

BORO PARK
מרכז ד'בארא פארק



SPRING
2025

PROGRAM GUIDE

April 27th - June 28th

Adult-\$225 • Family-\$315 • Child-\$100

- Learn to swim before the Summer •
- Full Range of Swim Classes Available •

*Includes registration and insurance
must be paid in full at time of registration

BUILDING SCHEDULE

Friday April 25Boys Friday Program Begins
Sunday April 27.....Sunday Program Begins
Monday May 26.....Memorial Day Y Open
Sunday June 1 Erev Shavous Mens Swim Only
.....Y Closes at 12 Noon
Mon. - Tues June 2 -3Shavous Y Closed
Sunday June 29..... Summer Schedule Begins



BORO PARK YM-YWHA MERCAZ D'BORO PARK
4912 14TH AVENUE • BROOKLYN, NY 11219
TEL: 718.438.5921
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 7 sessions: April 27th - June 15.

No Classes June 1st.

- 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 ^{2G00} \$100.00

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

P1A - 1ST GRADE

10:00 - 11:15 am

GYMNASTICS I ^{2G02} \$75.00

Beg. gymnastics using mats & a balance beam.

BAKING ^{2G13} \$65.00

11:15 - 12:30 pm

GYMNASTICS I ^{2G12} \$75.00

Beg. gymnastics using mats & a balance beam.

PAINTING ^{2G17} \$75.00

1:00 - 2:15 pm

KRAFTS CORNER ^{2G31} \$75.00

New and exciting craft projects- No repeats!

PAINTING ^{2G32} \$75.00

BAKING ^{2G30} \$65.00

Put on your apron and bake special treats

2:15 - 3:30pm

KRAFTS CORNER ^{2G50} \$75.00

New and exciting craft projects- No repeats!

PAINTING ^{2G54} \$75.00

SWIM INSTRUCTIONS FOR ALL GRADES

11:30 - 12:25pm

LEARN TO SWIM ^{7G61} \$100.00

12:30 - 1:20pm

LEARN TO SWIM ^{7GS2} \$100.00

1:20 - 2:00pm

OPEN SWIM NO FEE

2:05 - 3:00 pm

LEARN TO SWIM ^{7GS3} \$100.00

GUARD START ^{7GS5} \$100.00

3:00 - 3:30PM OPEN SWIM NO FEE

12:30 - 3:30PM OPEN GYM NO FEE

GRADE 2-3

10:00 - 11:15 am

GYMNASTICS I ^{2G02} **\$75.00**

Beg. gymnastics using mats & a balance beam.

DRAWING & PASTELS ^{2G05} **\$75.00**

11:15 - 12:30 pm

GYMNASTICS ^{2G12} **\$75.00**

DRAWING ^{2G14} **\$75.00**

BAKING ^{2G18} **\$65.00**

PAINTING ^{2G17} **\$75.00**

Learn composition, perspective, shading and color.

Class size limited. Bring a smock!

1:00 - 2:15 pm

KRAFTS CORNER ^{2G35} **\$75.00**

GYMNASTICS I ^{2G33} **\$75.00**

PAINTING I ^{2G49} **\$75.00**

Learn composition, perspective, shading and color.

Class size limited. Bring a smock!

2:15 - 3:30 pm

KRAFTS CORNER ^{2G57} **\$75.00**

PAINTING I ^{2G54} **\$75.00**

DRAWING ^{2G61} **\$75.00**

GRADE 4-5

10:00 - 11:15 am

PAINTING I ^{2G04} **\$75.00**

Learn composition, perspective, shading.

DRAWING & SHADING ^{2G05} **\$65.00**

11:15 - 12:30 pm

PAINTING I ^{2G17} **\$75.00**

OVERSIZED PAINTING ^{2G23} **\$75.00**

CRICUT ^{2G19} **\$75.00**

1:00 - 2:15 pm

KRAFTS KORNER ^{7G35} **\$75.00**

CRICUT ^{2G60} **\$75.00**

GYMNASTICS I ^{2G33} **\$75.00**

Beginner gymnastics using mats & balance beams.

DRAWING ^{2G48} **\$75.00**

Composition, perspective and shading!

2:15- 3:30 pm

GYMNASTICS II ^{2G58} **\$75.00**

DRAWING ^{2G61} **\$75.00**

CRICUT ^{2G69} **\$75.00**

GRADE 6-8

11:15 - 12:30 pm

OVERSIZED PAINTING ^{2G23} \$75.00

DRAWING I ^{2G14} \$75.00

Beginners class using charcoal pencils

CRICUT ^{2G19} \$75.00

12:30 - 1:00PM - OPEN GYM

1:00 - 2:15 pm

DRAWING ^{2G48} \$75.00

KRAFTS KORNER ^{2G36} \$75.00

CRICUT ^{2G41} \$75.00

GYMNASTICS ^{2G33} \$75.00

2:15 - 3:30 pm

GYMNASTICS II ^{2G58} \$75.00

Pre-requisite Gymnastics I

DRAWING & PASTELS ^{2G61} \$75.00

Beginners class using charcoal pencils.

CRICUT ^{2G69} \$100.00

WOMENS FITNESS CLASSES

We encourage you to develop a set routine to keep fit. The exercise may change by time or instructor as needed.

INTERVELS

Sun. 10:15 - 11:00 am

CARDIO & ABDOMINAL CHALLENGE

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

Fast paced cardio workout followed by mat work

STEPTASTIC BODY SCULPTING

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

Intense cardio workout

CARDIO DANCE FUSION

Tues. 7:45 - 8:45 pm

Advanced choreographed moves followed by mat work

BOOT CAMP TRAINING

Thurs. 7:45 - 8:45 pm

Emphasis on core & lower body

H.S. GIRLS FITNESS CLASSES

CORE-DINATION

Tues. & Thurs. 8:00 - 8:45 pm

ADULT EXERCISE CLASSES

KINSTRETCH

SKU1 April 25 - June 27

9:00 - 10:00 am

10 Sessions

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

Drop in One Class \$20

ZUMBA WITH TAMARA

Energetic aerobics workout combining latin and international dance steps

5ZU1 April 25- June 27

Friday 10:00 - 10:45 am

10 Sessions

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

Drop in One Class \$20

PILATES

Solid core pilates. Revolutionary method to strengthen pelvic & lower back muscles. Perfect for women that want strengthen their core.

5PL1 March 24 - June 23

Monday 11:30 - 12:15 9m

10 Sessions

Fee: \$125 Members Only

Drop in One Class \$20

ISRAELI & LINE DANCING WITH SHULAMIS SPUTZ

Intermediate & Advanced Only

Tues. & Thurs. 10-12noon • Mon. & Wed. 8-10pm

5SP1 May 19-July 10 7 Sessions \$275

5SP2 June 7-July 10 6 Sessions \$210 or \$15 per session

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 7 sessions. All fees include supplies and materials except where noted.
- **Sunday Program dates: April 27 - June 15 • Friday Program dates: May April 25- June 13**
No Classe June 1st.

SWIMMING

SWIM INSTRUCTION

\$100.00

Grades 1 - 8. All Levels.

Testing at first session for placement.

| | | |
|------|--------|----------------|
| 7BF1 | Friday | 1:20 - 2:10 pm |
| 7BS1 | Sunday | 5:00 - 5:45 pm |
| 7BS2 | Sunday | 5:45 - 6:30 pm |

GUARD START II

\$100.00

| | | |
|------|--------|----------------|
| 7BS3 | Sunday | 5:45 - 6:30 pm |
|------|--------|----------------|

OPEN SWIM

Members Only No Fee

| | |
|-------------------|----------------|
| Sunday Big Pool | 4:15 - 5:00pm |
| Sunday Small Pool | 5:30 - 7:00pm |
| Friday | 12:30 -2:45 pm |

FATHER/SON SWIM

| | |
|--------|----------------|
| Sunday | 5:30 - 7:00 pm |
|--------|----------------|

WOODWORKING I

\$100.00

| | | |
|------|--------|----------------|
| 2BS6 | Sunday | 3:45 - 4:45 pm |
| 2BS7 | Sunday | 4:45 - 5:45 pm |

HS BOYS PROGRAM

SPORTSCENTER

NO FEE

| | |
|--------------|---------------|
| Sunday | 7:00 - 9:00pm |
| Mond. & Wed. | 7:00 -9:00pm |

FITNESS FACILITY

NO FEE

| | |
|--------|----------------|
| Sunday | 7:00 - 8:30 pm |
| Friday | 12:00 -3:00 pm |

OPEN SWIM

NO FEE

| | |
|--------|----------------|
| Sunday | 7:00 - 9:00 pm |
|--------|----------------|

Lifeguard Refresher Classes Available

SPORTS

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 12:30-1:30 pm

Grades 4 - 6 Friday 1:30-2:15 pm

Grades 7 - 8 Friday 2:15-3:00 pm

**YESHIVA BOYS ORCHESTRA PROGRAM
LEARN TO PLAY AN INSTRUMENT:**

MUSIC LESSONS FOR BOYS

Sunday 4:00 - 6:00 pm • \$75

Group Lessons in

• Casio • Drums

Sign up for one on one instruction.

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



The BORO PARK Y now has 3 Different

SENIOR PROGRAMS

Please check your eligibility for each program, many are eligible for two & 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 and 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. "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.

Simonne Hirschhorn, Program Director
Malky Hertz, Social Worker
Esther Grossman, 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
- Chair Dancing with Shulamis
- Morning Stretch • Trips and more
- Daily Lunch

Judy Liff, Director
Esther Leah Lewin, Program Assistant

FUNDED BY NEW YORK CITY DEPARTMENT FOR THE AGING

CLUB 2G



Welcome to our Newest
Program at the Y

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

Simonne Hirschhorn, Program Director

HEALTH & WELLNESS DEPT.

- All Classes require Y membership and accident insurance are for 10 Sessions unless otherwise noted
- No evening classes Chanukah Week

WOMEN

LIFEGUARDING REFRESHER \$350.00

TBA

7TE3 Tuesday & Thursday 6:00 - 9:30 pm
7TE6 Tuesday & Thursday 6:00 - 9:30 pm

Includes CPR Refresher

GIRLS

LEARN TO SWIM \$100.00

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

April 29 - June 17

7GS1 Sunday 11:30 - 12:25 pm
7GS2 Sunday 12:30 - 1:20 pm
7GS3 Sunday 2:05 - 3:00 pm

April 29 - June 17 - June 16

7GT1 Tuesday 5:30 - 6:15 pm

GUARD START \$100.00

April 27 - June 15

7GS5 Sunday 12:30 - 1:20 pm

ONE ON ONE SWIM INSTRUCTION

Fee: \$45 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

BOYS

LEARN TO SWIM \$100.00

April 27 - June 15

7BS1 Sunday 5:00 - 5:45 pm
7BS2 Sunday 5:45 - 6:30 pm

April 25 - June 13

7BF1 Friday 1:20 - 2:10 pm

HIGH SCHOOL BOYS & MEN

LIFEGUARDING INTENSIVE* \$650.00

Preliminary screening test fee: \$10. (non-refundable).
Must be 15 and a deep water swimmer.

TBA

7BS4 Sunday 7:00 - 11:00 pm

WSI \$650.00

Preliminary screening test fee: \$10. (non-refundable).
Must be 15 and a deep water swimmer.

TBA

7BS7 Sunday 7:00 - 10:00 pm

LIFEGUARDING INSTRUCTOR \$650.00

Must be 15 with current lifeguarding certification

TBA

7BS5 Sunday 6:00 - 10:00 pm

LIFEGUARDING REFRESHER \$350.00

Includes CPR

TBA

7BS6 Sunday 6:30 - 9:30 pm

ALL RED CROSS BOOKS INCLUDED!
CPR Updates, CPR's and Basic first aid refresher courses available. Call for information

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 classes Week of June 11th

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 • April 29 - June 24

5WE1 Wed. 7:00-9:30 pm • April 30 - June 18

Fee: M-\$175/NM-\$200 (8 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 Tues. 12:45 - 3:15pm • April 29 - June 24

5WD1 Wed. 10:00-12:30 pm • April 30 - June 18

5WD2 Wed. 12:45 - 3:15pm • April 30 - June 18

Fee: M-\$175/NM-\$200 (8 Sessions)

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 Open Swim (Grades 2-8) 1:20 - 2:00 pm | WOMEN Swim Instruction 10:30 - 11:15 am | | | | BOYS Swim Instruction (Grades 1-8) 1:20- 2:10 pm |
| GIRLS (Grades 1-8) Swim Instruction 2:05- 3:00 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 | BOYS Open Swim 12:40- 2:45 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 | | WOMEN Open Lap Swim 12:45 - 1:15 pm | | |
| BOYS Swim Instruction 5:00 - 5:45 pm 5:45 -6:30pm | WOMEN Lap Swim III 1:15 - 2:00 pm | | WOMEN Lap Swim III 1:15 - 2:00 pm | | |
| FATHER / SON Open Swim 6:30 - 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 | |
| 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 | |
| | | WOMEN Open Lap Swim 9:30 -10: 30 pm | | WOMEN Open Lap Swim 9:30 -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