

VOLUME 19 ISSUE 2

BORO PARK
מרכז ד'בארא פארק



Winter 2019
PROGRAM GUIDE

Y PROGRAM STARTS JANUARY 6

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 ENDS MARCH 9TH

SWIM INSTRUCTION PROGRAM FOR ALL AGES

CLUB NISSIM FOR HOLOCAUST SURVIVORS

SENIOR CENTER FUNDED BY DFTA

HIGH SCHOOL DIPLOMA PROGRAM



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 6 - MARCH 10, 2019**
- 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: **\$80** 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 \$70.00
 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 JEWELS & MORE \$75.00
 Dazzle your friends and family!

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

2G12 GYMNASTICS I \$70.00
 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!

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! 3:00 - 3:30pm!

2:15 - 3:30 pm

2G51 CRAFTS AND MORE \$75.00

2G52 PAINTING 4 BEGINNERS \$90.00

Continues on next page

GRADES 2 - 3

10:00 - 11:15 am		
2G02	GYMNASTICS I	\$70.00
<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>		
2G07	PERSONALIZED CRAFTS	\$75.00
<i>Make "Name" items for yourself and your family</i>		
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	\$75.00
<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 earphone attachment required.</i>		
2G17	PAINTING I	\$90.00
<i>Learn composition, perspective, shading and color. class size limited. bring a smock!</i>		

2G21	POTTERY	\$80.00
12:25 - 1:15 pm		
7GS2	LEARN TO SWIM	\$100.00
1:00 - 2:15 pm		
2G33	GYMNASTICS II	\$70.00
2G34	PAINTING I	\$90.00
2G41	WOODSHOP	\$65.00
2G36	JUNIOR PARTY PLANNERS	\$65.00
<i>Edible masterpieces to eat and serve.</i>		
2:00 - 2:55 pm		
7GS3	LEARN TO SWIM	\$100.00
<i>Beginners - Intermediate. Small group sizes.</i>		
2:15 - 3:30 pm		
2G56	JR. PARTY PLANNERS	\$65.00
2G54	PAINTING I	\$90.00
2G55	IRON ON RHINESTONES	\$80.00

GRADES 4 - 5

10:00 - 11:15 am		
2G08	PAINTING I	\$90.00
2G05	BASIC DRAWING	\$90.00
11:15 - 12:30 pm		
2G20	STEP AEROBICS	\$95.00
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
<i>Drawing Principles, shading and pencil work. Limit 10 students.</i>		
2G21	POTTERY	\$75.00
11:30 - 12:25 pm		
7GS1	LEARN TO SWIM	\$100.00

OPEN TO ALL AGES

OPEN SWIM

1:15PM - 2:00PM
3:00PM - 3:30PM

OPEN GYM

12:30PM - 3:30PM

GRADES 4 - 5

	12:25- 1:15 pm	
7GS2	LEARN TO SWIM	\$100.00
	1:00 - 2:15 pm	
2G62	CHALIL	\$75.00
2G33	GYMNASTICS II	\$70.00
2G34	PAINTING I <i>Use different media to learn about composition, perspective, shading and color. Limit 10 students.</i>	\$90.00
2G63	CASIO I <i>Learn to read notes and play Jewish songs. 3-1/2 octave Casio with earphone attachment required.</i>	\$75.00
2G47	IRON ON RHINESTONES <i>New craft using paints and air diffuser</i>	\$75.00
2G36	PARTY PLANNERS <i>Edible masterpieces to eat and serve.</i>	\$65.00

	2:00 - 2:55 pm	
7GS3	LEARN TO SWIM <i>Beginners through Intermediate.</i>	\$100.00
7GS5	GUARD START <i>Junior Lifeguarding</i>	\$125.00
	2:15 - 3:30 pm	
2G58	GYMNASTICS II	\$70.00
2G57	PARTY PLANNERS	\$65.00
2G64	POTTERY	\$75.00
2G73	SELF DEFENSE	\$85.00
2G61	DRAWING	\$90.00



GRADES 6 - 8

	11:15 - 12:30 pm	
2G13	DRAWING I <i>Beginners class using charcoal pencils</i>	\$90.00
2G34	OVERSIZED PAINTINGS	\$95.00
	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

2G44	DRAWING II	\$90.00
2G63	CASIO	\$75.00
	2:00 - 2:55 pm	
7GS5	GUARD START	\$125.00
	2:15 - 3:00 pm	
2G57	PARTY PLANNERS <i>Advanced</i>	\$60.00
2G73	SELF DEFENSE I	\$85.00
2G58	ADVANCED GYMNASTICS <i>Placement Test Required</i>	\$70.00

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 intotal workout.
 Tuesday & Thursday ~ 8:00 - 9:00 pm

WSI Fee: \$550
 January 15 - March 12
 7TE2 Tuesday 6:00 - 9:00 PM

LIFEGUARDING Fee: \$550
 January 10 - March 14
 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 8 - March 12
 7TE1 Tuesday 7:15 - 8:00 PM

OPEN SWIM NO FEE
 7TE1 Tuesday & Thursday ~ 7:30 - 8:00 pm

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 (8 Sessions)
 January 19 - March 9
 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 6 - March 10
See swim page for complete details. Preliminary screening test fee: \$10. (non-refundable).

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 6 - March 10** • Friday Program dates: **January 11 - March 15**

• Motzoei Shabbos Program dates: **Ends March 9**

• **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 1 - 3 Friday - 12:15-12:50 pm

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

Grades 6 - 8

Grades 4 - 6

Grades 6 - 8

Sunday - 5:30-7:00 pm

Friday 12:50-1:35 pm

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.

2BS0 Sunday 6:15 -7:15 pm

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

\$85.00

SELF DEFENSE II

2BS1 Sunday 7:15-8:15 pm

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

\$85.00

GYMNASTICS

2BS2 Sunday 3:45-4:45 pm

2BS3 Sunday 4:45-5:45 pm

\$70.00

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.

7BF3 Friday 1:15 - 2:10 pm

7BS3 Sunday 5:30 - 6:15 pm

\$125.00

OPEN SWIM

Sunday 4:15 - 4:40 pm

Sunday 6:15 - 7:00 pm

Friday 12:30 -1:15 pm

Motzoei Shabbos 8:30 - 10:00 pm

Members Only No Fee

FATHER/SON SWIM

Sunday 6:00 - 7:30 pm

Motzoei Shabbos 8:30 - 10:00 pm

Members Only No Fee

Father must be accompanied by child.

YESHIVA BOYS ORCHESTRA PROGRAM LEARN TO PLAY AN INSTRUMENT:

MUSIC LESSONS FOR BOYS

Sunday 4:00 - 6:00 pm • \$75
Group Lessons in
• Violin • Casio • 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



Funded by UJA/Federation



AQUATICS & PHYSICAL EDUCATION

•All Classes require Y membership and accident insurance are for 10 Sessions unless otherwise noted

WOMEN

LEARN TO SWIM \$100.00

January 7 - March 11
7MD1 Monday 10:20 - 10:55 am
 January 8 - March 112
7TE1 Tuesday 7:15 - 8:00 pm

LAP SWIM \$60.00

January 7 - March 28
 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 \$50.00

January 9 - March 13
7WD1 10:20 - 10:55 am

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.
 January 10 - March 14
7TE3 Thursday 6:00 - 9:30pm

WSI \$550.00

January 15 - March 12
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 6 - March 10
7GS1 Sunday 11:30 - 12:25 pm
7GS2 Sunday 12:25 - 1:15 pm
7GS3 Sunday 2:00- 2:55 pm
 January 8 - March 12
7GT1 Tuesday 5:30- 6:15 pm

BOYS

LEARN TO SWIM \$100.00

January 6 - March 10
7BS1 Sunday 4:40 - 5:30 pm
7BS2 Sunday 5:30 - 6:10 pm

January 11 - March 15
7BF1 Friday 1:20 - 2:10 pm

GUARD START \$125.00

First step training for Junior Lifeguards.
 January 6 - March 10
7BS3 Sunday 5:30 - 6:10 pm

HIGH SCHOOL BOYS & MEN

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.
 January 6 - March 10
7BS4 Sunday 6:30 - 9:30 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.

ATTENTION UNITED HEALTH CARE & BLUE CROSS MEDICARE MEMBERS:
 Take advantage of a membership and use steam and sauna rooms, aqua exercise classes, exercise equipment and more! If you are a member of Oxford or Blue Cross Medicare you may be entitled to use the Y at Little or NO COST to you. Call the Y office to verify your eligibility for this program.

ATTENTION UNITED HEALTH CARE FREEDOM PLAN FAMILY MEMBERS:
 You may be entitled to reimbursement for part of your Boro Park Y Family, Couple or Adult Individual Membership. Pick up forms and information at the Y front office.

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 ENDS MARCH 9
BOYS Swim Instruction 4:40 - 5:25 pm 5:30 - 6:15 pm	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 - 7:30 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 7:00 - 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 6:30 - 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 10:15 - 11:00 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 ENDS MARCH 9
BOYS Open Gym (grades 3-6) 4:30 - 6:00 pm	WOMEN Steptastics 12:00 - 1:00 pm	WOMEN Cardio Dance Fusion 7:55 - 8:45 pm	WOMEN Step Tastics 12:00 - 1:00 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



••• ART PALETTE •••

ART WORKSHOP I

CHAVA ROTH

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 8 - March 12

5WE1 Wed. 7:00-9:30 pm • January 9 - March 13

Fee: M-\$185/NM-\$200 (10 Sessions)

ART WORKSHOP II

CHAVA ROTH

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 8 - March 12

5WD1 Wednesday 10:00-12:30 pm • January 9 - March 13

5WD2 Wednesday 12:45 - 3:15pm • January 9 - March 13

Fee: M-\$185/NM-\$200 (10 Sessions)

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 - 11:00 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. 12:00 - 1:00 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 & international dance steps

FRIDAY 10-10:45PM

DEC. 14 - FEB. 15:

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. Is open 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.

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

The monthly schedule can be found on Club Nissim's website, clubnissim.org, which also proved full information about the program. The website has a blog where members can contribute their memoirs and other writings.

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 Hirschhorn, Program Director

Esther Grossman, Chana Sahler, Malky Stern, Program Assistants

Rochelle Englard, Administrative 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
- SHOWS
- HEALTH & NUTRITION LECTURES
- ASSISTANCE WITH GOVERNMENT BENEFITS
- GUEST SPEAKERS
- DAILY GLATT KOSHER LUNCHES
- CLASSES & LECTURES

WEEKLY SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
9:30 am BOARD GAMES				
10:15 am Excercise Video	10:00 am Excercise	10:30 am Excercise	10:00 - 11:00 am Blood Pressure Screening	9:45 am Morning Stretch
11:00 am Chair Yoga in Center			10:00 am Exercise	
12:00 pm Yoga in Gym	11:00 am Jewish Studies	11:30 am "To Your Health"	11:00 am "News & Views"	11:00 am Class with Rabbi Kestenbaum
12:00 noon LUNCH				
1:00 pm Monday Matinee	1:30pm Needles & Knots Knitting	1:30pm Crafts Club	1:00 pm "Arts & Entertainment"	Meals for Shabbos Register by Wednesday
1:00 pm Dance with Shulamith				

Upcoming Events

PURIM PARTY
 Thursday
 March 21st
 11:30 AM • \$4
 Reservation Required