

**FALL
2026**

BORO PARK
מרכז ד'בארא פארק



PROGRAM GUIDE

Begin Date October 18th

GIRLS SUNDAY PROGRAM
10AM - 4PM

BOYS SUNDAY PROGRAM
4PM - 7PM

BOYS FRIDAY PROGRAM
12:30PM - 2:30PM

**BOYS MOTZEI SHABBOS
PROGRAM**
8PM - 10:30PM

**BEGINS NOV. 7TH
SWIM INSTRUCTION
FOR ALL AGES**

**CLUB NISSIM FOR
HOLOCAUST SURVIVORS**
FUNDED BY UJA FED & NYC COUNCIL

SENIOR CENTER
FUNDED BY DFTA

2G GENERATION
FUNDED BY JFNA



BORO PARK YM-YWHA MERCAZ D'BORO PARK
4912 14TH AVENUE • BROOKLYN, NY 11219
TEL: 718.438.5921
WWW.BOROPARKY.ORG

MEMBERSHIP INFORMATION

Membership includes the use of the swimming pool, gym, fitness facility, steamroom, sauna, and whirlpool, weight room and the member's fee on classes and events. Membership is valid for a period of twelve months from the date of enrollment. Membership dues are payable in full at the time of application. Adjustment of fees on the basis of financial need can be made by completing the Fee Adjustment Form, which is available in the Main Office.

MEMBERSHIP DUES ARE NOT REFUNDABLE AND NON-TRANSFERABLE.

FAMILY	\$700
a) Parents & all children ages 20 & younger living at home.	
b) Students, Ages 18-20, and still living at home, students 20-30 \$125 extra	
SINGLE PARENT FAMILY *	\$410
Single parent who is divorced, legally separated, widow or widower; and all	
Children age 20 and younger. students 20-23 \$125 additional each	
ADULT COUPLE	\$650
INDIVIDUAL ADULT	\$550
over age 18	
ADULT STUDENT	\$340
Age 17 through 25 and a full-time student*	
KOLLEL COUPLE	\$500
Age 21-30 and one spouse is a full-time student*	
CHILDREN	\$240
Age 4 through 13 (grade P1A - 8)	
HS STUDENTS	\$290
Grades 9 through 12	
SENIOR ADULTS Individual, over age 65	\$330
(Please check with you insurer if they cover gym programs)	
*Verification Required At Time O f R egistration.	Couple, both over age 65 \$485

NEW MEMBERSHIP REGISTRATION FEE - \$50.

A registration fee of \$50. will apply to all new members at the time of enrollment.

INSURANCE: Accident Medical Expense Insurance is required for all that participate in the gym, swim & pre-school programs at the Y. The fee is \$10. per family member. The insurance covers all injuries caused by an accident sustained while participating in Y sponsored activities. The plan is subject to \$25. deductible applying to each claim. The Senior Citizen policy is subject to a deductible based on payments by Medicare. The dental limit is \$150 per accident and covers expenses incurred in the 26 weeks from the date of the accident. There is no family enrollment; each individual must be enrolled separately. Insurance fee must be paid at time of membership enrollment.

LATE RENEWAL FEE: Y members, who do not renew their memberships and wish to rejoin theY at a later date, will be charged an administrative fee. If within thirty days (30) after their membership has lapsed, they will be charged a \$25 fee; after sixty days (60) has lapsed the membership will be canceled and they will be considered a new member.

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 9 sessions: October 18- December 27.
 - No Programs December 6th & December 20th
- 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.

NURSERY & KINDERGARTEN BOYS & GIRLS AGES 3 - 5

10:00 - 1:00 pm

PRE SCHOOL FUN CLUB \$100.00

Creative group activities including arts & crafts, music, dance, cooking and more.

P1A - 1ST GRADE

10:00 - 11:15 am

GYMNASTICS I \$100.00

Beg. gymnastics using mats & a balance beam.

BAKING \$100.00

DRAWING \$100.00

Introductory program for the young artist - bring a smock!

11:30 - 12:25 pm

LEARN TO SWIM \$140.00

(give your child enough time to get ready)

11:15 - 12:30 pm

PAINTING \$100.00

Dazzle your friends and family!

BAKERS AND CHEFS \$100.00

BALLET \$100.00

GYMNASTICS I \$100.00

Beginning gymnastics using mats & a balance beam.

12:30 - 1:20 pm

LEARN TO SWIM \$140.00

1:00 - 2:15 pm

PAINTING FOR BEGINNERS \$100.00

Introductory program for the young artist - bring a smock!

FLAVOR FUN \$100.00

Food theme Crafts.

NATURE BY DESIGN \$100.00

1:20 - 2:00 Open Swim

2:05 - 3:00 pm

LEARN TO SWIM \$140.00

FOLLOWED BY FREE SWIM!

3:00 - 3:30PM!

2:15 - 3:30pm

PAINTING 4 BEGINNERS \$100.00

SENSORY ART \$100.00

GRADE 2-3

10:00 - 11:15 am

GYMNASTICS I

Beg. gymnastics using mats & a balance beam.

\$100.00

DRAWING

\$100.00

BAKING

\$100.00

CRICUT

\$100.00

11:30 - 12:25 pm

LEARN TO SWIM

(give your child enough time to get ready)

\$140.00

11:15 - 12:30 pm

BALLET I

Learn basic ballet steps.

\$100.00

BAKING

\$100.00

PAINTING

\$100.00

GYMNASTICS I

Beginning gymnastics using mats & a balance beam.

\$100.00

CASIO I

Read notes, play Jewish songs. 3-1/2 octave Casio with earphone attachment required.

\$90.00

DRAWING

Learn composition, perspective, shading and color. Class size limited. bring a smock!

\$100.00

12:30 - 1:20 pm

LEARN TO SWIM

\$140.00

1:00 - 2:15 pm

GYMNASTICS II

\$100.00

FLAVOR FUN

\$100.00

CASIO

\$90.00

PAINTING

\$100.00

2:05 - 2:55 pm

LEARN TO SWIM

Beginners - Intermediate. Small group sizes.

\$140.00

2:15 - 3:30 pm

SENSORY ART

\$100.00

PAINTING I

\$100.00

DRAWING

\$100.00

GRADE 4-5

10:00 - 11:15 am

DRAWING 2G06

\$100.00

11:15 - 12:30 pm

CRICUT

\$100.00

CASIO I

Learn to read notes and play Jewish songs. 3-1/2 octave Casio with earphone attachment required.

\$90.00

OVERSIZED PAINTING

\$100.00

BALLET I

Learn basic ballet steps.

\$100.00

11:30 - 12:25 pm

LEARN TO SWIM

\$140.00

12:30 - 1:15 pm

GUARD START

\$140.00

Open Swim
1:20 - 2:00 pm
3:00 - 3:30 pm

Open Gym
12:30 - 3:30pm
open to all ages

GRADE 4-5

1:00 - 2:15 pm

GYMNASTICS II \$100.00

SENSORY ART II \$100.00

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

CASIO I \$90.00

Learn to read notes and play Jewish songs. 3-1/2 octave Casio with earphone attachment required.

DRAWING \$100.00

Create beautiful art using sensory materials.

BALLET \$100.00

CRICUT \$100.00

2:05 - 2:55 pm

LEARN TO SWIM \$140.00
Beginners through Intermediate.

12:30 - 1:20 pm

GUARD START \$140.00

2:15 - 3:30 pm

GYMNASTICS II \$100.00

PAINTING \$100.00

CRICUT \$100.00

OVERSIZED PAINTINGS \$100.00

FLAVOR FUN II \$100.00

GRADE 6-8

11:15 - 12:30 pm

OVERSIZED PAINTING \$100.00

CRICUT \$100.00

12:30 - 1:20 pm

LEARN TO SWIM \$140.00

GUARDSTART \$140.00

1:00 - 2:15 pm

DRAWING ^{2G34} \$100.00

SENSIBLE ART II \$100.00

CASIO \$90.00

CRICUT \$100.00

2:00 - 2:55 pm

SWIM INSTRUCTION \$140.00

2:15 - 3:30 pm

FLAVOR FUN II \$100.00

DRAWING \$100.00

ADVANCED GYMNASTICS \$100.00

HS 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 inc. in total workout.

Tuesday & Thursday ~ 8:00 - 9:00 pm

GYMNASTICS **M- \$100 / NM- \$150**

Tuesday 6:00 - 9:00 PM • Nov. 3 - Jan. 12

LIFEGUARDING **\$650**

6:00 - 9:00 PM • TBD

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

OPEN SWIM **NO FEE**

Tuesday & Thursday ~ 7:30 - 8:00 pm

HS BOYS PROGRAM

SPORTS CENTER **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

LIFEGUARDING **\$650.00**

Motzei Shabbos 6:30 - 9:30 pm
November 21 - February 20

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

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: October 18 - January 4 • No Classes Dec. 27**
 - **Friday Program dates: October 16 - December 25 • No Classes Dec. 4, 11**
 - **Motzoei Shabbos Program dates: November 7 - March 6**
- **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

WOODWORKING I

\$100.00

Sunday 3:45 - 4:45 pm
Sunday 4:45 - 5:45 pm

PAINTING & DRAWING

\$100.00

Sunday 3:45 - 4:45 pm
Sunday 4:45 - 5:45 pm

SWIM INSTRUCTION

\$140.00

Grades 1 - 8. All Levels.
Testing at first session for placement.
Sunday 5:00 - 5:45 pm
Sunday 5:45 - 6:30 pm
Friday 1:20 - 2:10 pm

GUARD START

\$140.00

First step training for Junior Lifeguards.
Sunday 5:30 - 6:15 pm

OPEN SWIM Members Only No Fee

Sunday 4:15 - 4:40 pm / 6:15 - 7:00 pm
Friday 12:30 - 1:15 pm
Motzoei Shabbos 8:30 - 10:00 pm

FATHER/SON SWIM

Sunday 6:30 - 7:30 pm
Motzoei Shabbos 8:30 - 10:00 pm
Members Only No Fee. Father must be accompanied by child.

ONE ON ONE SWIM INSTRUCTION

Fee: \$50

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

YESHIVA BOYS ORCHESTRA PROGRAM LEARN TO PLAY AN INSTRUMENT: MUSIC LESSONS FOR BOYS

Sunday 4:00 - 6:00 pm • \$125

Group Lessons in

• Casio • Drums

Sign up for one on one instruction.

Each lesson offers 15 minutes of instruction and 15 minutes practice time.
Unique opportunity to learn beats, fill and bass lines. Learn how drums and basswork separatel and together to drive the song and give energy to music.

Percussion	2B12	4-5pm	2B13	5-6 pm
Casio	2B14	4-5pm	2B15	5-6 pm



Aquatics & Physical Ed

- All Classes require Y membership and accident insurance are for 9 Sessions unless otherwise noted
- No evening classes Chanukah Week

WOMEN

LIFEGUARDING **\$650.00**

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.

November 3 - January 12

Tuesday

6:00 - 9:30pm

GIRLS

LEARN TO SWIM **\$140.00**

Emphasis on water comfort, floating, breathing, kicking-front & back crawl.

October 18 - December 27

Sunday

11:30 - 12:25 pm

Sunday

12:30 - 1:20 pm

Sunday

2:05 - 2:55 pm

October 20 - December 15

Tuesday

5:30 - 6:15 pm

GUARD START **\$140.00**

October 18 - December 27

Sunday

12:30 - 1:15 pm

BOYS

LEARN TO SWIM **\$140.00**

October 18 - December 27

Sunday

5:00 - 5:45 pm

Sunday

5:45 - 6:30 pm

October 16 - December 25

Friday

1:20 - 2:10 pm

GUARD START **\$140.00**

First step training for Junior Lifeguards.

October 18 - December 27

Sunday

5:00 - 5:30 pm

HIGH SCHOOL BOYS & MEN

LIFEGUARDING **\$650.00**

Pre-requisite 15 years old. Level IV swim skills. Includes CPR Pro, First Aid, & AED. Preliminary screening test fee: \$10.

ATTENTION UNITED HEALTH CARE & BLUE CROSS MEDICARE MEMBERS:

Take advantage of a membership & 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.

ONE ON ONE SWIM INSTRUCTION

Fee: \$50

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

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 7:15 - 10:30 am	MEN Open Swim 7:30 - 11:00 am
GIRLS (P1A-8) Swim Instruction 11:30 - 12:25 pm 12:30 - 1:20pm	WOMEN Open Swim 8:00 - 10:15 am		WOMEN Open Swim 8:00 - 10:15 am	WOMEN Open Lap Swim 10:00 - 11:45 am	MEN Open Swim 7:30 - 11:00 am
GIRLS Guard Start 12:30 - 1:15 pm					BOYS Swim Instruction (Grades 1-8) 1:20- 2:10 pm
GIRLS Open Swim (Grades 2-8) 1:20 - 2:00 pm	WOMEN Lap Swim II 11:15 - 11:45 am	GIRLS Open Swim 4:30 - 5:30 pm	WOMEN Lap Swim II 11:15 - 11:45 am	GIRLS Open Swim 4:30 - 6:00 pm	
GIRLS (Grades 1-8) Swim Instruction 2:05- 3:00 pm	WOMEN Open Swim 11:45 - 12:45 pm		WOMEN Open Swim 11:45 - 12:45 pm		
GIRLS (Grades 1-8) Open Swim 3:00 - 3:30 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 STARTS NOV. 7
BOYS Open Swim (Grades 1-8) 4:15- 4:55 pm	WOMEN Lap Swim III 1:15 - 2:00 pm		WOMEN Lap Swim III 1:15 - 2:00 pm		BOYS Open Swim (Grades 1 - 8) 8:00 - 8:30 pm
BOYS Swim Instruction 5:00 - 5:45pm 5:45 -6:30pm	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
FATHER / SON Open Swim 6:30 - 7:30 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. B OYS & MEN Open Swim 9:15 - 10:30 pm
H.S. BOYS Open Swim 7:00 - 9:00 pm		WOMEN Open Lap Swim 9:30 -10: 30 pm		WOMEN Open Lap Swim 9:30 -10:30 pm	H.S. BOYS Lifeguarding 8:00 - 10:30 pm

AQUADYNAMICS WATER EXERCISE WOMEN

Monday & Wednesday 9:45 - 10:15 am
11:30 - 12:00 am
12:00 -12:30 pm
Thursday 9:45 - 10:15 am
Tuesday & Thursday 8:30 - 9:00 pm
SMALL POOL HOURS

WOMEN

Monday & Wednesday 10:20 - 2:00 pm
Thursday 10:20 - 11:30 am
Tuesday & Thursday 7:30 - 10:30 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

FITNESS FACILITY WOMEN

Monday & Wednesday 7:15 - 2:00 pm
Tuesday & Thursday 8:15 - 10:30 pm
Thursday 7:15 - 12:00 pm
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
H.S. GIRLS
Tuesday & Thursday 7:00 - 8:00 pm
H.S. BOYS
Sunday 7:00 - 9:00 pm

SAUNA AND 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

BORO PARK YM-YWHA
4912 14TH AVENUE, BROOKLYN, N.Y. 11219 718 438-5921
PHYSICAL EDUCATION DEPARTMENT

RULES FOR USE OF POOL, GYM AND SAUNA

Y members have the use of the following facilities:

- Pool, Gymnasium, Steam Room, Exercise Room 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.**

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 10:00 - 10:45 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 8:15 -9:00 pm		H.S. GIRLS Core-dination 8:00 -8:45 pm 8:15 -9:00 pm	MOTZOEI SHABBOS STARTS NOV. 7
BOYS Open Gym (grades 3-6) 4:30 - 6:00 pm	WOMEN Steptastics 12:15 - 1:00 pm	WOMEN Cardio Dance Fusion 7:55 - 8:45 pm	WOMEN Step Tastics 12:15 - 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
- No Evening Classes Chanukah December 11th

ART PALETTE

ART WORKSHOP I

by 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.

Tues. 10:00-12:30 pm • October 13 - December 15

Wed. 7:00-9:30 pm • October 14 - December 6

Fee: M-\$200/NM-\$250 (10 Sessions)

ART WORKSHOP II

by Chava Roth

Oil Painting

Basic drawing pre-requisite. Oil Painting from a representational viewpoint. Still Life, landscapes, etc. Color mixing, paint application & composition strategies emphasized.

Tues. 12:45 -3:15pm • October 13 - December 15

Wed. 10:00-12:30 pm • October 14 - December 23

Wed. 12:45 - 3:15pm • October 14 - December 23

Fee: M-\$200/NM-\$250 (10 Sessions)

New!

PRENATAL YOGA

with Malky Israel, BRM Certified Yoga Instructor

will address:

EASIER PREGNANCY AND DELIVERY DIASTASIS RECTI • PROLAPSE

• LABOR STALLS AND BABY POSITION

Start Date: October 14 Days: Wednesday Time: 7:30 PM 8 Sessions - Registration Options: M: \$275 • NM: \$300

• Trial Class: \$40 (If you sign up for the full series after your trial, the \$40 will be credited toward your registration fee!)

KINSTRETCH

5KU1: OCT. 9 - DEC. 11

Friday . 9:00-10:00AM

10 SESSIONS

FEE: M-\$125/NM-\$150

• DROP IN ONE CLASS \$20

ZUMBA WITH TAMARA

Energetic aerobics workout combining latin

& international dance steps

FRIDAY 10-10:45AM

OCT. 9 - DEC. 11

10 SESSIONS

FEE: M-\$125/NM-\$150

• DROP IN ONE CLASS \$20

PILATES

MONDAY 11:30AM

OCT. 10 - DEC. 12

WED. 11:30AM

OCT. 12 - DEC. 14

10 SESSIONS

FEE: M-\$100/NM-\$125

• DROP IN ONE CLASS \$20

SHULAMIS SPUTZ DANCING

MON, WED 8-10:00PM

TUES. & THURS. 10-12:00PM

Oct. 5 - Dec. 3

10 SESSIONS FEE: M-\$350

or \$20 Per Class

Womens Fitness Classes

INTERVELOCITY

Sun. 10:00 - 10:45 am

CARDIO CHALLENGE

Mon. & Wed. 10:00 - 10:45 am

High impact aerobics
followed by
intense abdominal
exercises

STEPTASTIC

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

Variation of popular basic
moves, off cadence
stepping, tap free stepping,
creating more
complex patterns,
while working with
1 or 2 steps

ARMS & ABS

Mon. & Wed. 10:50 - 11:20 am

Toning Class

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
thecore & lower body

H.S. GIRLS FITNESS CLASSES CORE-DINATION

Tues. 8:15 • Thurs. 8:00 pm

Aerobics Training -
fun work -
Hard Play stretching,
calisthenics & step
included in total
workout

Club Nissim is supported by grants from the Conference on Jewish Material Claims against Germany; UJA Federation of New York; the NYC Council Elie Wiesel Holocaust Survivor Initiative; and JFNA

Club Nissim

Every Member is a Living Miracle

Club Nissim is a Recreational Day Program for Holocaust Survivors, which is open Monday-Thursday from 10:00 am into mid-afternoon. 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 simulation activities in a cheerful and friendly environment.

Daily Exercise for Women

Lectures & Discussions

Trips & Outings

Movies & Documentaries

Social Gatherings

Birthday Club

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 many exciting activities, or to simply drop in for a cup of coffee and a schmooze!

Join Club Nissim and Get a New Lease of Life!

Simonne Hirschhorn
Program Director

Esther Grossman
Program Assistant

Malky Hertz
Social Worker

Club 2G



This is a **FREE PROGRAM** for the adult (over 60) children of Holocaust Survivors. Fun, education, and stimulating programs! Receive validation of the challenges inherent in growing up with Holocaust survivor parents.

Our Services

- **Daily Exercise**
- **Lectures & Workshops**
- **Cooking & Baking**
- **Art & Crafts**
- **Trips & Outings**
- **Health & Nutrition Programs**

SIGN UP NOW!

Funded by JFNA

BPY Senior Center

Judy Liff, *Director* • Esther Lewin Selevan, *Assistant Director*
(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 •

New Program & Activities are added every Month!
Pick up calendar at the Senior Center Office

Program Highlights

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

Funded by The New York City Department for the Aging

Boro Park Y

Building Schedule 5787

Monday, September 7	Labor Day Open
Friday, September 11	Erev Rosh Hashana Y Closes at Noon
Sunday, September 13	Rosh Hashanah Y closed
Monday, September 14	Tzom Gedalia Regular Schedule
Sunday, September 20	Erev Yom Kippur Y closes noon
Monday, September 21	Yom Kippur Y closed
Friday, September 25	Erev Succos Swim Cancelled Y closes noon
Sunday, September 27	Y Closed
Monday, September 28 - Thursday, October 1	Chol Hamoed Schedule
Friday, October 2	Hoshana Rabba Y Closed
Sunday, October 4	Simchat Torah Y closed
Thursday, November 26	Thanksgiving - Regular Schedule
Friday, December 4	Y Closes at 1pm
Motzei Shabbos, December 5	Y Closed
Sunday, December 5	Men's Swim and Gym Y closes at 12 Noon
.....	Children's program cancelled
Sunday December 20	Asara B'Tevet Y Open

2027

Monday March 22	Taanis Esther Swim Cancelled Y Closes at 4pm
Tuesday March 23	Purim Y Closed
Tuesday April 20	Bedikas Chomit Y Closes at 4pm
Wednesday April 21 - April 29	Pesach Y closed
Monday, May 31	Memorial Day Y Open
Thursday June 10	Erev Shavuot Y closes 1 pm
Friday June 11	Shavuos Y closed
Sunday, July 4	Y open
Sunday July 12	Tisha B'Av Y closed
Thursday, July 22 17th of Tammuz	Swim Cancelled, Y Opens at 4pm
Wednesday August 4 - Thursday, August 12	Nine Days Schedule
Sunday, August 8	Y closed
Monday September 6	Labor Day Y open

Chol Hamoed Schedule

Monday, Wednesday Thursday Women's Swim 8 - 11am
Tuesday, and Friday Men's Swim 8 - 11am

Nine Days Schedule

Exercise classes and Fitness room open. Pool, Sauna closed



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