

BORO PARK
מרכז ד'בארא פארק



SUMMER
2026

PROGRAM GUIDE

June 28th - August 31st

SUMMER MEMBERSHIP

Adult \$275 • Family \$395 • Student \$129
• Child/Youth \$109 • Senior Adult \$129

A) Full Payment required at time of Registration.

B) No Fee Adjustments. C) Insurance & Registration Fee Included

D) "Three Weeks" - July 2-July 23, "Nine Days" July 15- July 23

BUILDING SCHEDULE

Sunday June 28 Summer Schedule Begins

Tuesday July 2nd Swim Cancelled. Y Closes 4pm

We. July 15 - Thurs. July 23 ... Nine Days Pool Closed

Gym Fitness Facility, Steam Room, Sauna & Spa open.

Sunday July 19..... Y Closed

Wednesday July 22..... Y Closes at 2pm

Monday August 31..... Last Day Summer Schedule



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

BORO PARK Y SUMMER SCHEDULE EFFECTIVE JUNE 29TH - SEPTEMBER 1ST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEN Open Swim 7:30 - 10:30 am	WOMEN Open Lap Swim 11:00 - 1:00 pm	MEN Open Swim 7:30 - 11:00 am	WOMEN Open Lap Swim 7:15 - 8:00 am	WOMEN Open Swim 7:15 - 12:30 pm	MEN Open Swim 7:30 - 11:00 am
FATHER / SON Open Swim 9:30 - 11:00 am	WOMEN Open Swim 8:00 - 11:00 am		WOMEN Open Swim 8:00 - 11:00 am	GIRLS Open Swim 5:30 - 6:15 pm	
WOMEN Open Swim 12:00 - 1:00 pm	WOMEN Open Lap Swim 11:00 - 1:00 pm	GIRLS Swim Instruction 4:45 - 5:30 pm 5:30 - 6:15 pm beginners	WOMEN Open Lap Swim 11:00 - 1:00 pm	HS GIRLS Open Swim 6:30 - 7:30 pm	Small Pool Hours WOMEN Monday Wednesday Thursday 10:15 - 1:00 pm Tuesday & Thursday 7:30-10:30 pm MEN Monday & Wednesday 7:30 - 10:30pm Sunday Tuesday Friday 8:30 - 10:30 am POOL HOURS STRICTLY ENFORCED SUBJECT TO AVAILABILITY OF LIFEGUARDS
GIRLS Open Swim 1:15 - 3:00 pm		GIRLS Open Swim 5:30 - 6:15 pm		WOMEN Open Swim 7:30 - 9:30 pm	
	BOYS Swim Instruction 6:00- 6:50 pm	HS GIRLS Open Swim 6:30 - 7:30 pm		WOMEN Open Lap Swim 9:30 -10:30 pm	
	BOYS Open Swim 7:00- 8:00 pm		BOYS Open Swim 7:00- 8:00 pm		
	HS BOYS & MEN Open Swim 7:00- 10:30 pm	WOMEN Open Swim 7:30 - 9:30 pm	HS BOYS & MEN Open Swim 7:00- 10:30 pm		
		WOMEN Open Lap Swim 9:30 -10: 30 pm			

GYM & FITNESS FACILITY SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEN Open Gym 8:00 - 11:00 am		MEN Fitness Facility 7:00 - 10:30 am		WOMEN Fitness Facility 8:00 - 11:30 am	MEN Fitness Facility 7:30 - 11:00 am
MEN Fitness Facility 7:00 - 11:00 am	WOMEN Morning Workout 10:00 - 10:45 am Step Class 11:30 pm	WOMEN HS GIRLS Excercise Class 7:45 - 8:45 pm Fitness Facility 7:00 - 10:00 pm	WOMEN Morning Workout 10:00 - 10:45 am Step Class 11:30 pm	WOMEN HS GIRLS Excercise Class 7:45 - 8:45 pm Fitness Facility 7:00 - 10:00 pm	
MEN Fitness Facility 7:00 - 11:00 am	MEN Fitness Facility 6:00 - 10:00 pm Open Gym 7:00 - 10:30 9m	WOMEN Open GYM 8:30 - 10:30 pm	MEN Fitness Facility 6:00 - 10:00 pm Open Gym 7:00 - 10:30 9m		

ADULT CLASSES

NO CLASSES AUGUST 11th and 12th

DRAWING & WATERCOLOR* Chava Roth

A workshop exploring the elements of drawing. Learn how an artist views the world and puts it down on paper.

Tuesday June 30 - August 25 10:00 - 12:30pm
Fee: M-\$200/NM-\$225 (8 Sessions)

OIL PAINTING* Chava Roth

For all levels. Work on individual projects, techniques and critique

Tuesday June 30- August 25 12:45 - 3:15pm
Fee: M-\$200/NM-\$225 (8 Sessions)

OIL PAINTING Chava Roth

For all levels. Work on individual projects, techniques and critique

Wednesday July 1 - August 26 12:45 - 3:15pm
Fee: M-\$200/NM-\$225 (8 Sessions)

OIL PAINTING* Chava Roth

Basic drawing, water and oils are explored. Media dependant on group interest.

Wednesday July 1 - August 26 7:00 - 9:30pm
Fee: M-\$200/NM-\$225 (8 Sessions)

OIL PAINTING Chava Roth

For all levels. Work on individual projects, techniques & critique.

Wednesday July 1- August 26 10:00 - 12:30pm
Fee: M-\$200/NM-\$225 (8 Sessions)

AQUA AEROBICS WATER EXERCISE FOR WOMEN

Mon. & Wed. 9:45 - 10:15 am In Big Pool • Tues. 8:30 - 9:00 pm • Thurs. 8:30 - 9:00 pm
Monday & Wednesday 11:00-11:30 am Small Pool

SWIM INSTRUCTION CLASSES

ZUMBA WITH TAMARA

Friday 10:00 - 10:45 am
JULY 3- SEPTEMBER 4

Fee: M-\$140/NM \$165 Single Class \$20

PILATES

Monday 11:30 - 12:15 pm
JUNE 29 - AUGUST 31

Wednesday 11:30 - 12:15 pm
JULY 1 - SEPTEMBER 2

Fee: M-\$140/NM \$165 Single Class \$20

KINSTRETCH

Friday 9:00 - 10:00 am
JULY 3 - SEPTEMBER 4

Fee: M-\$140/NM \$165 Single Class \$20

FITNESS FACILITY

WOMEN

Monday & Wednesday 8:30 - 1:00 am
Tuesday & Thursday 8:15 - 10:00 pm
Thursday 8:30 - 11:30 am

MEN & HS BOYS

Sunday & Friday 7:30 - 11:00 am
Tuesday 7:30 - 10:30 am
Monday & Wednesday 7:00 - 10:30 pm

HS GIRLS

Tuesday & Thursday 7:00 - 8:00 pm

7 Sessions • Y Members Only Fee \$140 • No Classes during the Nine Days

GIRLS:

Tuesday
June 30-August 18
4:45-5:30pm
5:30-6:15pm
Beginners only

BOYS:

Monday
June 29-August 17
6:00-6:50pm

WOMEN:

One on One Swim Available.
Please ask at Office

The BORO PARK Y now has 3 Different SENIOR PROGRAMS

Please check your eligibility for each program, many are eligible for two, and 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
Malkie 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
- Morning Stretch • Trips and more
- Daily Lunch

Judy Liff, Director
Esther Leah Lewin, Program Assistant

FUNDED BY NEW YORK CITY DEPARTMENT FOR THE AGING

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.

Blimie Werzberger, Coordinator