

VOLUME 18 ISSUE 2

**BORO PARK**  
מרכז ד'בארא פארק



**WINTER 2018**  
**PROGRAM GUIDE**

**Y PROGRAM STARTS**  
**BEGINS JANUARY 14**

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

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

**BOYS SUNDAY PROGRAM 12:30pm - 2:30pm**

**SWIM INSTRUCTION PROGRAM FOR ALL AGES**

**ADULT CLASSES**

**CLUB NISSIM FOR HOLOCAUST SURVIVORS**

**SENIOR CENTER FUNDED BY DFTA**

**NEDP 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

# 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: **JANUARY 14 - MARCH 18, 2018**
- 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!*

**2G07 CRAFTS** \$65.00

**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

*Continues on next page*

**GRADES 2 - 3**

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

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

**2G05 BASIC DRAWING** \$90.00  
*Learn composition, perspective, shading and color. class size limited. bring a smock!*

**2G06 WORD I** \$75.00  
*Learn to use the keyboard for fun & crafts.*

**2G07 CRAFTS & CREATIONS** \$65.00

**2G32 BAKERS & CHEFS** \$65.00

**11:30 - 12:25 pm**

**7GS1 LEARN TO SWIM** \$100.00  
*(give your child enough time to get ready)*

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

**2G14 BALLET I** \$80.00  
*Learn basic ballet steps.*

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

**2G16 CASIO I** \$75.00  
*Read notes, play Jewish songs. 3-1/2 octave Casio with ear-phone attachment required.*

**2G17 PAINTING I** \$90.00  
*Learn composition, perspective, shading and color. class size*

*limited. bring a smock!*

**2G10 CRAFTS CATALOGUE** \$65.00  
*12:25 - 1:15 pm*

**7GS2 LEARN TO SWIM** \$100.00

**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  
*Edible masterpieces to eat and serve.*

**2G37 WORD I** \$75.00  
*Learn to use the keyboard for fun and crafts!*

**2:00 - 2:55 pm**

**7GS3 LEARN TO SWIM** \$100.00

*Beginners - Intermediate. Small group sizes.*

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

**2G53 WORD I** \$75.00  
*Learn the keyboard, functions and games.*

**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  
*Learn Keyboard, functions and games!*

**2G08 PAINTING I** \$90.00

**2G05 BASIC DRAWING** \$90.00

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

**2G20 STEP AEROBICS** \$65.00  
*Exercise workouts using energetic steps.*

**2G16 CASIO I** \$75.00  
*Learn to read notes and play Jewish songs. 3-1/2 octave Casio with earphone attachment required.*

**2G14 BALLET I** \$80.00  
*Learn basic ballet steps.*

**2G17 PAINTING I** \$90.00

*Use different media to learn about composition, perspective, shading and color. Limit 10 students.*

**2G13 DRAWING II** \$90.00

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

**2G22 WORD I** \$75.00

*Learn to use the keyboard for fun and crafts!*

**11:30 - 12:25 pm**

**7GS1 LEARN TO SWIM** \$100.00

**GRADES 4 - 5**

**12:25- 1:15 pm**  
**7GS2 LEARN TO SWIM** \$100.00

**1:00 - 2:15 pm**  
**2G37 WORD I** \$75.00  
*Learn the computer keyboard, functions & games.*

**2G33 GYMNASTICS II** \$65.00

**2G34 PAINTING I** \$90.00  
*Use different media to learn about composition, perspective, shading and color. Limit 10 students.*

**2G39 CASIO I** \$75.00  
*Learn to read notes and play Jewish songs. 3-1/2 octave Casio with earphone attachment required.*

**2G41 WOOD SHOP** \$85.00

**2G42 PARTY PLANNERS** \$65.00  
*Edible masterpieces to eat and serve.*

**2G35 CHALIL I** \$65.00

**2:00 - 2:55 pm**

**7GS3 LEARN TO SWIM** \$100.00  
*Beginners through Intermediate.*

**7GS5 GUARD START** \$125.00  
*Junior Lifeguarding*

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

**2G58 GYMNASTICS II** \$65.00

**2G57 PARTY PLANNERS** \$65.00

**2G59 PLASTER CRAFTS** \$90.00

**2G73 SELF DEFENSE** \$85.00

**2G61 DRAWING** \$90.00



**GRADES 6 - 8**

**11:15 - 12:30 pm**  
**2G23 DRAWING I** \$90.00  
*Beginners class using charcoal pencils*

**2G34 OVERSIZED PAINTINGS** \$90.00

**2G22 WORD** \$75.00

**12:25 - 1:15 pm**  
**7GS2 LEARN TO SWIM** \$100.00

**1:00 - 2:15 pm**

**2G41 WOODSHOP** \$85.00

**2G34 PAINTING** \$90.00

**2G71 SELF DEFENSE II** \$85.00

**2G39 DRAWING II** \$90.00

**2G39 CASIO** \$75.00

**2G35 CHALIL I** \$65.00

**2:00 - 2:55 pm**

**7GS5 GUARD START** \$125.00

**2:15 - 3:00 pm**

**2G62 PARTY PLANNERS Advanced** \$65.00

**2G73 SELF DEFENSE I** \$85.00

**2G58 ADVANCED GYMNASTICS** \$65.00  
*Placement Test Required*

**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  
January 9 - March 20  
7TE2 Tuesday 6:00 - 9:00 PM

**LIFEGUARDING** Fee: \$550  
January 11 - March 22  
7TE3 Thursday 6:00 - 9:00 PM

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

**LEARN TO SWM** \$100.00  
January 9 - March 13  
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

January 9 - March 13  
(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  
January 14 - March 28 (10 Sessions)  
2MS1 Level I Motzoei Shabbos 8:00 - 9:00 pm  
2MS2 Level II Motzoei Shabbos 9:00 - 10:00 pm

**LIFEGUARDING** \$550.00  
7BS4 Sunday 6:30 - 9:30 pm  
January 21 - March 25  
*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 **10 sessions**. All fees include supplies and materials except where noted.
- Sunday Program dates: **January 14 - March 28** • Friday Program dates: **January 12 - March 23**
  - Motzoei Shabbos Program ends **March 10th** • No Sessions **March 2 Shusan Purim**
- **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

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

\$85.00

2MS1 Sunday 6:00 - 7:00 pm

2MS2 Sunday 7:00 - 8:00 pm

### SELF DEFENSE II

2MS2 Sunday 7:00-8:00 pm

\$85.00

### GYMNASTICS

2BS2 Sunday 3:45-4:45 pm

2BF9 Friday 1:15-2:15 pm

\$65.00

### WOODWORKING I

2BS6 Sunday 3:45 - 4:45 pm

2BS7 Sunday 4:45 - 5:45 pm

\$90.00

### PAINTING & DRAWING

2BS4 Sunday 3:45 - 4:45 pm

2BS9 Sunday 4:45 - 5:45 pm

\$90.00

### SWIM INSTRUCTION

Grades 1 - 8. All Levels.

Testing at first session for placement.

7BS1 Sunday 4:40 - 5:25 pm

7BS2 Sunday 5:30 - 6:15 pm

7BF1 Friday 1:20 - 2:10 pm

\$100.00

### GUARD START

First step training for Junior Lifeguards.

7BF2 Friday 1:15 - 2:10 pm

7BS3 Sunday 5:30 - 6:15 pm

\$125.00

### OPEN SWIM

Sunday Small Pool

Sunday Big Pool

Friday

Motzoei Shabbos

5:30 - 7:00 pm

4:15 - 4:40 pm

12:30 - 1:15 pm

8:00 - 8:30 pm

Members Only No Fee

### FATHER/SON SWIM

Sunday

Motzei Shabbos

6:15 - 7:00 pm

8:00 - 9:15 pm

Members Only No Fee

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 • 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





# AQUATICS & PHYSICAL EDUCATION

- All Classes require Y membership and accident insurance are for 10 Sessions unless otherwise noted
- No evening classes February 28 - March 1 Purim

## WOMEN

### LEARN TO SWIM \$100.00

January 8 - March 12  
**7MD1** Monday 10:20 - 10:55 am  
 January 9 - March 13  
**7TE1** Tuesday 7:15 - 8:00 pm  
 January 10 - March 21  
**7WD1** Wednesday 10:20 - 10:55 am

### LAP SWIM \$60.00

January 8 - March 21  
 Registration is for one Lap Swim Period Only  
**7W01** Lap I 7:15 - 8:00 am  
**7W03** Lap III 1:15 - 2:00 pm

### SWIM FOR FITNESS \$60.00

**7W02** January 10 - March 21 11:00 - 11:45  
 Red Cross materials and fees not included

### 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** January 11 - March 22 Thursday

### WSI \$550.00

January 9 - March 20  
**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.*  
 January 14 - March 18

**7GS1** Sunday 11:30 - 12:25 pm  
**7GS2** Sunday 12:25 - 1:15 pm  
**7GS3** Sunday 2:00 - 2:55 pm  
 January 16 - March 20  
**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

January 14 - March 18  
**7BS1** Sunday 4:40 - 5:25 pm  
**7BS2** Sunday 5:30 - 6:15 pm  
 January 12 - March 23  
**7BF1** Friday 1:20 - 2:10 pm

### GUARD START \$125.00

*First step training for Junior Lifeguards.*  
 January 14 - March 18  
**7BS3** Sunday 5:00 - 5:45 pm  
 January 12 - March 23  
**7BF2** Friday 1:20 - 2:10 pm

## HIGH SCHOOL BOYS & MEN

### LIFEGUARDING \$550.00

January 21 - March 25  
**7BS4** Sunday 6:30 - 9:30 pm  
*Preliminary screening test fee: \$10.(non-refundable)Book & Red Cross extra. Must be 15.*

### WTI \$550.00

January 21 - February 10  
**7BS9** Sunday 6:30 - 9:00 pm

### WSI \$550.00

January 21 - March 2  
**7BS5** Sunday 6:30 - 9:00 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
<b>MEN</b> Open Swim 7:30 - 10:30 am	<b>WOMEN</b> Lap Swim I 7:15 - 8:00 am	<b>MEN</b> Open Swim 7:30 - 10:30 am	<b>WOMEN</b> Lap Swim I 7:15 - 8:00 am	<b>WOMEN</b> Open Swim 7:30 - 10:30 am	<b>MEN</b> Open Swim 7:30 - 11:00 am
<b>GIRLS (P1A-8)</b> Swim Instruction 11:30 - 12:25 pm 12:25 - 1:15pm	<b>WOMEN</b> Open Swim 8:00 - 10:15 am		<b>WOMEN</b> Open Swim 8:00 - 10:15 am	<b>WOMEN</b> Open Lap Swim 10:00 - 11:30 am	<b>BOYS</b> (Grades 1-8) Open Swim 12:30 - 1:15 pm
<b>GIRLS</b> Open Swim (Grades 2-8) 1:15 - 2:00 pm	<b>WOMEN</b> Swim Instruction 10:20 - 10:55 am		<b>WOMEN</b> Swim Instruction 10:20 - 10:55 am		<b>BOYS</b> Swim Instruction (Grades 1-8) 1:20 - 2:10 pm
<b>GIRLS</b> (Grades 1-8) Swim Instruction 2:00 - 2:55 pm	<b>WOMEN</b> Lap Swim II 11:00 - 11:45 am	<b>GIRLS</b> Open Swim 4:30 - 5:30 pm	<b>WOMEN</b> Lap Swim II 11:00 - 11:45 am	<b>GIRLS</b> Open Swim 4:30 - 6:00 pm	
<b>GIRLS</b> (Grades 1-8) Open Swim 3:00 - 3:30 pm	<b>WOMEN</b> Open Swim 11:45 - 12:45 pm	<b>GIRLS</b> Swim Instruction 5:30 - 6:15 pm	<b>WOMEN</b> Open Swim 11:45 - 12:45 pm		
<b>BOYS</b> Open Swim (Grades 1-8) 4:15 - 4:55 pm	<b>WOMEN</b> Open Lap Swim 12:45 - 1:15 pm	<b>H.S. GIRLS &amp; WOMEN</b> WSI 6:00 - 9:00 pm	<b>WOMEN</b> Open Lap Swim 12:45 - 1:15 pm	<b>H.S. GIRLS &amp; WOMEN</b> Lifeguarding 6:30 - 9:30	<b>MOTZOEI SHABBOS ENDS MARCH 10</b>
<b>BOYS</b> Swim Instruction 4:40 - 5:30pm 5:30 - 6:15pm	<b>WOMEN</b> Lap Swim III 1:15 - 2:00 pm	<b>H.S. GIRLS &amp; WOMEN</b> Swim Instruction 7:15 - 8:00 pm	<b>WOMEN</b> Lap Swim III 1:15 - 2:00 pm		<b>BOYS</b> Open Swim (Grades 1 - 8) 8:00 - 8:30 pm
<b>FATHER / SON</b> Open Swim 6:15 - 7:30 pm	<b>H.S. BOYS</b> Open Swim 7:00 - 9:00 pm	<b>H.S. GIRLS</b> Open Swim 7:00 - 8:00 pm	<b>H.S. BOYS</b> Open Swim 7:00 - 9:00 pm	<b>H.S. GIRLS</b> Open Swim 7:30 - 8:00 pm	<b>FATHER / SON</b> Open Swim 8:30 - 10:00pm
<b>H.S. BOYS</b> Open Swim 7:00 - 9:00 pm	<b>MEN</b> Open Swim 7:00 - 10:30pm	<b>WOMEN</b> Open Swim 8:00 - 9:30 pm	<b>MEN</b> Open Swim 7:00 - 10:30pm	<b>WOMEN</b> Open Swim 8:00 - 9:30 pm	<b>H.S. BOYS &amp; MEN</b> Open Swim 9:15 - 10:45 pm
<b>H.S. BOYS</b> Lifeguarding 7:00 - 9:30 pm		<b>WOMEN</b> Open Lap Swim 9:30 - 10: 45 pm		<b>WOMEN</b> Open Lap Swim 9:30 - 10:45 pm	

<p style="text-align: center; color: red; font-weight: bold;">AQUADYNAMICS WATER EXERCISE</p> <p style="text-align: center; color: red;">WOMEN</p> <p>Monday &amp; Wednesday ..... 9:30 - 10:00 am 11:15 - 11:45 am 12:00 - 12:30 pm</p> <p>Thursday ..... 9:30 - 10:00 am</p> <p>Tuesday &amp; Thursday ..... 8:30 - 9:00 pm</p> <p>MEN Wednesday ..... 7:30 - 8:00 pm</p> <p style="text-align: center; color: red; font-weight: bold;">SMALL POOL HOURS</p> <p style="text-align: center; color: red;">WOMEN</p> <p>Monday &amp; Wednesday ..... 10:00 - 1:30 pm</p> <p>Thursday ..... 9:00 - 11:30 am</p> <p>Tuesday &amp; Thursday ..... 7:30 - 9:30 pm</p> <p style="text-align: center; color: red;">MEN</p> <p>Monday &amp; Wednesday ..... 7:30 - 9:30 pm</p> <p>Sunday, Tuesday, Friday ..... 8:30 - 10:30 am</p> <p style="color: red; font-size: small;">POOL HOURS WILL BE STRICTLY ENFORCED SUBJECT TO AVAILABILITY OF LIFEGUARDS</p>	<p style="text-align: center; color: red; font-weight: bold;">SAUNA, WHIRLPOOL &amp; STEAMROOM</p> <p style="text-align: center; color: red;">WOMEN</p> <p>Monday &amp; Wednesday ..... 7:15 - 2:15 pm</p> <p>Tuesday ..... 7:30 - 10:30 pm</p> <p>Thursday ..... 8:00 - 11:30 am 7:30 - 10:30 pm</p> <p style="text-align: center; color: red;">MEN</p> <p>Sunday ..... 7:30 - 10:45 am</p> <p>Monday &amp; Wednesday ..... 6:00 - 10:30 pm</p> <p>Tuesday ..... 7:30 - 10:30 am</p> <p>Friday ..... 7:30 - 11:00 am</p>	<p style="text-align: center; color: red; font-weight: bold;">FITNESS FACILITY</p> <p style="text-align: center; color: red;">WOMEN</p> <p>Monday &amp; Wednesday ..... 8:15 - 1:30 pm</p> <p>Tuesday &amp; Thursday ..... 8:15 - 10:45 pm</p> <p>Thursday ..... 8:15 - 11:00 am 8:15 - 10:30 pm</p> <p style="text-align: center; color: red;">MEN</p> <p>Sunday ..... 7:30 - 10:30 am</p> <p>Monday &amp; Wednesday ..... 6:00 - 10:45 pm</p> <p>Tuesday &amp; Friday ..... 7:30 - 10:30 am</p> <p>Motzoei Shabbos ..... 8:00 - 9:00 pm</p> <p style="text-align: center; color: red;">H.S. GIRLS</p> <p>Tuesday &amp; Thursday ..... 7:00 - 8:00 pm</p> <p style="text-align: center; color: red;">H.S. BOYS</p> <p>Motzoei Shabbos ..... 9:00 - 10:45 pm</p> <p>Sunday ..... 7:00 - 8:30 pm</p>
---	---	---



**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.**

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

## ... 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 • January 9 - March 13  
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 • January 9 - March 13  
**5WD1** Wednesday 10:00-12:30 pm • January 10 - March 14  
**5WD2** Wednesday 12:45 - 3:15pm • January 10 - March 14  
**5WE1** Wednesday 7:00-9:30 pm • January 10 - March 14  
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)  
February 5 - March 19 Fee: M-\$145/NM-\$165

**JOSEPH ROSENTHAL**

**EXCEL**  
Create spreadsheets, graphics & calculating formulas.  
**5CC5** Monday & Wednesday 7:00 - 8:30pm (5 Sessions)  
February 5 - February 14 • Fee:M-\$85/NM-\$115  
**5CC3** Tuesday & Thursday 5:00 - 6:30pm (5 Sessions)  
February 6 - February 20 • 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)  
February 6 - February 22 Fee: M-\$100/NM\$125

**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*  
Aerobics 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**  
**JANUARY 5 - MARCH 16:**  
**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

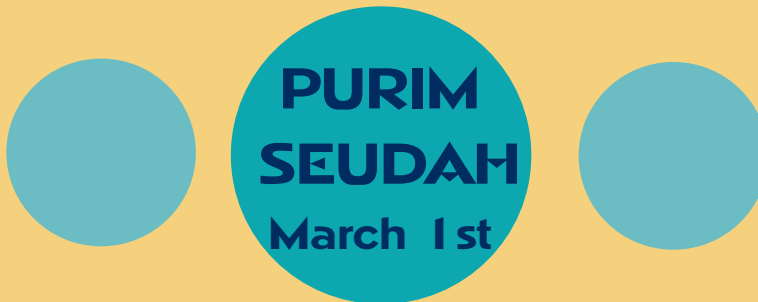
The Y Senior Center offers diverse and stimulating activities for men and women over 60; Monday thru Friday 9:00 am - 4:30 pm.

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

## UPCOMING EVENTS



*More to Come!*

FUNDED BY NEW YORK CITY DEPARTMENT FOR THE AGING