

# BORO PARK

מרכז ד'בורה פארק



# WINTER 2026

## PROGRAM GUIDE

Begin Date January 11th

**GIRLS SUNDAY PROGRAM**  
10AM - 4PM

**BOYS SUNDAY PROGRAM**  
4PM - 7PM

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

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

**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](http://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 9 sessions: January 11-March 15.
- No Programs February 8
- All fees include supplies & materials. Please dress for arts & crafts & or bring a smock.
- To customize a program for your 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 <sup>2G00</sup> \$100.00

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

## P1A - 1ST GRADE

10:00 - 11:15 am

### GYMNASTICS I <sup>2G02</sup> \$100.00

Beg. gymnastics using mats & a balance beam.

### BAKING <sup>2G07</sup> \$100.00

### DRAWING <sup>2G03</sup> \$100.00

Introductory program for the young artist - bring a smock!

11:30 - 12:25 pm

### LEARN TO SWIM <sup>7GS1</sup> \$135.00

(give your child enough time to get ready)

11:15 - 12:30 pm

### PAINTING <sup>2G10</sup> \$100.00

Dazzle your friends and family!

### BAKERS AND CHEFS <sup>2G11</sup> \$100.00

### BALLET <sup>2G14</sup> \$100.00

### GYMNASTICS I <sup>2G12</sup> \$100.00

Beginning gymnastics using mats & a balance beam.

12:30 - 1:20 pm

### LEARN TO SWIM <sup>7GS2</sup> \$135.00

1:00 - 2:15 pm

### PAINTING FOR BEGINNERS <sup>2G30</sup> \$100.00

Introductory program for the young artist - bring a smock!

### CREATE A BARN <sup>2G63</sup> \$100.00

### 1:20 - 2:00 Open Swim

2:05 - 3:00 pm

### LEARN TO SWIM <sup>7GS3</sup> \$135.00

FOLLOWED BY FREE SWIM!

3:00 - 3:30PM!

2:15 - 3:30pm

### PAINTING 4 BEGINNERS <sup>2G52</sup> \$100.00

### CREATE A BARN <sup>2G63</sup> \$100.00

## GRADE 2-3

<u>10:00 - 11:15 am</u>				
<b>GYMNASICS I</b> <small>2G02</small>	<b>\$100.00</b>	<b>DRAWING</b> <small>2G43</small>	<b>\$100.00</b>	
Beg. gymnastics using mats & a balance beam.				
<b>DRAWING</b> <small>2G03</small>	<b>\$100.00</b>	<u>12:30 - 1:20 pm</u>	<b>LEARN TO SWIM</b> <small>7GS2</small>	<b>\$135.00</b>
<b>BAKING</b> <small>2G07</small>	<b>\$100.00</b>	<u>1:00 - 2:15 pm</u>	<b>GYMNASICS II</b> <small>2G33</small>	<b>\$100.00</b>
<b>CRICUT</b> <small>2G06</small>	<b>\$100.00</b>	<b>DRAWING</b> <small>2G34</small>	<b>\$100.00</b>	
<u>11:30 - 12:25 pm</u>		<b>CREATE A BARN</b> <small>2G71</small>	<b>\$100.00</b>	
<b>LEARN TO SWIM</b> <small>7GS1</small>	<b>\$135.00</b>	<b>CASIO</b> <small>2G36</small>	<b>\$90.00</b>	
(give your child enough time to get ready)		<b>PAINTING</b> <small>2G35</small>	<b>\$100.00</b>	
<u>11:15 - 12:30 pm</u>		<u>2:05 - 2:55 pm</u>	<b>LEARN TO SWIM</b> <small>7GS3</small>	<b>\$135.00</b>
<b>BALLET I</b> <small>2G14</small>	<b>\$100.00</b>	Beginners - Intermediate. Small group sizes.		
Learn basic ballet steps.		<u>2:15 - 3:30 pm</u>	<b>CREATE A BARN</b> <small>2G33</small>	<b>\$100.00</b>
<b>BAKING</b> <small>2G11</small>	<b>\$100.00</b>	<b>PAINTING I</b> <small>2G54</small>	<b>\$100.00</b>	
<b>PAINTING</b> <small>2G17</small>	<b>\$100.00</b>	<b>DRAWING</b> <small>2G66</small>	<b>\$100.00</b>	
<b>GYMNASICS I</b> <small>2G12</small>	<b>\$100.00</b>			
Beginning gymnastics using mats & a balance beam.				
<b>CASIO I</b> <small>2G16</small>	<b>\$90.00</b>			
Read notes, play Jewish songs. 3-1/2 octave Casio with earphone attachment required.				

## GRADE 4-5

<u>10:00 - 11:15 am</u>				
<b>DRAWING</b> <small>2G06</small>	<b>\$100.00</b>	<b>BALLET I</b> <small>2G14</small>	<b>\$100.00</b>	
Learn basic ballet steps.				
<u>11:15 - 12:30 pm</u>		<b>DRAWING</b> <small>2G17</small>	<b>\$100.00</b>	
<b>CRICUT</b> <small>2G20</small>	<b>\$100.00</b>	Drawing Principles, shading and pencil work. Limit 10 students.		
<b>CASIO I</b> <small>2G16</small>	<b>\$90.00</b>	<u>11:30 - 12:25 pm</u>	<b>LEARN TO SWIM</b> <small>7GS1</small>	<b>\$135.00</b>
Learn to read notes and play Jewish songs. 3-1/2 octave Casio with earphone attachment required.		<u>2:05- 2:55 pm</u>	<b>GUARD START</b> <small>7GS5</small>	<b>\$135.00</b>
<b>OVERSIZED PAINTING</b> <small>2G21</small>	<b>\$100.00</b>			

### 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

<u>1:00 - 2:15 pm</u>		<u>2:05 - 2:55 pm</u>	
<b>GYMNASICS II</b> <small>2G33</small>	<b>\$100.00</b>	<b>LEARN TO SWIM</b> <small>7GS3</small> Beginners through Intermediate.	<b>\$135.00</b>
<b>PAINTING I</b> <small>2G35</small> Use different media to learn about composition, perspective, shading and color. Limit 10 students.	<b>\$100.00</b>	<b>GUARD START</b> <small>7GS5</small>	<b>\$135.00</b>
<b>CASIO I</b> <small>2G36</small> Learn to read notes and play Jewish songs. 3-1/2 octave Casio with earphone attachment required.	<b>\$90.00</b>	<u>2:15 - 3:30 pm</u>	
<b>DRAWING</b> <small>2G34</small> Create beautiful art using sensory materials.	<b>\$100.00</b>	<b>GYMNASICS II</b> <small>2G58</small>	<b>\$100.00</b>
<b>WOOD N DESIGN</b> <small>2G37</small>	<b>\$100.00</b>	<b>PAINTING</b> <small>2G54</small>	<b>\$100.00</b>
<b>BALLET</b> <small>2G38</small>	<b>\$100.00</b>	<b>CRICUT</b> <small>2G56</small>	<b>\$100.00</b>
<b>CRICUT</b> <small>2G40</small>	<b>\$100.00</b>	<b>DRAWING</b> <small>2G66</small>	<b>\$100.00</b>
		<b>WOOD N DESIGN</b> <small>2G67</small>	<b>\$100.00</b>
		<b>OVERSIZED PAINTINGS</b> <small>2G59</small>	<b>\$100.00</b>

## GRADE 6-8

<u>11:15 - 12:30 pm</u>		<b>CASIO</b> <small>2G36</small>	<b>\$90.00</b>
<b>OVERSIZED PAINTING</b> <small>2G21</small>	<b>\$100.00</b>	<b>CRICUT</b> <small>2G40</small>	<b>\$100.00</b>
<b>CRICUT</b> <small>2G20</small>	<b>\$100.00</b>	<u>2:00 - 2:55 pm</u>	
<u>12:30 - 1:20 pm</u>		<b>SWIM INSTRUCTION</b> <small>7GS3</small>	<b>\$120.00</b>
<b>LEARN TO SWIM</b> <small>7GS2</small>	<b>\$135.00</b>	<u>2:15 - 3:30 pm</u>	
<b>GUARDSTART</b> <small>7GS5</small>	<b>\$135.00</b>	<b>CRICUT</b> <small>2G56</small>	<b>\$100.00</b>
<u>1:00 - 2:15 pm</u>		<b>DRAWING</b> <small>2G66</small>	<b>\$100.00</b>
<b>DRAWING</b> <small>2G34</small>	<b>\$100.00</b>	<b>OVERSIZED PAINTINGS</b> <small>2G59</small>	<b>\$100.00</b>
<b>WOOD N DESIGN</b> <small>2G37</small>	<b>\$100.00</b>	<b>ADVANCED GYMNASTICS</b> <small>2G58</small>	<b>\$100.00</b>
		Placement Test Required	

### HS GIRLS PROGRAM

<b>FITNESS FACILITY</b>	<b>NO FEE</b>
Tuesday & Thursday ~ 7:00 - 8:00 pm	
<b>CORE-DINATION</b>	
Aerobics Training - fun play - Hard Work stretching, calisthenics and step inc. in total workout.	
Tuesday & Thursday ~ 8:00 - 9:00 pm	
<b>WSI</b>	<b>\$650</b>
7TE2 Tuesday 6:00 - 9:00 PM • Jan. 20 - March 24	
<b>LIFEGUARDING</b>	<b>\$650</b>
7TE3 Thursday 7:00 - 10:00 PM • Jan. 22 - March 26	
Inc. CPR Pro, First Aid, & AED. Prel. screening test fee: \$10. (non-refundable)	
<b>OPEN SWIM</b>	<b>NO FEE</b>
Tuesday & Thursday ~ 7:30 - 8:00 pm	

### HS BOYS PROGRAM

<b>SPORTS CENTER</b>	<b>NO FEE</b>
Sunday 7:00 - 9:00 pm • Motzoei Shabbos 9:00 - 10:45 pm	
<b>FITNESS FACILITY</b>	<b>NO FEE</b>
Sunday 7:00 - 8:30 pm • Motzoei Shabbos 9:00 - 10:45 pm	
<b>LIFEGUARDING</b>	<b>\$650.00</b>
7BS4 Motzoei Shabbos 7:00 - 10:00 pm	
See swim page for complete details. Preliminary screening test fee: \$10. (non-refundable).	
<b>OPEN SWIM</b>	<b>NO FEE</b>
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: January 11 - March 8**
  - **Friday Program dates: January 9 - March 6**
  - **Motzoei Shabbos Program dates: Ends March 7**

- **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**

### GYMNASICS

2BS3 Sunday **\$100.00**  
4:45-5:45 pm

### WOODWORKING I

2BS6 Sunday **\$100.00**  
3:45 - 4:45 pm  
2BS7 Sunday 4:45 - 5:45 pm

### PAINTING & DRAWING

2BS4 Sunday **\$100.00**  
3:45 - 4:45 pm  
2BS9 Sunday 4:45 - 5:45 pm

### SWIM INSTRUCTION

Grades 1 - 8. All Levels.  
Testing at first session for placement.  
7BS1 Sunday **\$135.00**  
5:00 - 5:45 pm  
7BS2 Sunday 5:45 - 6:30 pm  
7BF1 Friday 1:20 - 2:10 pm

**\$100.00**

**\$135.00**

### GUARD START

January 11 - March 8  
First step training for Junior Lifeguards. No Certification given unless 3 sessions taken.  
7BS3 Sunday 5:30 - 6:15 pm

### OPEN SWIM Members Only      No Fee

January 11- March 8  
Sunday 4:30 - 5:00 pm / 6:30 - 7:30 pm  
Friday - January 16- March 11 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 • \$100*

### 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 separately and together to drive the song and give energy to music.

<b>Percussion</b>	<b>2B12</b>	<b>4-5pm</b>	<b>2B13</b>	<b>5-6 pm</b>
<b>Casio</b>	<b>2B14</b>	<b>4-5pm</b>	<b>2B15</b>	<b>5-6 pm</b>
<b>Bass Guitar</b>			<b>2B16</b>	<b>5-6 pm</b>



# AQUATICS & PHYSICAL ED

- All Classes require Y membership and accident insurance are for 9 Sessions unless otherwise noted

## 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.

January 22 - March 26

7TE3 Thursday

6:00 - 9:30pm

### WSI \$650.00

January 20 - March 24

7TE2 Tuesday

6:00 - 9:30 pm

Red Cross materials and fees not included

## GIRLS

### LEARN TO SWIM \$135.00

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

January 11 - March 15

7GS1 Sunday

11:30 - 12:25 pm

7GS2 Sunday

12:30 - 1:20 pm

7GS3 Sunday

2:05 - 2:55 pm

January 13 - March 17

7GT1 Tuesday

5:30- 6:15 pm

### GUARD START \$135.00

January 11 - March 15

7GS5 Sunday

2:05 - 2:55 pm

## BOYS

### LEARN TO SWIM

\$135.00

January 11 - March 8

7BS1 Sunday

7BS2 Sunday

5:00 - 5:45 pm

5:45 - 6:30 pm

January 16 - March 11

7BF1 Friday

1:20 - 2:10 pm

### GUARD START

\$135.00

First step training for Junior Lifeguards. No Certificate unless complete 3 sessions.

January 11 - March 8

7BS3 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. (non-refundable) Book & Red Cross fee extra.

TBD

7BS4 Sunday

7:00 - 10:00 pm

### 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.

### NEW FOR 2026 ONE PASS SELECT

*Please check  
for Gym & Swim Schedules*

### 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 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	
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	MOTZOEI SHABBOS ENDS MARCH 7
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. BOYS & 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

**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		H.S. GIRLS Core-dination 8:00 -8:45 pm	MOTZOEI SHABBOS ENDS MARCH 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 Purim March 3rd

## 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 • January 6 - March 17

5WE1 Wed. 7:00-9:30 pm • January 14 - March 18

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 • January 6 - March 17

5WD1 Wed. 10:00-12:30 pm • January 14 - March 18

5WD2 Wed. 12:45 - 3:15pm • January 14 - March 18

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

### KINSTRETCH

5KU1: DEC. 26 - FEB. 27

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: DEC. 26 - FEB. 27

10 SESSIONS

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

• DROP IN ONE CLASS \$20

### PILATES

MON. 11:30AM

5PL1: DEC. 29 - MARCH 2

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: DEC. 29 - MARCH 12

(NO CLASS WEEK OF CHANUKAH)

10 SESSIONS FEE: M-\$350

or \$15 Per Class