6 - August 31  
Fee: M-$150/NM-$185 (8 Sessions)  
7:00 - 9:30 pm

**SWIM INSTRUCTION CLASSES**

**ZUMBA WITH TAMARA**  
5ZU1  
Friday 10:00 - 10:45am  
June 24 - Sept. 2  
Fee:M-$100/NM-$125  
Drop in Class $15

**KINSTRETCH**  
5KU1  
Friday 9:00 - 10:00am  
June 24 - Sept. 2  
Fee:M-$100/NM-$125

**DANCING WITH SHULAMIS**  
Mon & Wed Evenings,  
Tuesday Mornings  
Ends July 13  Fee: $15 per session

**FITNESS FACILITY**  
**WOMEN**  
Monday & Wednesday .8:30 - 11:30 am  
Tuesday & Thursday .8:15 - 10:30 pm  
Thursday .8:30 - 11:30 am

**MEN & HS BOYS**  
Sunday & Friday .7:30 - 11:00 am  
Tuesday .7:30 - 10:30 am  
Monday & Wednesday .7:00 - 10:30 pm  
HS GIRLS  
Tuesday & Thursday .7:00 - 8:00 pm

**AQUADYNAMICS WATER EXERCISE**  
**WOMEN**  
Monday & Wednesday 9:30 - 10:15am  
Tuesday & Thursday 8:30 - 9:00pm

8 Sessions  
Y members only  
Fee $100  
No Classes during the Nine Days

**WOMEN:**  
7TE1 Tuesday  
June 28 – August 23  
7:15 – 8:00 pm  
7WD1 Wednesday  
June 29 – August 24  
11:30 – 12:00 noon

**GIRLS:**  
7GT1 Tuesday  
June 28 – August 23  
4:45- 5:30 pm

**BOYS:**  
7BW1 Wednesday  
June 27 – August 22  
6:00- 6:50 pm
The BORO PARK Y now has

3 DIFFERENT SENIOR PROGRAMS!

Please check your eligibility for each program, many are eligible for two, and can have a great time at the Y. All require you or your spouse to be over 60.

None include use of the pool or exercise room.

CHECK WITH YOUR INSURANCE CARRIER IF THEY COVER USE OF THE POOL AND GYM!

All programs require individual registrations!

Do not hesitate to ask the office for direction to the right program for you.

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**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 & Thursday beginning at 10:00 am.

Club Nissim was so named by its members in recognition of their miraculous survival, & it is a dynamic program where participants can explore a wide variety of stimulating activities in a cheerful & friendly environment.

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

Simonne Hirschhorn, Program Director
Yosef Chesny, Social Worker
C. Mushka Malka, Administrative Assistant
Esther Grossman, Program Assistant
Malky Lipschitz, Program Assistant

**SENIOR CENTER**

- Mon. - Fri. 9:00 am - 4:30 pm •
  For all Community Member 60 and Above

- Classes in Yoga - Chair and Mat
- Excercise Classes • Trips and more
- Lectures • Kosher Lunch

Judy Liff, Director
Esther Leah Lewin, Program Assistant

**2ND GEN**

Welcome to our Newest Program at the Y

This program is for the adult children, over the age of 60, of Holocaust Survivors. Fun, educational and stimulating programs. Receive validation of the challenges living as a child of Holocaust Survivors.

Funded by New York City Department for the Aging