

Volume 22 Issue 4

BORO PARK
מרכז ד'בארא פארק



Summer 2022 Program Guide

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



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.

• • BUILDING SCHEDULE • •

Sunday June 26Summer Schedule Begins
Monday July 4Y Open
Sunday July 1717th of Tammus Observed Y Closed
Friday July 29 - Friday August 5 . . .Nine Days Pool Closed.
Gym Fitness Facility, Steam Rooms, Sauna Open
Sunday July 31Y Closed
Sunday August 7Tisha B'av observed Y Closed
Monday September 5Labor Day, Y Open

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

Swim & Gym Schedule

BORO PARK Y SUMMER SCHEDULE					
Effective June 26 - September 5, 2022					
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEN & HS BOYS Open Swim 7:30 - 10:30 am	WOMEN Open Lap Swim 7:15 - 8:00 am	MEN Open Swim 7:30 - 11:00 am	WOMEN Open Lap Swim 7:15 - 8:00 am	WOMEN Open Swim 7:15 - 10:00 am	MEN Open Swim 7:30 - 11:00 am
FATHER AND SON Open Swim 9:30 - 11:00 am	WOMEN Open Swim 8:00 - 11:00 am		WOMEN Open Swim 8:00 - 11:00 am	WOMEN Open Lap Swim 10:00 - 12:30 am	
WOMEN Open Swim 12:00 - 1:00 pm	WOMEN Open Lap Swim 11:00 - 12:30 am	GIRLS Swim Instruction 4:45 - 5:30 pm	WOMEN Open Lap Swim 11:00 - 11:30 am		Small Pool Hours WOMEN Monday Wednesday Thursday 9:00 - 11:15am Tuesday & Thursday 7:30 - 10:00pm MEN Monday & Wednesday 7:30 - 10:00 pm Sunday Tuesday Friday 8:30 - 10:30am POOL HOURS STRICTLY ENFORCED SUBJECT TO AVAILABILITY OF LIFEGUARDS
GIRLS Open Swim 1:15 - 3:00 pm		GIRLS Open Swim 5:30 - 6:30 pm	WOMEN Swim Instruction 11:30 - 12:00noon	GIRLS Open Swim 5:30 - 6:30 pm	
		HS GIRLS Open Swim 6:30 - 7:30 pm	BOYS Swim Instruction 6:00 - 6:50 pm	HS GIRLS Open Swim 6:30 - 7:30 pm	
	BOYS Open Swim 7:00 - 8:00 pm	WOMEN Swim Instruction 7:15 - 10:30 pm	BOYS Open Swim 7:00 - 8:00 pm	WOMEN Open Swim 7:30 - 9:30 pm	
	HS BOYS & MEN Open Swim 7:00 - 10:30 pm	WOMEN Open Swim 7:30 - 9:30 pm	MEN Open Swim 7:00 - 10:30 pm	WOMEN Open Lap Swim 9:30 - 10:45 pm	
		WOMEN Open Lap Swim 9:30 - 10:45pm			
GYM & FITNESS FACILITY SCHEDULE					
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEN Open Gym 8:00 - 11:00 am		MEN Fitness Facility 7:30 - 10:30 am		WOMEN Fitness Facility 8:00 - 11:30 am	MEN Fitness Facility 7:30 - 11:00 am
MEN Fitness Facility 7:30 - 11:00 am	WOMEN Morning Workout 10:00 - 10:45 am Step Class 11:30 - 12:30 pm	WOMEN & HS GIRLS Exercise Class 7:45 - 8:45 pm Fitness Facility 7:00 - 10:00 pm	WOMEN Morning Workout 10:00 - 10:45 am Step Class 11:30 - 12:30 pm	WOMEN & HS GIRLS Exercise Class 7:45 - 8:45 pm Fitness Facility 7:00 - 10:00 pm	
	MEN Fitness Facility 6:00 - 10:00 pm Open Gym 7:00 - 10:30 pm	WOMEN Open Gym 8:30 - 10:30 pm	MEN Fitness Facility 6:00 - 10:30 pm Open Gym 7:00 - 10:30 pm	WOMEN Open Gym 8:30 - 10:30 pm	

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

OIL PAINTING*

CHAVA ROTH

For all Levels. Work on individual projects, Technics & critiques.

5WD1 Wednesday July 6 - August 31
 Fee: M-\$150/NM-\$185 (8 Sessions) 10:00 - 12:30 pm

OIL PAINTING*

CHAVA ROTH

For all Levels. Work on individual projects, Technics and critiques.

5WD2 Wednesday July 6 - August 31
 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

No Classes Week of August 1st

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
 Thursday8:30 - 11:30 am

MEN & HS BOYS

Sunday & Friday7:30 - 11:00 am
 Tuesday7:30 - 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.

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
- Exercise Classes • Trips and more
- Lectures • Kosher Lunch

Judy Liff, Director

Esther Leah Lewin, Program Assistant

FUNDED BY NEW YORK CITY DEPARTMENT FOR THE AGING

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.