

BORO PARK
מרכז ד'בארא פארק



SPRING
2026

PROGRAM GUIDE

April 19th - June 28th

Adult-\$225 • Family-\$315 • Child-\$100
Student-\$119 • Senior Adult-\$119

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

*Includes registration and insurance

BUILDING SCHEDULE

Friday April 17.....Boys Friday Program Begins
Sunday April 19.....Sunday Program Begins
Thurs May 21.. Swim Cancelled Building Closes 1pm
Friday May 22Shavous Y Closed
Monday May 25.....Memorial Day Y Open
Sunday June 28..... 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 8 sessions: April 19th - June 7.
- 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 \$135.00

(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

GYMNASTICS I \$100.00

Beginning gymnastics using mats & a balance beam.

12:30 - 1:20 pm

LEARN TO SWIM \$135.00

1:00 - 2:15 pm

PAINTING FOR BEGINNERS \$100.00

Introductory program for the young artist - bring a smock!

SPRING A LING CRAFT CLASS \$100.00

BAKING \$100.00

1:20 - 2:00 Open Swim

2:05 - 3:00 pm

LEARN TO SWIM \$135.00

FOLLOWED BY FREE SWIM!
3:00 - 3:30PM!

2:15 - 3:30pm

PAINTING 4 BEGINNERS \$100.00

SPRING A LING CRAFT CLASS \$100.00

GRADE 2-3

10:00 - 11:15 am

GYMNASTICS I **\$100.00**

Beg. gymnastics using mats & a balance beam.

DRAWING **\$100.00**

BAKING **\$100.00**

CRICUT **\$100.00**

11:30 - 12:25 pm

LEARN TO SWIM **\$135.00**

(give your child enough time to get ready)

11:15 - 12:30 pm

BAKING **\$100.00**

PAINTING **\$100.00**

GYMNASTICS I **\$100.00**

Beginning gymnastics using mats & a balance beam.

CASIO I **\$90.00**

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

DRAWING **\$100.00**

12:30 - 1:20 pm

LEARN TO SWIM **\$135.00**

1:00 - 2:15 pm

GYMNASTICS II **\$100.00**

DRAWING **\$100.00**

SPRING A LING CRAFT CLASS **\$100.00**

CASIO **\$90.00**

PAINTING **\$100.00**

2:05 - 2:55 pm

LEARN TO SWIM **\$135.00**

Beginners - Intermediate. Small group sizes.

2:15 - 3:30 pm

SPRING A LING CRAFT CLASS **\$100.00**

PAINTING I **\$100.00**

DRAWING **\$100.00**

GRADE 4-5

10:00 - 11:15 am

DRAWING **\$100.00**

11:15 - 12:30 pm

CRICUT **\$100.00**

CASIO I **\$90.00**

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

OVERSIZED PAINTING **\$100.00**

DRAWING **\$100.00**

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

11:30 - 12:25 pm

LEARN TO SWIM **\$135.00**

2:05- 2:55 pm

GUARD START **\$135.00**

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

PAINTING I \$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.

SPRING A LING CRAFT CLASS \$100.00

BALLET \$100.00

CRICUT \$100.00

2:05 - 2:55 pm

LEARN TO SWIM \$135.00

Beginners through Intermediate.

GUARD START \$135.00

2:15 - 3:30 pm

GYMNASTICS II \$100.00

CRICUT \$100.00

DRAWING \$100.00

SPRING A LING 2 CRAFT CLASS \$100.00

OVERSIZED PAINTINGS \$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 \$135.00

GUARDSTART \$135.00

1:00 - 2:15 pm

DRAWING \$100.00

SPRING A LING 2 CRAFT CLASS \$100.00

CASIO \$90.00

CRICUT \$100.00

2:00 - 2:55 pm

SWIM INSTRUCTION \$135.00

GUARD STARRT \$135.00

2:15 - 3:30 pm

CRICUT \$100.00

DRAWING \$100.00

OVERSIZED PAINTINGS \$100.00

ADVANCED GYMNASTICS \$100.00

Placement Test Required

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

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

HS BOYS PROGRAM

SPORTS CENTER NO FEE
Sunday 7:00 - 9:00 pm

FITNESS FACILITY NO FEE
Sunday 7:00 - 8:30 pm

OPEN SWIM NO FEE
Sunday 7:00 - 9:00 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 8 sessions. All fees include supplies and materials except where noted.
- **Sunday Program dates: April 19 - June 7 • Friday Program dates: April 17 - June 12**

Sunday - 5:30 - 7:00 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

WOODWORKING I

\$100.00

2BS6 Sunday
2BS7 Sunday

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

OPEN SWIM Members Only No Fee

Sunday April 19 - June 7 4:30 - 5:00 pm / 6:30 - 7:30 pm
Friday - April 17 - June 12 2:00 - 3:00 pm

SWIM INSTRUCTION

\$135.00

Grades 1 - 8. All Levels.

Testing at first session for placement.

7BS1 Sunday
7BS2 Sunday
7BF1 Friday

5:00 - 5:45 pm
5:45 - 6:30 pm
1:20 - 2:10 pm

FATHER/SON SWIM

Sunday 6:30 - 7:30 pm
Members Only No Fee. Father must be accompanied by child.

HEALTH & WELLNESS DEPT.

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

WOMEN

LIFEGUARDING REFRESHER **\$350.00**

TBA

Tuesday & Thursday 6:00 - 9:30 pm
Tuesday & Thursday 6:00 - 9:30 pm

Includes CPR Refresher

GIRLS

LEARN TO SWIM **\$135.00**

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

April 19 - June 7

Sunday 11:30 - 12:25 pm
Sunday 12:30 - 1:20 pm
Sunday 2:05 - 3:00 pm

April 21 - June 9 - June 16

7GT1 Tuesday 5:30 - 6:15 pm

GUARD START

\$135.00

April 19- June 7

Sunday 12:30 - 1:20 pm

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

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

BOYS

LEARN TO SWIM **\$100.00**

April 19 - June 7

Sunday 5:00 - 5:45 pm
Sunday 5:45 - 6:30 pm

April 17 - June 12

Friday 1:20 - 2:10 pm

OPEN SWIM

Friday 12:30 - 1:20 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

WSI

\$650.00

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

Sunday 7:00 - 10:00 pm

LIFEGUARDING INSTRUCTOR **\$650.00**

Must be 15 with current lifeguarding certification
TBA

LIFEGUARDING REFRESHER **\$350.00**

Includes CPR
TBA

Sunday 6:30 - 9:30 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

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.

5TD1 Tues. 10:00-12:30 pm • April 14 - June 16

5WE1 Wed. 7:00-9:30 pm • April 15 - June 17

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.

5TD2 Tues. 12:45 -3:15pm • April 14 - June 16

5WD1 Wed. 10:00-12:30 pm • April 15 - June 17

5WD2 Wed. 12:45 - 3:15pm • April 15 - June 17

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

KINSTRETCH

5KU1: APRIL 17-JUNE 26

FRIday . 9:00-10:00AM

10 SESSIONS

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

• DROP IN ONE CLASS \$20

ZUMBA WITH TAMARA

Energetic aerobics workout combining Latin & International dance steps

FRIDAY 10-10:45AM

5ZU1: APRIL 17-JUNE 26

10 SESSIONS

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

• DROP IN ONE CLASS \$20

PILATES

MON. 11:30AM

5PL1: APRIL 13-JUNE 16

OR WED. 11:30AM

5PL1: APRIL 15-JUNE 17

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

5SP1: MAY 11 - JUNE 30 - \$275

5SP1: MAY 25 - JUNE 30 - \$210

or \$15 Per Class

NEW SPRING SERIES: PRENATAL YOGA

This new series with

Malky Israel, BRM Certified Yoga Instructor will address:

EASIER PREGNANCY AND DELIVERY

DIASTASIS RECTI • PROLAPSE • LABOR STALLS AND BABY POSITION

Start Date: April 19 • Days: Wednesday Time: 7:30 PM

8 Sessions - 2 Months

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!)

Our spring session kicks off this April with a flexible schedule to fit your needs!

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
Blimie Wertzberger

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					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 (Grades 1-8) 2:15- 3:00 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) 4:30 - 5:00 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	
BOYS Swim Instruction 5:00 - 5:45 pm 5:45 - 6:30pm	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 6:30 - 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	FATHER / SON Open Swim 8:30 - 10:00pm
H.S. BOYS Open Swim 6:00 - 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 Lifeguarding 7:00 - 10:00 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