EXPLORE THE POSSIBILITIES

WINTER/SPRING 2015

VANDERBILT YMCA
WHY WE’RE HERE

FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen
We believe that all kids deserve the opportunity to discover who they are and what they can achieve. That’s why, through the YMCA, millions of youth today are cultivating the values, skills and relationships that lead to positive behaviors, better health and educational achievement.

FOR HEALTHY LIVING

Improving our community’s health and well-being
In neighborhoods across the five boroughs, the YMCA is a leading voice on health and well-being. The Y brings families closer together, encourages good health and fosters connections through fitness, sports, fun and shared interests. As a result, nearly 400,000 youth, adults and families are receiving the support, guidance and resources needed to achieve greater health and well-being for their spirit, mind and body.

FOR SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors
The YMCA has been listening and responding to New York City’s most critical social needs for 160 years. Whether developing skills or emotional well-being through education and training, welcoming and connecting diverse demographic populations through global services, or preventing chronic disease and building healthier communities through collaborations with policy makers, the Y fosters the care and respect all people need and deserve.

We’re Here for Good. It’s been the signature phrase of New York City’s YMCA since early 2008, and it describes the Y’s commitment to building the foundations of—and strengthening—our communities, through nurturing the potential of every child and teen, improving community health and well-being and providing opportunities to give back and support neighbors.

We’re here for you and your family. We’re here for the community. We’re here for good.

New York City’s YMCA | WE’RE HERE FOR GOOD."
VANDERBILT Y INFORMATION

ADMINISTRATION
Anita Harvey
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Membership & Guest Rooms Coordinator
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Paul Crawford
Special Events & Family Coordinator
212-912-2521, pcrawford@ymcanyc.org

Kimberly Davis Rivizzigno
Early Childhood and Youth Director
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Jonathan Dickson
Aquatics Director
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Site Director, TAG School Middle School
917-877-3488, jgrosso@ymcanyc.org

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Megan Erickson Kilpatrick
Early Childhood and Youth Assistant Director
212-912-2517, me Erickson@ymcanyc.org

Candy Halikas
Site Director, Julia Richman Education Complex
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Robin Nathaniel
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212-912-2559, rnathaniel@ymcanyc.org

Andrea Scott
Site Director, TAG School Elementary
917-575-4021, ascott@ymcanyc.org

HOURS OF OPERATION
Monday – Friday: 5:00 AM – 11:00 PM
Saturday – Sunday: 7:00 AM – 8:00 PM

HOLIDAY HOURS
New Year’s EVE
Wednesday, December 31  5:00 AM – 3:00 PM*

New Year’s Day
Thursday, January 1       5:00 AM – 8:00 PM*

Memorial Day
Monday, May 25            5:00 AM – 8:00 PM*

Independence Day
Saturday, July 4          5:00 AM – 8:00 PM*

*On the above holidays, all fitness, aquatic, preschool, dance, youth & adult classes are cancelled. East Pool will only be open. Family Swim will take place in Lane 1. *

2015 WINTER/SPRING SESSION & REGISTRATION DATES

SESSION 1 REGISTRATION DATES
Member: December 20, 2014
Non-Member: December 27, 2014

SESSION 1 DATES:

SESSION 2 REGISTRATION DATES
Member: February 7, 2015
Non-Member: February 14, 2015

SESSION 2 DATES:
February 23, 2015 – April 26, 2015

SESSION 3 REGISTRATION DATES
Member: April 11, 2015
Non-Member: April 18, 2015

SESSION 3 DATES:

ONLINE REGISTRATION AVAILABLE!
www.ymcanyc.org/vanderbilt/programs

Contact Us  Phone: (212) 912-2500  |  Email: vanderbilt@ymcanyc.org  |  Web: ymcanyc.org/vanderbilt

WELLNESS PROGRAMS.................................9-19
FAMILY PROGRAMS.................................20-26
YOUTH AND TEEN PROGRAMS.....................27-34
GUEST ROOMS ........................................35
MEMBERSHIP INFORMATION......................36-38
LOCATIONS..............................................39
INVITE YOUR FRIENDS TO JOIN THE Y!

REFER YOUR FRIENDS TO THE YMCA AND IF THEY JOIN, YOU’LL RECEIVE A MEMBER REWARD CARD FOR FREE Y GEAR.

VISIT THE MEMBER SERVICE DESK FOR A REFERRAL FORM AND MORE INFORMATION.

CHECK OUT ALL OUR NEW COOL Y GEAR AT ymcanyc.org/reward

IT’S NEVER TOO EARLY TO REGISTER FOR YMCA SUMMER CAMP!

YMCA Summer Camp is the perfect place to meet new friends, participate in sports and creative arts, explore science and technology, swim, go on field trips, learn about nature, build core values, appreciate culture and diversity, build academic skills AND — of course — have fun.

The Y offers DAY AND SPECIALTY CAMPS in NYC’s five boroughs and SLEEPAWAY CAMP in upstate New York.

TAKE ADVANTAGE OF OUR 10% EARLY BIRD AND SIBLING DISCOUNTS ON DAY CAMP!

REGISTER ONLINE AT YMCANYC.ORG/CAMP

REGISTRATION STARTS IN JANUARY
GET ENGAGED

We know firsthand how difficult it can be to find balance in life. That’s why we’re here with you every day, making sure that you, your family and our community have the resources and support needed to learn, grow and thrive.

With a focus on developing the potential of kids, improving health and well-being, and giving back and supporting our neighbors, your participation will not just bring about meaningful change in yourself, but in your community too. Here are some of the ways you can get involved.

MEMBERSHIP
Join the Vanderbilt YMCA and become part of a community committed to helping you and your kids learn, grow and thrive. Y members receive full access to the facility’s Fitness Center, Gym and Locker rooms; priority registration for classes and programs; discounts on classes and programs with a fee; and six guest passes each year to share with friends.

The option for a Citywide membership allows you to use any of the other YMCAs in the boroughs, each of which offers quality facilities and programs.

CHILD WATCH
Do you need someone to look after your child (6 months to 5 years) while you work out? We’re here for you! You may bring your child (for a maximum of two hours per day) to the YMCA Child Watch Program. Kids will enjoy creative play in a fun, safe environment with responsible YMCA staff members. This is a free service available to family members only. No pre-registration required, program is first come first served with a maximum of 5 children at a time.

Child Watch is FREE with Family Membership.

Monday - Sunday 9:00 AM - 2:00 PM
Monday - Thursday 5:00 PM - 8:00 PM

Y KIDZONE
If you need a fun place for your children (6 to 12 years old) to stay while you work out, visit Y KidZone. This program combines arts and crafts, health and nutrition, sports and recreation to give your children a new experience every time they walk through the door. Pre-registration is required (24 hours in advance) by contacting Paul Crawford at pcrawford@ymcany.org. Parents/guardians must remain inside the building when their child is in Y KidZone.

Y KidZone is FREE with Family Membership.

Monday - Thursday 6:00 PM - 7:00 PM

DUES
<table>
<thead>
<tr>
<th>Membership Types</th>
<th>Vanderbilt Y</th>
<th>Citywide</th>
<th>Joiner’s Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth (up to 11)</td>
<td>$110/yr.</td>
<td>n/a</td>
<td>-</td>
</tr>
<tr>
<td>Teen (12 - 17)</td>
<td>$190/yr.</td>
<td>n/a</td>
<td>-</td>
</tr>
<tr>
<td>Student**</td>
<td>$72/mos.</td>
<td>$78/mos.</td>
<td>$125</td>
</tr>
<tr>
<td>Adult (18 - 64)</td>
<td>$95/mos.</td>
<td>$97/mos.</td>
<td>$125</td>
</tr>
<tr>
<td>Senior (65+)</td>
<td>$72/mos.</td>
<td>$78/mos.</td>
<td>$125</td>
</tr>
<tr>
<td>Family I</td>
<td>n/a</td>
<td>$114/mos.</td>
<td>$125</td>
</tr>
<tr>
<td>Family II (2 Adults &amp; kids)****</td>
<td>$160/mos.</td>
<td>$172/mos.</td>
<td>$125</td>
</tr>
</tbody>
</table>

*Children under 12 must be accompanied by an adult when using the facility
**Any age, full time, 12+ credits, must bring copy of transcript
***1 Adult and kids under 18 years, living in the same household
****2 Adults and kids under 18 years, living in the same household

VOLUNTEER OPPORTUNITIES
When you volunteer at the Y, you take an active role in bringing about meaningful, enduring change right in your own neighborhood. As a program volunteer, board member or Annual Campaign fundraiser, you can make a difference for our Y and the community as a whole. For more information, please contact Paul Crawford at 212-912-2521 or by email at pcrawford@ymcany.org

JOB OPPORTUNITIES
Visit ymcanyc.org/careers for open positions in our staff family at the YMCA or at one of more than 100 sites throughout the five boroughs and at our New York YMCA Camp upstate.
You may know the Y for our pools, classes, gyms, basketball courts or summer camps, but in New York City the Y is so much more. We also offer transformative programs in teen leadership, afterschool learning, work readiness, cultural assimilation and international exchange for young New Yorkers.

All of it free or at low cost for those who need it most.

That’s where you come in. Help us make the city stronger as we reach people of all ages and all backgrounds in every borough. When you volunteer or give, you’re building a stronger New York City.

With your help we can do so much more.

The Y. So Much More™

Please give today.
ymcanyc.org/give

New York City’s YMCA | WE’RE HERE FOR GOOD.™
FINDING YOUR WAY
VANDERBILT YMCA FACILITY DIRECTORY

5 FLOOR
• Executive & Business Offices
• Board Room
• Sundeck
• Restrooms

4 FLOOR
• Life Fitness Circuit
• Life Fitness Treadmills
• Life Fitness Upright Bikes
• Concept 2 Rowers
• Heavy Boxing Bag
• Indoor Running Track
• UBE Machine
• Life Fitness Ellipticals
• Life Fitness Recumbent Bike
• Schwinn Airdyne Bike
• Star Trac Spin Bike
• Life Fitness Stair Climbers
• Televisions

3 FLOOR
• Studios A & B
• Restrooms

2 FLOOR
• Gymnasium
• Life Fitness Circuit Center
• Multipurpose Room
• Program Room
• Free Weight Training Center
• Program Offices
• Restrooms
• FitLinxx®

1 FLOOR
• Member Service Desk
• Studio C
• Hotel Entrance
• Security Desk
• Early Childhood Center
• Restrooms
• Cardio Center
• Life Fitness Treadmills
• Life Fitness Upright Bikes
• UBE Machine
• Precor AMT – NEW!
• Concept 2 Rowers
• Star Track Spin Bikes
• Life Fitness Ellipticals
• Life Fitness Recumbent Bikes
• Life Fitness Stair Climbers
• Versaclimber
• 51” Flat Screen Televisions

C LEVEL
• Child Watch Center
• Healthy Snack Vending Area
• Massage Room
• Member Lounge
• Locker Rooms (Steam Rooms and Saunas)

SC LEVEL
• West Pool
• East Pool
• Game Room
• Restrooms
• Lending Library
• Family Locker Room
• Restrooms
The Vanderbilt Board of Managers is composed of volunteers who are representative of our membership: community leaders, residents and business owners from Manhattan’s East Side neighborhoods and concerned, civic-minded people. This committed group of individuals sets policies and advises and assists the Vanderbilt YMCA management.

Chairman
Justin Carroll

Vice Chair
Gretchen Walker

Members
Maame Agyeiwaah
Vickie Burns
Tony Claudino
Andre Crompton
Roseland Davis

Allison Downey
Alexander Dresner
Jacqueline Edwards
Yara Elshawaf
Ronald Hoffman

Leonard Kassan
Charles King
Kenneth Klum
Kevin Lanahan
Joseph Reganato
John Rennie
Juan Rodriguez
Ami Shah
Richard Wasserman
Cara Wolinsky

IT’S ABOUT THE WHOLE PERSON
LIVESTRONG AT THE YMCA
HEALTH & WELL-BEING FOR CANCER SURVIVORS

The Y and LIVESTRONG joined together to create LIVESTRONG at the YMCA, a physical activity and well-being program designed to help adult cancer survivors achieve their holistic health goals. The research-based program offers people affected by cancer a safe, supportive environment to participate in physical and social activities focused on strengthening the whole person.

Participants work with Y staff trained in supportive cancer care to achieve their goals, such as building muscle mass and strength; increasing flexibility and endurance; and improving confidence and self-esteem. In addition to physical benefits, LIVESTRONG at the YMCA focuses on the emotional well-being of survivors and their families by providing a supportive community where people impacted by cancer can connect during treatment and beyond.

FOR MORE INFORMATION CONTACT:
Adam Gruberger at 212-912-2523 or email agruberger@ymcanyc.org
DISCOVERING WELLNESS

ADULT/OLDER ADULT WELLNESS PROGRAMS

How do you define wellness? Whatever your goals, the Y is ready to support you on your journey toward improved health.

PLEASE CONSULT YOUR PHYSICIAN BEFORE STARTING AN EXERCISE PROGRAM.

*SCHEDULES ARE AVAILABLE AT THE MEMBER SERVICES DESK.

Fitness Orientation

New to the Y? We offer a complimentary fitness orientation with one of our staff for all new members as an introduction to our cardiovascular and strength training equipment. Appointments can be scheduled at the Member Services Desk.

Y Fit Start Program

If you’ve been thinking about exercising but don’t know where to begin, the Y Fit Start Program is for you. It’s designed for those new to exercising or those who haven’t exercised for some time and want instruction, support and motivation. The Y Fit Start Program will help you develop and maintain a physically active lifestyle to meet your own personal needs and goals. The twelve week program includes four sessions and three follow-up calls or e-mails with a Y Fit Start Coach to check in on your progress. This program is FREE to all YMCA members.

FitLinxx®

FitLinxx® is a revolutionary machine that comes with an attached computerized tracking system training partner for you to experience the best total body workout ever! It monitors your workouts, helps you exercise properly and pushes you to reach your fitness goals! It provides you with instant training feedback and recommended exercise programs for cardiovascular and strength machines. For strength exercises, FitLinxx® also tells you, how much weight to use, how many repetitions to do, correct range of motion, specific seat settings and more. Earn Fit Points for Fabulous Rewards.

FitLinxx® is located on the 2nd floor and is FREE to Y members.

IM=X Pilates Training

Please register at the Membership Services Desk in advance.

<table>
<thead>
<tr>
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<tr>
<td>1 (Valid 1 month)</td>
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<td>$630</td>
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All personal training sessions are one (1) hour in length.

Personal Training

Looking for a new challenge or need some additional motivation? A certified YMCA Personal Trainer can be just what you need. Our trainers will evaluate your health history and lifestyle to design a program that will specifically meet your needs and help you achieve your goals.

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All personal training sessions are one (1) hour in length.

Personal Training Session Cancellations & Policies

A client may cancel directly with the trainer without penalty by giving 24 hours notice. If notice is not given within a 24-hour period, the client will be charged for the session.

*Only YMCA training staff is permitted to conduct personal training sessions within the facility.
GROUP EXERCISE

AEROBIC/DANCE CLASSES

20/20– A cardio workout for all fitness levels. Class includes warm-up, strength, aerobics and stretch.

Advanced Step– This high-intensity workout is filled with advanced choreography that uses every angle of the bench! Prior step experience is advised.

Cardio Combo– Cardio Combo is a mix of cardio, kickboxing and plyometric challenges to build overall muscular strength and endurance turning I can’t into I can.

Hi-Lo Aerobics– An energizing workout that combines both high and low impact movements. Modifications will be shown so participants can choose their own levels of intensity and impact.

Interval Training– Supercharge your fitness with this challenging class of high speed, high intensity work alternated with recovery periods of low intensity.

Nia™– A free-flowing movement class to stimulating music that combines elements of tai-chi, yoga and dance. Individual expression is encouraged to achieve physical, mental, emotional and spiritual fitness and well-being.

Zumba®– Zumba® is a fusion of Latin and International music, utilizing dance themes that create a dynamic, exciting, effective fitness program. The routines feature aerobic interval training with a combination of fast and slow rhythms that tone and sculpt the body.

YOGA & MIND/BODY CLASSES

Aerobic/Dance Classes

QiGong– QiGong is a Chinese art and science of healing using breathing sequences, gentle movement and meditation to increase life force energy (Qi).

Tai Chi– An ancient form of mind body exercise that uses purposeful, slow movements in a form of meditative exercise for relaxation, health and self defense.

Vinyasa Yoga– Flowing sequences of yoga poses linked, together by an emphasis on breathing technique.

MARTIAL ARTS/AEROBICS CLASSES

emPOWer– This workout focuses on all parts of the body, combining boxing moves with strength work. Enjoy this high-energy workout challenge.

STRENGTH TRAINING CLASSES

Bikes & Bells– A one hour high intensity interval training combination of spin, with a blast of Kettlebells at the end.

Boot Camp– An efficient circuit training workout that challenges your entire body, utilizing calisthenics such as pushups, jumping jacks, crunches and other body weight exercises.

Core Solution/Ultimate Abs– This class focuses on abdominal, back and core muscle training and stabilization to improve the body’s overall functional strength.

Deep Definitions– Sculpt and define every inch of your body in this power weight class.

Extra Strength– The weight room moves into the studio for this advanced workout. Maximum results in minimum time build muscular strength and endurance.

Fit & Flexible– This class uses only body resistance for the workout. The student is led through 15 minutes of abs, 15 minutes of lower body, followed by 15 minutes of stretching and lengthening the various muscle groups.

Power Sculpt– This is a high-powered class combining strength training with cardiovascular intervals that include plyometrics and basic boot camp drills. A strong emphasis is placed on core muscle recruitment and endurance.

Spinning®– A great cardio workout of simulated road bike riding to energizing music, appropriate for all fitness levels. You can adjust your workout to match your personal level. The instructors will lead you on a ride designed to improve your fitness on a variety of levels.

Strength– This non-aerobic workout targets individual muscle groups building muscular strength and endurance.

Tabata Boot Camp™– Tabata Boot Camp™ is a highly effective, total body, strength and cardio workout that incorporates one full Tabata. A Tabata is a short 20 second interval followed by 10 seconds of rest. Intervals are stacked in a cycle of 8 creating an amazing final 4 minute push to your workout.

* Fitness class instructors are subject to change without notice.
SPECIALTY PROGRAMS

Health & Wellness Screenings
The Vanderbilt YMCA offers Body Composition and Blood Pressure screenings every first Monday of the month from 12:00 - 2:00 PM and 5:00 - 7:00 PM. Screenings will be held in the first floor lobby area. No appointment is necessary.

Massage Therapy
The Vanderbilt YMCA features therapeutic massage therapy at affordable rates. Far beyond simply feeling good, massage has an impressive range of documented effects and benefits. With a variety of hands on methods, a skilled massage practitioner not only stretches and loosens muscle and connective tissue, but also greatly improves blood flow to the heart. Sensory receptors in the skin and muscles wake up, bringing new awareness to areas that have felt cut off by chronic tension patterns. The release of muscular tension also helps to unblock and balance the overall flow of life energy throughout the body. Treat yourself to the benefits of massage today.

<table>
<thead>
<tr>
<th>Session Length</th>
<th>Member</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>30 Minutes (Valid 1 month)</td>
<td>$52</td>
<td>$72</td>
</tr>
<tr>
<td>60 Minutes (Valid 1 month)</td>
<td>$77</td>
<td>$97</td>
</tr>
<tr>
<td>90 Minutes (Valid 1 month)</td>
<td>$102</td>
<td>$122</td>
</tr>
<tr>
<td>(10) 1 hr sessions (Valid 3 months)</td>
<td>$580</td>
<td>$680</td>
</tr>
</tbody>
</table>

Appointments and Cancellations
Our massage therapists are available by appointment only.

If you would like to schedule an appointment for your massage session, please contact the Senior Healthy Lifestyles Director, Adam Gruberger at 212-912-2523 or agruburger@ymcanyc.org

Nutritional Consultation
Are you tired of diets that don’t work? Are you concerned with high cholesterol levels? Is your diet helping you to meet your sport-specific goals?

Susan Karp, our registered dietician, will meet with you to give you the information and support you need to develop and maintain your specific nutritional goals.

<table>
<thead>
<tr>
<th>Initial Consultation</th>
<th>Member</th>
<th>Non-Member</th>
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</thead>
<tbody>
<tr>
<td>Member:</td>
<td>$105</td>
<td>$140</td>
</tr>
<tr>
<td>Non-Member:</td>
<td>$65</td>
<td>$86</td>
</tr>
</tbody>
</table>

If you would like to schedule an appointment please contact the Senior Healthy Lifestyles Director, Adam Gruberger at 212-912-2523 or agruburger@ymcanyc.org

Mommy & Me Yoga
Come stretch, strengthen and enjoy your baby! Moms must be at least six weeks postpartum. For babies 6 weeks to 9 months.

Member: Free
Non-Member: $165/8 week session (1x/week)

Thursday 1:15 PM - 2:15 PM (Studio A)

PreNatal Yoga
Expectant mothers will learn to stretch, strengthen, focus and relax. The class will help prepare you physically and mentally for the experience of childbirth and is taught by certified pre-natal instructor, Lindsay. A physician’s approval is required for non-members.

Member: Free
Non-Member: $165/8 week session (2x/week)

Tuesday 12:30 PM - 1:30 PM (Studio C)
Thursday 12:15 PM - 1:15 PM (Studio C)

IM=X Reformer Pilates for Golf and Tennis
Work one-on-one with a certified trainer to improve rotational strength, endurance and flexibility in your spine, hips and shoulders. Learn movement patterns that allow you to stabilize the core while maximizing range of motion. Acquire additional power within your favorite sports moves and limit your risk of injury.

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All personal training sessions are one (1) hour in length.

Pre/Postnatal IM=X Reformer Pilates Training
Work one-on-one with a certified trainer to condition yourself before and after pregnancy with safe and effective routines. Focus is given to strengthening the muscles most affected by pregnancy - pelvic floor and abdominal wall. Strengthen the spine to prevent against pregnancy-related lower back pain. Maintain muscle mass during and after pregnancy to reduce weight gain.

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Kenshikai-Kan Karate
This class offers a comprehensive program of physical education, self-defense and meditation. Kenshikai-Kan Karate is designed for both men and women. Regular participation in this program develops strength, agility, flexibility and coordination as well as focus and peace of mind. You are welcome to take a FREE class or come to watch. Join anytime. Classes take place in Studio C and are an 8 week session.

**Member:** $85/unlimited classes (unlimited classes)
**Non-Member:** $205/unlimited classes (unlimited classes)

- **Tuesday**
  - 6:10 PM - 7:10 PM (Beginner)
  - 7:10 PM - 8:10 PM (Intermediate/Advanced)
  - 8:10 PM - 9:40 PM (Intermediate/Advanced)
- **Thursday**
  - 6:10 PM - 7:10 PM (Beginner)
  - 7:10 PM - 8:40 PM (Intermediate/Advanced)

IM=X Pilates Reformer Workshops
This program utilizes the IM=X Xercizer machine. It’s an elite fitness formula that combines the muscle toning and lengthening benefits of Pilates with elements of strength and cardio training to increase flexibility, endurance and muscle tone, while strengthening the spine and abdominal core. Classes meet once a week and class size is limited to seven participants. Classes take place in Studio A.

**Level 1: Beginner**
**Member:** $150/8 week session
**Non-Member:** $183/8 week session

**Level 2: Intermediate**
**Member:** $170/8 week session
**Non-Member:** $208/8 week session

- **Monday**
  - 6:30 AM - 7:15 AM (Level 1)
- **Wednesday**
  - 7:00 AM - 7:45 AM (Level 1)
  - 12:15 PM - 1:00 PM (Level 1)
- **Friday**
  - 7:00 AM - 7:45 AM (Level 2)
- **Saturday**
  - 11:30 AM - 12:15 PM (Level 2)
  - 12:20 PM - 1:05 PM (Level 1)

Kettlebells
Kettlebell training is a total body workout with a blend of strength and cardio. Establish safe and proper techniques to execute dead lifts, swings, grinds and more.

- **Monday**
  - 6:30 AM - 7:30 AM
- **Tuesday**
  - 5:30 PM - 6:10 PM
- **Thursday**
  - 1:15 PM - 2:00 PM
  - 6:30 PM - 7:15 PM
- **Friday**
  - 6:15 PM - 7:00 PM

M.E.L.T™
The M.E.L.T (Myofascial Energetic Length Technique) method is a revolutionary approach to pain-free living that will change the way you take care of your body. This is the first fitness program to focus on the connective tissues by using foam rollers and special balls for the hands and feet. This 45 minute class is appropriate for all ages and fitness levels. Classes are FREE for all members and are limited to 16 participants. You must register at the membership desk prior to the start of each session.

**Member:** FREE
**Non-Member:** $145/8 week session

- **Monday**
  - 7:00 PM - 7:45 PM (Studio C)
- **Tuesday**
  - 11:00 AM - 11:45 AM (MP Room)
- **Wednesday**
  - 7:00 PM - 7:45 PM (Studio C)
- **Friday**
  - 1:30 PM - 2:15 PM (Studio A)

Coed Volleyball
Volleyball, a sport invented by the YMCA, is a great indoor sport for men and women. All skill levels are welcome. Learn the basics or play competitively. Evaluations will be held on Tuesday to determine division level of new players. Please see the gym schedule for volleyball times.

Open Court Basketball
What better place to play basketball than at the YMCA. We invented the sport! Play half-court or full-court. Play is determined on a first-come, first-served basis. Emphasis is placed on participation, fun and meeting new friends. So take your best shot! Please see gym schedule for open gym times.
SPECIALTY PROGRAMS, CONTINUED

IM=X Pilates Personal Commitment
IM=X Pilates Personal Commitment utilizes the IM=X Exercise Machine that combines muscle toning and lengthening benefits of Pilates with elements of strength and cardio training to increase flexibility, endurance and muscle tone, while strengthening the spine and abdominal core. Two participants meet with a trainer for a total of 8 one hour sessions and design a workout routine based on their fitness goals.

Members: $280 Each
Non-Members: $405 Each

*Valid for 3 months from date of purchase

Personal Commitment
Personal Commitment is a cardiovascular strength and flexibility-training program for all fitness levels. Two participants meet with a trainer for a total of 8 one hour sessions and design a workout routine based on their fitness goals.

Use the Personal Commitment program for weight loss or gain, to increase strength and endurance, reduce stress and improve overall well-being.

Members: $280 Each
Non-Members: $405 Each

*Valid for 3 months from date of purchase

Express Fit – NEW!
Are you looking to get into the best shape of your life? Then Express Fit is for you! Led by our Outstanding Healthy Lifestyles staff they have designed effective 45 minute workouts based on the cross-fit method which is constantly varied functional movement at high intensity using battle ropes, kettlebells, jump ropes, slam balls, medicine balls, plyo boxes and much, much more!

Classes are limited to 4 participants. You must register at the membership desk prior to the start of each session. Please note classes meet once a week. No make-up classes. No refunds or credits unless a doctor’s note is provided.

Members: $200/8 week session
Non-Members: $320/8 week session

Dates and times to be announced.

For More Information or To Schedule an Appointment:
Please contact Adam Gruberger, Senior Healthy Lifestyles Director at 212-912-2523 or agruberger@ymcanyc.org
**ADULT SWIM CLASSES**

**Adult Swim Classes**
YMCA Aquatics is about water safety, skill development and fun for everyone. We have an aquatic program for every skill level and interest. Our programs are about more than just the techniques and skills; they are about building friendships, developing self-esteem and creating positive experiences that will last a lifetime.

1 Day/wk.
Member: $135/8 week session  
Non-Member: $225/8 week session

2 Days/wk.
Member: $235/8 week session  
Non-Member: $405/8 week session

**Adult Group Swim Instruction Schedule**

<table>
<thead>
<tr>
<th>Level</th>
<th>Days</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beginner</td>
<td>Tuesday or Wednesday</td>
<td>7:30 PM - 8:30 PM</td>
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<tr>
<td></td>
<td>Tuesday or Thursday</td>
<td>7:00 PM - 8:00 PM</td>
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<tr>
<td></td>
<td>Saturday</td>
<td>2:00 PM - 3:00 PM</td>
</tr>
<tr>
<td>Advanced Beginner</td>
<td>Tuesday or Thursday</td>
<td>7:00 PM - 8:00 PM</td>
</tr>
<tr>
<td>Intermediate</td>
<td>Monday or Wednesday</td>
<td>7:30 PM - 8:30 PM</td>
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<td></td>
<td>Saturday</td>
<td>2:00 PM - 3:00 PM</td>
</tr>
<tr>
<td>Advanced</td>
<td>Tuesday or Thursday</td>
<td>7:00 PM - 8:00 PM</td>
</tr>
</tbody>
</table>

**Adult Beginner**  
This class is for those who have not had swimming lessons before or who are not comfortable in the water. Basic swimming and water safety skills are taught in a relaxed, fun way.

**Adult Advanced Beginner**  
Adults are acquainted with the pool, with the use of flotation devices and front and back floating. By the end of this level, they should know the front paddle stroke, side and back paddle, and some synchronized swimming and wetball movements.

**Adult Intermediate**  
Adults continue to practice and build upon basic skills, now performing more skills without the aid of a flotation device. They are introduced to lead-up strokes to the front and back crawl, sidestroke, breaststroke, and elementary backstroke. More synchronized swimming and wetball skills are taught, as well as some diving skills.

**Adult Advanced**  
This class works on further refining strokes. Participants learn more synchronized swimming, wetball and diving skills.

Please note our Program Policies on Page 36.
Adult Water Exercise Classes
The following water exercise classes are fun for adults of all ages and physical fitness levels. Equipment is provided.
Classes are FREE for all members and are limited to 20 participants. You must register at the membership desk prior to the start of each session.

Member: FREE
Non-Member:
1 Day/wk $135/8 week session
2 Days/wk $245/8 week session

Morning Water Exercise
Monday - Saturday 7:00 AM - 7:50 AM

Afternoon Water Exercise
Monday, Tuesday, Thursday & Friday 12:00 PM - 12:50 PM

Evening Water Exercise
Monday & Wednesday 6:00 PM - 6:50 PM
Tuesday, Thursday & Friday 6:00 PM - 6:50 PM

Aqua Zumba
Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together into a safe, challenging, water-based workout that’s cardio-conditioning, body-toning and most of all exhilarating beyond belief.
Classes are FREE for all members and are limited to 12 participants. You must register at the membership desk prior to the start of each session.

Member: FREE
Non-Member:
1 Day/wk $135/8 week session
2 Days/wk $245/8 week session

Monday     6:45 PM - 7:30 PM
Wednesday    12:00 PM - 12:50 PM
Wednesday 6:45 PM - 7:30 PM
Friday       7:00 PM - 7:50 PM

Begining Adult Arthritis Exercise Classes
Meeting five mornings a week, this class takes joints and muscles through a full range of motion workout.
Classes are FREE for all members and are limited to 20 participants. You must register at the membership desk prior to the start of each session.

Member: FREE
Non-Member:
1 Day/wk $135/8 week session
2 Days/wk $245/8 week session
Monday - Friday 11:00 AM - 11:45 AM
EXERCISING COURTESY

While you’re improving your life, help others grow strong too. We ask you to follow the Y Code of Conduct and exhibit the values of caring, honesty, respect and responsibility while you’re here.

1. **Get oriented.** Not sure how to use the equipment or what you should be doing? Orientations are free for all members!
2. **Just ask.** We’re here to help!
3. **If there’s a problem** with any of the equipment or the facility, please let a staff person know. **If there’s an incident or accident,** contact a uniformed staff person immediately.
4. **Be safe.** Wear appropriate clothing and footwear. (Open-toed shoes, over-restrictive or street clothes are not allowed.) Have a spotter help you with free weights. Warm up before and cool down after exercise. Make sure you’ve had enough to eat and drink before exercising to prevent dizziness or lightheadedness. If you are experiencing dizziness, pain or unusual discomfort at any time, stop the exercise and ask staff for help.

5. **Help us keep the Y clean.** Wipe off equipment after each use. Return all equipment when finished with it. Take your personal items with you. Remove the plates from lifting bars when you’re done. Don’t bring food, open containers or coffee cups into the center.
6. **Give others a turn.** The equipment is here for everyone to use. Please respect the 30-minute time limit on cardio equipment if others are waiting, and follow any posted sign-up procedures.
7. **Storing your stuff.** Daily lockers are reserved for your personal items while you are in the Y. Items may be left overnight only in rented lockers. Please speak with a Member Service Representative for more information on monthly locker rentals.
8. **Youth are welcome** after completing an orientation and submitting a signed parental consent form (ages 12–17).
9. **Get personal.** Personal trainers are available. Ask a staff person for more information.
10. **Hang it up.** For your safety and in consideration for others, please refrain from cell phone use while in the fitness facilities.

New York City’s YMCA | WE’RE HERE FOR GOOD.™

The YMCA of Greater New York is a community service organization which promotes positive values through programs that build spirit, mind and body, welcoming all people, with a focus on youth.
SWIM SAFELY

Everyone’s safety is important to us, especially children. We ask that all abide by our pool guidelines.

1. Street shoes are not allowed on the pool deck

2. Everyone in the pool must wear a swim cap and take a soap shower before entering the pool

3. Children 8 years old and younger must be within arm’s length of a parent/adult guardian when in the pool

4. Children between the ages of 9 and 11 must have a parent/adult guardian on the pool deck or viewing area at all times

5. All non-swimmers must remain in the shallow area

6. Any child wearing a flotation device must remain in the shallow area. Backpacks/bubbles and life jackets are provided as a flotation device to non-swimmers

7. Infants and children who are not fully toilet trained must wear a swim diaper

8. Breath holding during any aquatics activity is not allowed, as can lead to person blacking out

9. Inflatable rings, balls, or other large pool toys are not permitted

10. Instructional swim aids (kickboards/barbells/pull buoys) are only for class use

11. All questions regarding the Aquatics policies/procedures should be directed to the Aquatics Director

12. For the comfort of all members, we maintain the pool water temperature in the following ranges:
   • West Pool (small): 85° to 87°
   • East Pool (large): 79° to 81°

FOR MORE INFORMATION, PLEASE CONTACT
Jonathan Dickson, Aquatics Director at 212-912-2536 or jdickson@ymcanyc.org
The Vanderbilt YMCA offers a comprehensive health and fitness program for Active Older Adults ages 55 and older.

**Member:** FREE

**Non-Member:**
- $50 1x/week (8 week session)
- $70 2x/week (8 week session)
- $95 3x/week (8 week session)
- $115 4x/week (8 week session)
- $125 5x/week (8 week session)

**Body Conditioning**
This 1/2 hour strength class focuses on strength training specifically geared to the Active Older Adult.
- Wednesday 8:30 AM - 9:00 AM
- Friday 8:15 AM - 8:45 AM

**Feeling Fit**
This class provides a complete workout that encourages you to go at your own pace. The workout combines low impact aerobics, body conditioning and flexibility exercises.
- Monday 9:00 AM - 10:00 AM (Level 1)
- Tuesday 9:00 AM - 10:00 AM (Level 1)
- Wednesday 9:00 AM - 10:00 AM (Level 1)
- Thursday 9:00 AM - 10:00 AM (Level 1)
- Friday 9:00 AM - 10:00 AM (Level 1)

**Qigong**
A Chinese art and science using breathing, meditation and gentle movement to increase life force energy (Qi).
- Tuesday 11:00 AM - 12:00 PM

**Strength**
This strength-training program is geared to the Active Older Adult, utilizing stretching, isometric training and weights.
- Tuesday 10:00 AM - 11:00 AM (Level II)
- Thursday 10:00 AM - 11:00 AM (Level II)

**Stretch**
This class aims to improve flexibility and reduce stress. A perfect way to end your workout and start the day!
- Monday 10:00 AM - 11:00 AM

**Tai Chi**
An ancient form of mind/body exercise using purposeful, slow movements for relaxation, health and self-defense.
- Tuesday 11:15 AM - 12:00 PM
- Thursday 11:00 AM - 12:00 PM

**Zumba Gold™**
Zumba Gold™ targets the largest growing segment of the population: baby boomers. It takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. It’s a dance–fitness class that feels friendly and most of all, fun.
- Wednesday 10:00 AM - 11:00 AM
- Thursday 10:00 AM - 11:00 AM

*Fitness class instructors are subject to change without notice*

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### For More Information, Please Contact

AOA Trip/Event hotline at 212–912–2553

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**February**

**Valentine’s Day Party**
- **Date:** Friday, February 13th
- **Time:** 5th Floor Conference Room
- **Location:** Members Only

**April**

**Coney Island Aquarium**
- **Date:** Tuesday, April 14th
- **Location:** Brooklyn, New York

**May**

**Franklin Roosevelt Estate/Eleanor Roosevelt Cottage**
- **Date:** Tuesday, May 12th
- **Location:** Hyde Park, New York

**June**

**Thimble Island Cruise**
- **Date:** Wednesday, June 10th
- **Location:** Branford, Connecticut

*This event is limited to Vanderbilt YMCA members.*

Participation is decided by lottery. Here’s how to apply for an event:

- Mail or bring in detailed information addressed to the attention of AOA Trip/Event Coordinators.
- Include name, address and telephone number as well as the name of the event that you wish to attend.
- Trip information must be submitted well in advance of the event date.
- Drawings take place ONE MONTH prior to the event date.
- A separate request must be submitted for each event.
- Submissions can only be for the participant plus spouse or significant other.
Beginner Computer Classes*
Never used a computer before? This basic class will provide an introduction to computer terminology, using the mouse and keyboard, Microsoft Windows and the Internet.

Member: $150/8 wk session (1x/wk)
Non-Member: $200/8 wk session (1x/wk)
Tuesday 11:00 AM - 12:00 PM

Internet/E-mail Classes*
Feeling left behind on the information superhighway? Come learn the basics of searching the Internet, sending e-mails and navigating different web sites.

Member: $150/8 wk session (1x/wk)
Non-Member: $200/8 wk session (1x/wk)
Tuesday 10:00 AM - 11:00 AM

*Please note that computer classes require a minimum of three enrolled students to run.

Open Computer Lab Hours
FREE for YMCA members.

Open Computer Lab Hours
Monday - Friday 9:00 AM - 3:00 PM
6:00 PM - 10:00 PM
Saturday & Sunday 10:00 AM - 4:00 PM

Private Computer Instruction
One-on-one computer instruction for both beginner and intermediate levels is available at $50 per hour.

TAKE CONTROL
YOU CAN REDUCE YOUR DIABETES RISK AND GAIN TOOLS FOR HEALTHY LIVING THROUGH THE YMCA’S DIABETES PREVENTION PROGRAM.
If you are at high risk for type 2 diabetes, the YMCA’s Diabetes Prevention Program can help you adopt and maintain healthy lifestyles that will help you reduce your chances of developing diabetes.

ABOUT THE PROGRAM
In a classroom setting, a trained lifestyle coach will help facilitate a small group of participants in learning about healthier eating, physical activity and other behavior changes over the course of 16 one-hour sessions. After the initial 16 core sessions, participants meet monthly for added support to help them maintain their progress.

PROGRAM GOALS:
• Reduce body weight by 7%
• Increase physical activity to 150 minutes per week

WHO CAN PARTICIPATE?
In order to qualify for the program, you must be at least 18 years old, overweight (BMI > 25)* and at high risk for developing type 2 diabetes or have been diagnosed with pre-diabetes by a healthcare provider.
*Asian individual(s) BMI > 22
†Individuals who have already been diagnosed with either type 1 or type 2 diabetes do not qualify for this program.

FOR MORE INFORMATION CONTACT:
Judy Ouziel at 212-912-2524 or ymcadpp@ymcanyc.org

FOR MORE INFORMATION PLEASE CONTACT:
Paul Crawford
Special Events & Family Coordinator
at 212-912-2521
or pcrawford@ymcanyc.org
FAMILY/EARLY CHILDHOOD PROGRAMS

The Vanderbilt YMCA creates meaningful experiences for every member of your family. Enjoy lower rates on all youth programs and activities and access to free special events with a family membership. Family fun for everyone!

FAMILY PROGRAMS

Family Preschool Gym
Family Members are invited to utilize Studio C for play and recreation time with their preschoolers 6 months - 4 years old. Hoops, toys, mats and other age-appropriate equipment is available during this open gym time.

Please note that a parent/guardian must remain in the studio and supervise their child at all times.
Free for Family Members.

Saturday 7:00 AM - 8:30 AM
Sunday 9:30 AM - 11:00 AM

Family Swim
Families can bond together during our family swim time. Free for Family Members.

Monday, Wednesday - Friday 5:00 PM - 6:00 PM
Saturday 1:00 PM - 6:00 PM
Sunday 2:30 PM - 6:00 PM*

*If pool party is not scheduled on Sunday, Family Swim will be from 1:00 PM - 6:00 PM.

Youth Swim

Saturday 4:00 PM - 6:00 PM
Sunday 4:00 PM - 6:00 PM

IT’S YOUR BIRTHDAY

Let us host your child’s next birthday party! Choose one of our fun-filled theme parties and let our professional staff organize it for you. Parents must supply food, beverages and decorations.

Pool Parties
We provide certified lifeguards to supervise up to 20 little dippers exploring the underwater fun in our sparkling pool! The party includes the use of our pool equipment and a party room for refreshments after the water fun is done. Set up and clean up are included in the time.

Sunday 1:00 PM - 3:00 PM

Sports Parties
Sports parties are a fun and active way to celebrate! We provide one hour of sports instruction and one hour of fun and games in the gym for up to 25 kids. Choose basketball, soccer, volleyball, group games, or a combination of games and sports. Set up and clean up are included in the time.

Sunday 1:00 PM - 3:00 PM

If none of the party choices above suit your child’s birthday wishes, our talented staff will try to customize your child’s birthday experience. Other party times may be possible (subject to availability).

Party Fees

Member: $400
Non-Member: $450

Space Rental: $125/hour plus $50 set up fee

*A $150 non-refundable deposit is required when booking a birthday party.

QUESTIONS OR IDEAS?

Please contact Paul Crawford, Special Events & Family Coordinator at 212-912-2521 or pcrawford@ymcanyc.org
FAMILY NIGHTS, EVENTS AND OUTINGS

Come join us as we celebrate the wonders of each month. Family Nights allow us the opportunity to meet our amazing family members and build on the core values of the Y while getting to know those in our community. Family Nights will consist of games, family activities and swimming. All members are invited to bring their families to participate.

Details on each month’s Family Night event will be posted throughout the YMCA. To join the Family e-mail list, please send your e-mail address to pcrawford@ymcanyc.org. Each month, you will receive more information on what’s happening for Family Night. We hope to see you there!

**Family Event Schedule**

**Friday, January 23**
**Annual Winter Snow Ball**
**6:00 PM – 8:00 PM**
7th Annual Winter Snow Ball. Music, Dancing and friends a perfect way to spend a cold winter night.

**Saturday, February 14**
**Valentine’s Day Card Making & Cupcake Decorating Party**
**12:00 PM – 2:00 PM**
Come create a card or sweet treat for someone special in your life. Decorate a cupcake for someone you love or put how special they are to you in words!

**Friday, March 20**
**Family Game Night**
**6:00 PM – 8:00 PM**
Candy Land or Chess, Chutes & Ladders or Scrabble, games are a great way to spend time together.

**Saturday, April 25**
**Healthy Kids Day**
**10:00 AM – 4:00 PM**
YMCA Healthy Kids Day is a free, fun-filled day of activities designed to promote healthy kids and families in spirit, mind and body. YMCA Healthy Kids Day celebrates making fitness fun, and introduces kids to an array of YMCA programs and tools that teach healthy behaviors and healthy ways to play—an essential lesson in learning how to take care of themselves throughout their lifetimes.

**Friday May 15**
**Magic Show**
**6:00 PM – 8:00 PM**
Join us for a magical performance. Preregistration is required. Please visit the membership desk for details.

**Saturday, June 20**
**Family Outing – New York Aquarium**
**10:00 AM – 4:00 PM**
Join us for a trip to the New York Aquarium! We’ll be chartering a school bus to make travel easy; all you need to do is sign up and enjoy the day.

**Sunday, July 26**
**Family Brunch & Pool Party**
**11:00 AM – 2:15 PM**
Let’s do Brunch! Join us for Brunch & Family Swim. Brunch is at 11:00 AM, swimming is from 1:15 – 2:15.

**Saturday August 22**
**Family Movie Outing**
**11:00 AM – 2:15 PM**
Join us for a trip to the Movies; we’ll be enjoying a screening of one of this Summer’s Family Movie blockbusters!

**KIDS’ NIGHT OUT (PARENTS’ NIGHT OFF)**

Parents, do you need to do some shopping? Planning a special dinner for two? Just need some quiet time? The Vanderbilt YMCA is here for you! Kids’ Night Out is an evening of fun and activities for children ages 2 –11.

**Member:** $17 per child
**Non-Member:** $34 per child

Participants must have a valid medical form on file. Pre-registration is required. Children must be registered no later than 8:00 PM on Thursday to attend Kids’ Night Out on Friday night. For more information and for families with children belonging in different age groups, please contact Paul Crawford at 212-912-2521 or pcrawford@ymcanyc.org.

**Kids’ Night Out Schedule (6:00–9:00 PM) REGISTER**

**Preschool Kids Night Out (Ages 2–4)**
- **Friday, January 9**
- **Friday, February 6**
- **Friday, March 6**
- **Friday, April 3**
- **Friday, May 1**
- **Friday, June 5**
- **Friday, July 10**
- **Friday, August 7**

**School Age Kids Night Out (Ages 5–11)**
- **Friday, January 16**
- **Friday, February 13**
- **Friday, March 13**
- **Friday, April 10**
- **Friday, May 8**
- **Friday, June 12**
- **Friday, July 17**
- **Friday, August 14**
Y SPLASH WEEK
APRIL 6 – APRIL 10, 2015
FREE PROGRAM created to help people of all ages, especially children, to learn basic swimming skills and water safety practices.
More information available at the Member Service Desk

Y FIT START
The Y Fit Start program is free with membership!
To schedule an appointment, please speak to Senior Healthy Lifestyles Director, Adam Gruberger at 212-912-2523 or agruberger@ymcanyc.org.

OUR GOAL IS TO HELP YOU REACH YOURS.
Children six months to four years old participate in gym, art and music classes. Classes are designed for adults to assist children in exploring art, music and developing muscle coordination. The best part is you can be there to enjoy your little one laugh, tumble and fall while we provide an enriching setting for them to grow! Please see session schedule on Page 3 for session dates.

**Bilingual Birdies**
This class encourages cross-cultural awareness through foreign language and live music curriculum. Spanish is taught through live music, movement, dance, puppetry, theater-based games. Our curriculum aims to teach 10 to 15 basic vocabulary words and short phrases in each class. We believe there is great value in educating young children on other cultures and languages through social and emotional play. In our classes children have the opportunity to develop a deeper sense of curiosity and compassion for others.

**Location:** 2nd Floor Program Room

- **Member:** $255/8 week session
- **Non-Member:** $295/8 week session

**Sense of Wonder: Color, Build, Paint**
An introductory class that sparks imaginations toward color investigation and the fundamentals of 2-D and 3-D design. Starting with an exploration of color and its limitless possibility, we harness the power of design to paint and draw, work with collage and printmaking, and use a range of tactile materials to build sculptures, bringing to life whatever is imaginable!

**Location:** 2nd Floor Program Room

- **Member:** $195/8 week session
- **Non-Member:** $235/8 week session

**Singing Stories**
Get ready to shake your sillies out! Enhance your child’s development through song, dance, movement and instruments! Lou Gallo helps children move to music and use their imagination to act out songs and stories. Using a variety of techniques and instruments children are able to explore the feeling of rhythm and array of melody while building social relationships with neighborhood friends.

**Location:** Studio C

- **Member:** $195/8 week session
- **Non-Member:** $235/8 week session

**Stars Gym: Indoor Playground I**
A motor development and movement awareness class where children will spend their time exploring the equipment, climbing, balancing, building, playing with balls, hoops and obstacle courses, while socializing with their peers.

**Location:** Studio C

- **Member:** $195/8 week session
- **Non-Member:** $235/8 week session

**Sunshine Art: Little Artist**
Kids will have a great time mixing paints and using crayons and markers while learning basic drawing skills. A variety of projects will be created using different materials and techniques. Be warned—this class can get messy!

**Location:** 2nd Floor Program Room

- **Member:** $195/8 week session
- **Non-Member:** $235/8 week session

**Sunshine Gym: Indoor Playground II**
A motor development and movement awareness class where children will spend their time exploring the equipment, climbing, balancing, building, playing with balls, hoops and obstacle courses, while socializing with their peers.

**Location:** Studio C

- **Member:** $195/8 week session
- **Non-Member:** $235/8 week session
Our Early Childhood Program is for children six months through 5 years of age and is designed to provide flexible child care for working parents. Our schedule is Monday through Friday from 8:30 AM to 6 PM. The children in the Early Childhood Program are divided into four classrooms - Infant/Toddler Classroom (6 months – 18 months), Twos Classroom, Threes Classroom and Pre-K. These groups provide children with a classroom experience that best meets their developmental needs.

**Philosophy and Curriculum**

Our program is committed to providing a safe, supportive living and learning environment for young children. It offers a nurturing, yet challenging program for children who are enrolled on a full-time basis, as well as an early group experience for children who attend part-time. Teachers create a warm and loving atmosphere while covering a developmentally-based, engaging curriculum, where children can play, discover and learn.

The Early Childhood Program values each child’s unique personality and temperament. The development of independence, trust and initiative is fostered through a balanced program of free play and structure, quiet and active play, and group and individual time. Learning centers in each room include science, dramatic play, block building, library, art, music and manipulative materials. The children go outdoors each day and enjoy strengthening their gross motor skills in our gym. In addition, there are special classes in swimming, science, gym, music and art.

Social development is at the core of our program. We want our children to feel they are liked, respected and an integral part of the life in the classroom. The Vanderbilt Y’s Early Childhood Program functions as a close-knit community of teachers, children and families. Each child develops a strong sense of community and belonging.

**Facility**

The Vanderbilt Y’s program has 4 spacious, well-equipped classrooms, as well as:
- Pediatric toilets (In the Twos, Threes and Pre-K rooms)
- Swimming pool
- Indoor and outdoor play space

**Staff**

We take great pride in providing experienced and caring teachers in our program. Our Infant/Toddler Classroom is equipped with one head teacher and three assistant teachers; the Twos and Threes Classroom with one head teacher and two assistant teachers; the Pre-K class with one head teacher and one assistant teacher. The program also has specialists in music, science, gym and swimming.

**Admissions**

Parents may email Kimberly Davis Rivizzigno (kimberlyd@ymcanyc.org) or Megan Erickson Kilpatrick (merickson@ymcanyc.org) for a wait list application. Once the completed application has been returned to the Member Service desk at the YMCA along with a $25 application fee, a staff person will contact you to arrange a tour of the facilities. Every effort will be made to enroll your child as soon as a space becomes available. Financial assistance is available.

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<tr>
<th>September 2014 - June 2015</th>
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<tr>
<td><strong>Monday through Friday</strong></td>
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<td>8:30 AM – 6:00 PM</td>
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<td>8:30 AM – 12:30 PM*</td>
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<td>2:00 PM – 6:00 PM*</td>
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<td><strong>Tuesday &amp; Thursday</strong></td>
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<td>8:30 AM – 6:00 PM</td>
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<td>8:30 AM – 12:30 PM*</td>
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<td>2:00 PM – 6:00 PM*</td>
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</table>

*Half day classes available for 3 – 5 year olds only.
*There is an application fee of $75. Membership is required by all Early Childhood participants.

**FIND OUT MORE:**

Kimberly Davis Rivizzigno,
Early Childhood & Youth Director at kimberlyd@ymcanyc.org or 212-912-2507

Megan Erickson Kilpatrick,
Early Childhood Coordinator at merickson@ymcanyc.org or 212-912-2517
EARLY CHILDHOOD PROGRAM, CONT.

Before and After Care

The Vanderbilt YMCA Early Childhood Program now offers an extended day option to allow parents the flexibility they need to juggle early morning and evening meetings, as often as needed. Select the plan that works best for your schedule – five, three, or two days per week – or pay just $20 per day (morning OR evening) as needed.

* Please note that we do not offer extended care on Friday evenings.*

<table>
<thead>
<tr>
<th>Plan</th>
<th>Time</th>
<th>Cost</th>
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</thead>
<tbody>
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<tr>
<td><strong>Daily Drop-Off Rate</strong></td>
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<tr>
<td>Morning OR Evening</td>
<td>$20/day</td>
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A pre-nursery school class for two-year olds with lots of hands-on activities and gradual separation from parent or caregiver. This is a fundamental program designed to prepare your child in a nurturing, safe environment for an easier transition to preschool.

Activities include art, story time, singing, literacy development, free play, snack and gym time in the studio for the last half hour of class.

Caregiver participation is required in the fall, with gradual phase out based on each child’s readiness level. Children eligible to participate in this class for the 2014-2015 school year will have birthdays in 2012.

**Dates:** September 8, 2014 - June 10, 2015

**Days:** Mondays and Wednesdays

**Dates:** September 9, 2014 - June 11, 2015

**Days:** Tuesdays and Thursdays

**Time:** 9:00 AM - 11:00 AM

**Fee:** $3,300

Payment Schedule:

$660 (first & last month tuition) plus membership (youth or family) at registration $330/monthly

September 15, 2014 - April 15, 2015

YMCA Aquatics is about water safety, skill development and fun for everyone. Our programs are about more than just techniques and skills; they are about building friendships, developing self-esteem and creating positive experiences that last a lifetime.

Our primary objective is to get both the parent and child comfortable in the water. The child will become aware of the differences between moving through water and on dry land, while the parent will become aware of how to teach the child to be safer in and around the water. Classes are designed to allow the child to have fun while the parent guides him or her to learn aquatic skills. The child will be exposed to games that use basic movements in the water such as kicking, arm strokes and breath control. Activities are based on the developmental abilities of the child.

Member: $195/8 week session
Non-Member: $260/8 week session

Shrimp (6 – 8 months)  
This is an introduction to the aquatic environment for parents and their infants. Parents are encouraged to develop appropriate expectations for their children’s performance in the water. They learn basic aquatic safety and have a positive experience with their children that can help them grow closer.

**Schedule:**  
Saturday or Sunday 10:10 AM - 10:40 AM

Kipper (9 – 12 months)  
This level continues to provide positive aquatic experiences for parents and infants. The infants learn basic water skills and have fun playing with toys and floatation devices. Parents review and learn more about basic aquatic safety.

**Schedule:**  
Saturday or Sunday 10:10 AM - 10:40 AM

Inia (13 – 18 months)  
Children do more independent exploration of the aquatic environment with help from parents. The parents again review and learn additional information about aquatic safety. The program provides opportunities for parent-child teams to socialize with each other.

**Schedule:**  
Saturday or Sunday 10:50 AM - 11:20 AM

Please note our Program Policies on Page 36.
PARENT/CHILD SWIM CLASSES, CONTINUED

Perch (19 - 36 months) REGISTER
Children start moving more independently through the water under their parents’ guidance. Parents learn more about aquatic and boating safety, and children begin to learn something about these topics as well. At this point, the instructor begins to prepare the children to work directly with an instructor on their own.

Schedule:
Saturday or Sunday 11:30 AM - 12:00 PM
Saturday or Sunday 12:10 PM - 12:40 PM

This is a child’s first experience in the pool without parental assistance. The children are taught the basic skills that are the building blocks of swimming. They also learn about pool safety, boating safety and the use of personal floatation devices.

Ages 3 - 5 years
Member: $195/8 week session
Non-Member: $260/8 week session

Pike REGISTER
At this level, children usually begin attending classes without their parents. Pike helps children develop safe pool behavior, adjust to the water, and develop independent movement in the water. It is designed for new swimmers, teaching basic paddle stroke and kicking skills, pool safety and comfort in holding their faces in the water while blowing bubbles and swimming.

Schedule:
Tuesday 4:00 PM - 4:30 PM
Wednesday 4:00 PM - 4:30 PM
Thursday 4:00 PM - 4:30 PM
Friday 4:00 PM - 4:30 PM
Saturday or Sunday 9:30 AM - 10:00 AM
Saturday or Sunday 12:10 PM - 12:40 PM

Eel REGISTER
This beginner level reinforces Pike skills. It is for children who are comfortable in the water. They are taught to flutter kick, dive, float and perform the progressive paddle stroke. Children can swim 15 feet without assistance by the end of this level.

Schedule:
Tuesday 4:30 PM - 5:00 PM
Saturday or Sunday 9:30 AM - 10:00 AM
Saturday or Sunday 11:30 AM - 12:00 PM

Ray REGISTER
In this Advanced Beginner level, children review previous skills, improve stroke skills, build endurance by swimming on their front and back and learn to tread water and perform more progressive diving skills. Children can swim 20 feet on their front, side and back without assistance by the end of this level.

Schedule:
Wednesday 4:30 PM - 5:00 PM
Friday 4:30 PM - 5:00 PM
Saturday or Sunday 10:10 AM - 10:40 AM

Starfish REGISTER
Children at this level review previously learned skills and refine their crawl and back strokes and floating skills. They also learn underwater swimming skills. Children can swim 40 feet on the front, side and back without assistance at the end of this level.

Schedule:
Thursday 4:30 PM - 5:00 PM
Saturday or Sunday 10:50 AM - 11:20 AM

Private Swim
Private swim is a one-on-one instructional lesson for swimmers of all ages. Instructors will work patiently to introduce basic swimming and water safety skills, provide comfort and safety in deep water, while constantly challenging the participant to reach for the initial goal set at the beginning of the first lesson. Students will begin by learning basic breathing techniques, floating and treading water in the shallow and deep end. As students progress, they will learn strokes like the front crawl, breast stroke, and back stroke.

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All private swim sessions are 30 minutes each.

Private Lesson Cancellations & Policies
A client may cancel directly with the instructor without penalty by giving 24 hours notice. If notice is not given at least 24 hours prior to scheduled session, the client will be charged for the session.

*Only YMCA instructors are permitted to conduct private swim sessions within the facility.

Please note our Program Policies on Page 36.

For More Information or to Schedule an Appointment:

Please contact Jonathan Dickson, Aquatics Director at 212-912-2536 or jdickson@ymcanyc.org
The Vanderbilt YMCA provides after school, day and weekend programming for youth ages 4 to 18 years. We offer a host of programs that promote healthy spirit, mind and body through intellectual, social and recreational activities. The programming objective is to provide tools and resources that enhance children’s individual skills and talents as well as teach young people cultural diversity and understanding of all people. The YMCA is a safe haven for all youth.

Y AFTER SCHOOL ACADEMY
Children (Pre-K – 5) spend 3:00 – 6:00 PM of every school day with our caring, supportive staff. Y Afterschool is geared to further enrich kids’ academic development, engaging them in healthy physical activity and fostering positive social interactions. Each program offers the highest quality instruction and supervision, provided by trained and qualified staff members.

<table>
<thead>
<tr>
<th></th>
<th>5 days/week</th>
<th>3 days/week</th>
<th>2 days/week</th>
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<tbody>
<tr>
<td><strong>Member</strong></td>
<td>$309/month</td>
<td>$247/month</td>
<td>$206/month</td>
</tr>
<tr>
<td><strong>Non-Member</strong></td>
<td>$371/month</td>
<td>$297/month</td>
<td>$247/month</td>
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</table>

Transportation
Transportation is available from school to the Y for Y Afterschool participants. Pick up is done via public transportation (bus) from PS 116, PS 59 and other neighborhood schools. Please contact us if your child’s school is not listed to find out if it is in our catchment area. MetroCards are included in pricing.

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<th>3 days/week</th>
<th>2 days/week</th>
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<tr>
<td><strong>Member</strong></td>
<td>$125/month</td>
<td>$99/month</td>
<td>$78/month</td>
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<tr>
<td><strong>Non-Member</strong></td>
<td>$145/month</td>
<td>$112/month</td>
<td>$87/month</td>
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Discounts
1. 10% sibling discount (tuition only)
2. Financial assistance is available for all programs with the exception of transportation and Holiday Camp.

HOLIDAY CAMP (SCHOOL FUN DAYS)
When school’s out, the Y is there to keep kids safe and engaged in fun, healthy activities to let working moms and dads rest easy. Y Holiday Camp is geared to engaging kids in interactions. Each program offers the highest quality instruction and supervision, provided by trained and qualified staff members. Please note that swimming is not offered during holiday camp and participants must be registered at least 7 days prior to service. Extended day is not available on holiday camp days.

Hours: 8:00 AM – 6:00 PM
Y After School Academy Participant: $25/day
Member: $55/day
Non-Member: $80/day

2015 School Year Holiday Camp

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>January 19</td>
<td>Dr. Martin Luther King, Jr. Day</td>
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<tr>
<td>February 16-20</td>
<td>Midwinter Recess</td>
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<tr>
<td>April 6–10</td>
<td>Spring Recess</td>
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<tr>
<td>June 4</td>
<td>Chancellor’s Conference Day</td>
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</table>
**YOUTH ARTS & CULTURE**

**Interactive Chinese (Ages 3 – 8)**
Nihao! The best environment for learning language is an interactive one. In this class, students learn the basics of the Chinese language while participating in fun activities. They also get to experience authentic Chinese culture through activities such as Calligraphy!

- **Member:** $265/8 week session
- **Non-Member:** $330/8 week session

**Drum/Percussion (Ages 5 – 12)**
Explore the art of sound and motion. Children study different styles of drumming while enhancing rhythmic abilities.

- **Member:** $125/8 week session
- **Non-Member:** $165/8 week session

**YOUTH HEALTH & CULTURE**

**YOUTH MARTIAL ARTS**

**Seido Karate (Ages 5 – 12)**
A fun class with all the “kicks”! Seido teaches self-defence, concentration and focus.

- **Member:** $110/8 week session
- **Non-Member:** $155/8 week session

**Tuesday**
5:00 PM - 6:00 PM (Studio B)

**Saturday**
9:30 AM - 10:30 AM (Studio B)

**YOUTH MOVEMENT**

**Kids Be Fit (Ages 5 – 12) – NEW!**
Kids Be Fit is a fun, creative class with movements that encourage kids to explore, play and be healthy. Kids Be Fit provides a playful, safe space for kids to build confidence, develop self awareness and exercise their bodies to greater health, all while experiencing fun fitness activities in a non-competitive environment.

- **Member:** $80/8 week session
- **Non-Member:** $100/8 week session

**Monday**
4:30 PM - 5:15 PM (Studio B)

**ONLINE REGISTRATION is**

**SMARTER. STRONGER. FASTER.**

Just like YOU!
Take a look at our website and get acquainted with our ONLINE REGISTRATION! By logging on to our website you will be able to find all we offer by a click of a button.

**register.ymcanyc.org**
YOUTH DANCE

The Vanderbilt YMCA is offering a variety of fun and engaging activities for children ages 3 to 9 this Winter/Spring.

COMBO (Ages 3 – 8)
Students will learn the fundamental steps of varying styles of dance in this fun exciting class. This dance class will combine the styles of ballet, jazz and tap. The style will vary from week to week (with a focus on ballet in the 1st week of the session), with instructors providing a schedule on the 1st day of class for the session.

| Member: | $95/8 week session |
| Non-Member: | $135/8 week session |

COMBO I (Ages 3 – 5)
NO COMBO EXPERIENCE
Wednesday 10:15 AM – 11:00 AM (Studio A)
Wednesday 3:30 PM – 4:15 PM (Studio A)

COMBO II (Ages 4 – 6)
A LITTLE COMBO EXPERIENCE
Wednesday 11:00 AM – 11:45 AM (Studio B)
Wednesday 4:15 PM – 5:00 PM (Studio A)
Saturday 11:30 AM – 12:15 PM (Studio C)

COMBO III (Ages 5 – 8)
EXPERIENCED IN COMBO
Wednesday 5:00 PM – 5:45 PM (Studio A)
Saturday 1:00 PM – 1:45 PM (Studio C)

GYMNASTICS (Ages 3 – 9) – NEW!
Gymnastics class introduce movement education to the children based on their basic concepts of floor skills. Children enhance eye/body coordination and broaden their sense of spatial awareness by performing various techniques such as somersaults, cartwheels, round-offs and back walkover. On January 20th, June 16th and June 18th class will be cancelled. Prices have been pro-rated for these sessions.

| Member: | $95/8 week session |
| Non-Member: | $135/8 week session |

GYMNASTICS I (Ages 3 – 5)
Tuesday 4:30 PM – 5:15 PM (Studio C)
Thursday 4:30 PM – 5:15 PM (Studio C)

GYMNASTICS II (Ages 6 – 9)
Tuesday 5:15 PM – 6:00 PM (Studio C)
Thursday 5:15 PM – 6:00 PM (Studio C)

YOUTH DANCE

Led by our dance specialists, the YMCA offers fun-filled dance classes in a variety of styles. Trendy upbeat music adds the extra kick! Participants express themselves through movement. Appropriate dance attire and footwear must be worn and girls should style their hair in a bun or ponytail. Dance classes are available for children ages 3 to 8.

*PLEASE NOTE THAT THERE WILL BE AN END OF YEAR PERFORMANCE. PARTICIPATION IN THE PERFORMANCE IS OPTIONAL.

BALLET (AGES 3 –8)
Classes teach the basics of classic ballet movement through various fundamental techniques. Children will enhance flexibility, balance, coordination and musicality through the expressive art, while refining elegance and grace.

| Member: | $95/8 week session |
| Non-Member: | $135/8 week session |

Ballet I (Ages 3 – 5)
NO BALLET EXPERIENCE
Monday 10:15 AM – 11:00 AM (Studio A)
Monday 3:30 PM – 4:15 PM (Studio A)
Saturday 9:00 AM – 9:45 AM (Studio A)

Ballet II (Ages 4 – 6)
A LITTLE EXPERIENCE IN BALLET
Monday 11:00 AM – 11:45 AM (Studio A)
Monday 4:15 PM – 5:00 PM (Studio A)
Saturday 10:45 AM – 11:30 AM (Studio C)

Ballet III (Ages 5 – 8)
EXPERIENCED IN BALLET
Monday 5:00 PM – 5:45 PM (Studio A)
Saturday 12:15 PM – 1:00 PM (Studio C)

Please note our Program Policies on Page 36.

Dance levels are determined by experience. If you have questions about what level is appropriate for your child contact Kyle Christian.
Jr. Knicks Basketball
Jr. Knicks is an exciting instructional league developed by the NY Knicks and the YMCA of Greater NY. It is independent of the Vanderbilt Y Instructional Basketball Program, which resumes at the end of the Jr. Knicks season (January 3, 2015 – April 25, 2015). Teams and games schedule will be developed by the coaches. All games will fall in the times listed below. The season concludes with an awards ceremony and tournament. Jr. Knicks is offered in session I & II.

Registration runs from December 1, 2014 until December 27, 2014. No registrations will be accepted after December 27, 2014.

Fees:
- $50/player
- $100/8 week session for members
- $120/8 week session for non-members

Instructional Basketball (Ages 4 – 14)
This class teaches the game of basketball while stressing sportsmanship, teamwork, enthusiasm and a positive attitude. This class will consist of contests, game play and instruction on the fundamentals of the game. Instructional basketball will resume on Saturdays during Session 3 (April 27, 2015 – June 21, 2015), Tuesday classes occur as scheduled during sessions I & II.

<table>
<thead>
<tr>
<th>Member:  $100/8 week session</th>
<th>Non-Member:  $120/8 week session</th>
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</table>

Tuesdays (SESSION I – III)
- 3:30 PM – 4:30 PM (Ages 4 – 6)
- 4:30 PM – 5:30 PM (Ages 7 – 8)
- 5:30 PM – 6:30 PM (Ages 9 – 11)

Saturday (ONLY IN SESSION III)
- 10:00 AM – 11:00 AM (Ages 4 – 6)
- 11:00 AM – 12:00 PM (Ages 7 – 8)
- 12:00 PM – 1:00 PM (Ages 9 – 11)
- 1:00 PM – 2:00 PM (Ages 12 – 14)

Private Basketball Training (Ages 11 – Adult)
We are offering Private Basketball Instruction for people of all skill levels from beginner to advanced. In these one-on-one sessions, the participant will work on dribbling, shooting, defense, and the fundamentals of the game through the use of progressive skills.

<table>
<thead>
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<th>Sessions</th>
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<th>10 Session Special</th>
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<tr>
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<td>$450</td>
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<tr>
<td>Non-Member</td>
<td>$60</td>
<td>$550</td>
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Quickstart Tennis Program (Ages 4 – 9)
This program emphasizes progressive tennis skills. Participants will learn the basics of forehand, backhand, serve and volley while having fun.

<table>
<thead>
<tr>
<th>Member:  $100/8 week session</th>
<th>Non-Member:  $120/8 week session</th>
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</table>

Thursday (SESSION I – III)
- 5:00 PM – 6:00 PM (Ages 6 – 9)
- 12:30 PM – 1:30 PM (Ages 4 – 7)

Youth Fencing (Ages 5 – 12)
This program will teach the basics of fencing while focusing on form and technique. Participants will gain self-confidence and teamwork skills through working with instructors and peers.

<table>
<thead>
<tr>
<th>Member:  $100/8 week session</th>
<th>Non-Member:  $120/8 week session</th>
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</table>

Equipment rental fee:
- $80/session

Tuesday                  5:00 PM - 6:00 PM (Studio A)
YOUTH SWIM CLASSES  
(AGES 6 – 12)

Participants are taught not only swimming skills, but also how to enjoy aquatic activities throughout their lives. Skills include personal safety, survival and rescue skills, water sports and games. Program content is designed to develop a healthy spirit, mind and body for all.

The purpose of the program is to develop competency in swimming, along with confidence and endurance. A child is advanced to the next level when he or she can safely and proficiently perform the skills within his or her level. New participants can be tested to assure proper placement.

**Fish (Intermediate)**
Students work to perform the crawl stroke, backstroke, back crawl stroke and sidestroke, with turns. They are introduced to the butterfly stroke. They continue learning synchronized swimming movements, wet ball skills and diving skills and are introduced to the use of mask and fins.

- **Thursday**  4:15 PM - 5:00 PM
- **Saturday**  11:00 AM - 11:45 AM

**Flying Fish (Intermediate II)**
Students work on increasing endurance and refining strokes. They develop the ability to perform more complex combinations of synchronized swimming, learn to dive off a one-meter board and develop better wet ball skills. They also are introduced to the use of a snorkel.

- **Saturday**  12:00 PM - 12:45 PM

**Shark (Advanced)**
Students continue to improve strokes, with starts and turns, and are introduced to the crawl, the inverted breaststroke and the overarm sidestroke. Students further focus on synchronized swimming, wet ball and skin diving.

- **Saturday**  12:00 PM - 12:45 PM

**Polliwog (Beginner)**
Polliwog is the beginning level for school-aged children. It gets children acquainted with the pool, use of floatation devices and front and back floating. By the end of this level, children should know the front paddle stroke, side and back paddle and some synchronized swimming and wet ball movements.

- **Friday**  4:15 PM - 5:00 PM

**Guppy (Advanced Beginner)**
Participants practice and build upon basic skills, performing more skills without a floatation device. They are introduced to lead-up strokes to the front and back crawl, sidestroke, breaststroke and elementary backstroke. Synchronized swimming, wet ball and diving skills are introduced.

- **Tuesday**  4:15 PM - 5:00 PM
- **Saturday**  10:00 AM - 10:45 AM

**Minnow (Advanced Beginner II)**
This is the initial intermediate skill. Children further refine the lead-up strokes they have learned as their skills become more like those normally used in swimming. More wet ball, diving skills and synchronized swimming are taught.

- **Wednesday**  4:15 PM - 5:00 PM
- **Saturday**  11:00 AM - 11:45 AM

**Swim Club**
This program is for swimmers who are interested in becoming life-long swim-teamers. This program offers a swim team experience within a non-competitive environment. While in the program, swimmers will be coached in stroke development, fitness, endurance and speed. Students will also learn how to use a pace clock which will aid in their development to becoming a future swim team participant. The program also encourages children to develop relationships with other children in a fun, safe environment. Swimmers will be 6 or older and Flying Fish level or higher.

- **Member**: $210/8 week session
- **Non-Member**: $280/8 week session

**Member**
$255/8 week session
**Non-Member**: $335/8 week session

Please note our Program Policies on Page 36.
Private Swim
Private swim is a one-on-one instructional lesson for swimmers of all ages. Instructors will work patiently to introduce basic swimming and water safety skills, provide comfort and safety in deep water, while constantly challenging the participant to reach for the initial goal set at the beginning of the first lesson. Students will begin by learning basic breathing techniques, floating and treading water in the shallow and deep end. As students progress, they will learn strokes like the front crawl, breast stroke and back stroke.

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*Only YMCA instructors are permitted to conduct private swim sessions within the facility.

2015 OFFSITE Y AFTERSCHOOL PROGRAMS

Y Afterschool at TAG Young Scholars School (M012)
The Vanderbilt YMCA is pleased to offer a free afterschool program for students attending TAG Young Scholars. The Y After School takes place from 3:00 PM - 6:00 PM for children in K-5th grades. Supported by the NYC Department of Youth & Community Development, all activities are designed to build academic skills. Students are engaged in hands on activities that are project based, enriching and fun. Some of these activities include arts and crafts, sports, participation in journal writing exercises and enjoying daily recreational reading. The Y Afterschool program provides children with the opportunity to learn and have fun at the same time.

SONYC at TAG Young Scholars School (M012)
The Y is excited to launch new middle school programming at TAG Young Scholars School in conjunction with the NYC Department of Youth and Community Development. Vanderbilt Y SONYC @ TAG will operate Monday – Friday during the afterschool hours. Y SONYC is free and enrollment is first come, first served starting in September. SONYC will offer a variety of clubs for middle school students to join including, Robotics, Creative Design, Basketball Leagues, etc. Homework assistance will also be available for students in need of additional academic support. For more information about Y SONYC, please contact Jonathan Grosso, Site Director, TAG Middle School at jgrosso@ymcanyc.org. Applications for SONYC are also available at TAG Young Scholars School.

For More Information or To Schedule an Appointment:
Please contact Jonathan Dickson, Aquatics Director at 212-912-2536 or jdickson@ymcanyc.org

Andrea Scott, Site Director, TAG Elementary School at ascott@ymcanyc.org
Jonathan Grosso, Site Director, TAG Middle School at jgrosso@ymcanyc.org
The Vanderbilt YMCA offers many school-based programs for teens ages 14-18 years, with a focus on leadership development, college readiness and the arts. These programs are offered to all students who attend the Julia Richmond complex schools Monday through Friday during the school day and after-school. Below are the YMCA programs offered.

Y Scholars
To support the needs of families and youth in NYC, the YMCA has developed the Y Scholars program to ensure that young people succeed in navigating their high school experiences. It is an opportunity for high school students to pursue success in high school and the college admissions process. Y Scholars is part career readiness, part college prep and totally fun. This program includes field trips, college tours and academic support.

Leaders Club
Leaders Club is a teen program that occurs during and afterschool at the Julia Richmond campus. Exploring issues such as Self-Image, Community Service, Violence Prevention, Racism/Sexism/Ageism, as well as College and Career Prep, this program provides young people with the opportunity to have a voice and feel empowered in the community and in their lives. Leaders Club focuses on skill building, character development, goal setting, service learning and networking.

Leaders Club is a fun, safe and creative place. Participants will also receive opportunities for academic assistance, scholarships, internships, college mentorships and job training. Midyear, the Leaders Club will visit a YMCA camp for a weekend rally with participants from NY and around the Northeast.

Teens Take the City
Teens Take the City is designed to get New York teens involved in, and excited about, local government and politics. The goal of Teens Take the City is to inspire teens to think about ways to make a positive change in New York City by proposing policy solutions to local concerns. In the Teens Take the City program, teens will discover and research an issue of great importance in their community and propose a solution. The proposed solution is presented to a council of their peers in a culminating event at City Hall.

FIND OUT MORE:
Please contact Candy Halikas, Julia Richman Educational Complex Site Director at chalikas@ymcanyc.org

Teen Center
Teen Center is a safe place where teens have the opportunity to engage in meaningful activities that allow them to develop socially, physically, and academically. Teen Center offers a variety of programming free to New York City highschool students.

Teen Center participants with parental consent can sign up for the specialty class listed below.

Teen Basketball
The game of basketball was created in 1891 at a YMCA by Dr. James Naismith. The Y hosted the conception of this amazing game over 120 years ago and we are still pushing the envelope in the world of organized sports. When it comes to Basketball in NYC, the Vanderbilt Y is the epicenter of specialized sports training. On any given day you can find NBA or College players running drills in our gymnasium. Our unparalleled Basketball staff has years of priceless experience, providing young people with developmental training that will help them push their game to the highest level. This year our Teen Basketball league will provide participants the highest quality opportunity to compete against one another. The top players from each team are selected to maintain the UNDEFEATED record of the Vanderbilt YMCA through competitions against other branches throughout the 5 boroughs. Consider joining us to continue to build our reputation as the top Teen Basketball program in NYC.

Participants are required to wear gym clothes and must have a lock to safely secure their property in the locker room.

The Art of Sparring
This program introduces teens who are currently enrolled in Middle School or High School to the basics of sparring in a safe no contact environment. Our experienced instructor focuses on high intensity cardio training while teaching teens basic defensive techniques. A huge portion of the program is built around bag punching. Teens are taught the proper way to hit heavy bags and speeds bags.

FIND OUT MORE:
Please contact Kyle Christian, Teen and Sports Director at 212-912-2557 or kchristian@ymcanyc.org
YMCA Aquatics is about water safety, skill development and fun for everyone. We have an aquatic program for every skill level and interest. Our programs are about more than just the techniques and skills; they are about building friendships, developing self-esteem and creating positive experiences that will last a lifetime.

Private Swim
Private swim is a one-on-one instructional lesson for swimmers of all ages. Instructors will work patiently to introduce basic swimming and water safety skills, provide comfort and safety in deep water, while constantly challenging the participant to reach for the initial goal set at the beginning of the first lesson. Students will begin by learning basic breathing techniques, floating and treading water in the shallow and deep end. As students progress, they will learn strokes like the front crawl, breast stroke and back stroke.

<table>
<thead>
<tr>
<th># of Sessions</th>
<th>Member</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (Valid 1 month)</td>
<td>$80</td>
<td>$100</td>
</tr>
<tr>
<td>5 (Valid 2 months)</td>
<td>$330</td>
<td>$435</td>
</tr>
<tr>
<td>10 (Valid 3 months)</td>
<td>$605</td>
<td>$785</td>
</tr>
</tbody>
</table>

All private swim sessions are 30 minutes each.

Private Lesson Cancellations & Policies
A client may cancel directly with the instructor without penalty by giving 24 hours notice. If notice is not given at least 24 hours prior to scheduled session, client will be charged for the session.

*Only YMCA instructors are permitted to conduct private swim sessions within the facility.

For More Information or To Schedule an Appointment:
Please contact Jonathan Dickson, Aquatics Director at 212-912-2536 or jdickson@ymcanyc.org

YMCA Core Teen Programs (Ages 12 - 18)

Teens Take the City (TTC)
Teens Take the City is a dynamic leadership development program that offers NYC teens the opportunity to roll up their sleeves and get involved in issues affecting them and their community. Teens engage in community mapping to figure out how to better their community, work in small groups to identify a law to address the issue, develop a policy proposal that is debated for other teens at City Hall, learn the history and function of NYC government, and meet and interview a NYC official. Once students have developed a policy proposal, they will implement their initiatives in their community through youth-lead service learning activities. Talk about social responsibility at its best!

High School Students & Middle School Students

Leaders Club
This nationally recognized core YMCA teen program provides participants with opportunities for leadership training, personal growth, service to others and social development. Teens meet on a weekly basis in small groups, working closely with their peers and adult advisor on skill and character building activities, as well as planning and organizing projects with an emphasis on educational success, community service and goal-setting.

High School Students & Middle School Students

FIND OUT MORE:
Please contact Kyle Christian, Teen and Sports Director at 212-912-2557 or kchristian@ymcanyc.org

For More Information or To Schedule an Appointment:
Please contact Jonathan Dickson, Aquatics Director at 212-912-2536 or jdickson@ymcanyc.org

34 | VANDERBILT YMCA WINTER/SPRING 2015
The Vanderbilt YMCA provides great value for visitors who want to experience one of NYC’s most visited neighborhoods. Our YMCA offers clean, comfortable and tranquil hostel accommodations in the heart of Midtown East, all for an affordable price. We are conveniently located within walking distance to the United Nations, Grand Central Terminal, Rockefeller Center, and the exciting Fifth Avenue Shopping District.

Members of the YMCA – Come stay with us and receive a 10% discount!

Get more and pay less, when you stay with us at the Vanderbilt YMCA. Enjoy our full-service fitness center which includes two swimming pools, steam room and sauna, cardiovascular and strength training areas.

Take advantage of free Wi-Fi service in the lobby and common areas, television in our common rooms, kitchen usage, daily housekeeping services and 24 hour security.

We have private single rooms as well as private double rooms (bunk beds). Guests share common bathrooms, which are conveniently located on each floor.

We offer:
- Linens & Towels
- 24 Hour Security
- Laundry Room
- No Curfew or Lockout
- Kitchen Usage
- Common Rooms
- Full Fitness Facility

Please visit our NEW guest room website tinyurl.com/vanderbiltguestrooms or call us at 212-912-2504.
JOINING
THE CAUSE

MEMBERSHIP INFORMATION

MISSION
The YMCA of Greater New York is a community service organization that promotes positive values through programs that build spirit, mind and body, welcoming all people with a focus on youth.

POLICY OF NON-DISCRIMINATION
YMCA membership is available to all persons regardless of race, religion, gender, age, marital status, sexual orientation, gender identity, national origin, disability or financial circumstances. The YMCA welcomes families and persons of all ages, income levels and physical conditions with an emphasis on responsibility and self-improvement.

MEMBERSHIP GUARANTEE
Membership in the YMCA is fully guaranteed. Members who are not completely satisfied with their YMCA membership are entitled to a refund of any unused portion of their membership. Joiner fees are not refundable.

MEMBERSHIP CARDS

MEMBERSHIP CARDS
The Branch membership card must be presented and scanned in order to gain access into a YMCA facility.

PROGRAM CARDS
Program members will be issued a card granting them YMCA access for their program. This card must be presented and scanned for access into the YMCA facility and/or a specific program. There is a 30 minute grace period from when class starts.

LOST CARDS
Please let us know if your card is lost or stolen. There is a fee to issue a replacement card.

MEMBERSHIP CANCELLATION
Cancellation of membership requires a fifteen (15) day written notice prior to the monthly draft date.

MEMBERSHIP TRANSFER
Membership and program privileges are not transferable from one person to another. Membership may be transferred from one branch to another within the YMCA of Greater New York.

MEMBERSHIP HOLDS
Members may put their membership on hold for 1 - 3 months during any calendar year. Holds require a 15 day written notice prior to the monthly draft date. A monthly hold fee of $10 will be charged and all membership privileges will be suspended while your membership is on hold.

PAYMENT OPTIONS & INFORMATION
• Membership dues must be up-to-date in order to use the facility.
• Rates and schedules are subject to change.
• Membership may be paid in full by cash, personal checks, MasterCard, Visa, American Express and Discover cards.
• Monthly payments are payable by credit card or bank draft only. There is no cash option for monthly payments.
• If an electronic fund transfer (EFT) is returned for insufficient funds, a service fee of $15.00 will be added to the payment amount.
• If a check is returned for insufficient funds, a service fee of $30.00 will be added to the payment amount.

PROGRAM POLICIES

PROGRAM CANCELLATIONS
In order to ensure quality programming, the YMCA may cancel any program that does not meet enrollment requirements. Refunds will be issued for any classes cancelled for low enrollment.

PROGRAM WITHDRAWALS
Program fees are not refundable. Upon withdrawal from a program prior to the starting date, a credit will be issued less a $15 service fee. During the first and second week of the program session, a credit may be requested in writing to the appropriate department head. No credit will be granted after the second week. All given credits are valid for one year from the date of issue.

MISSED CLASSES
Credit will not be given for classes not attended and there will not be class make-ups unless the YMCA cancels or postpones a class.

Please note there will be no credits or make-ups for scheduled holidays, snow days or other weather conditions beyond the control of the YMCA.
MEMBERSHIP INFORMATION

GUEST AND DAY PASSES
All YMCA adult members are given 6 complimentary guest passes per year to help introduce the Y to friends and associates. Branch members are welcome to visit other YMCA locations within NYC 10 times per year at no charge. Day passes are available to purchase. There is a maximum of 3 per year. Government issued photo ID is required.

STROLLER STORAGE
For safety reasons, strollers are not permitted in the pool area or SC hallways. Stroller storage is provided for your convenience by the elevator on the 1st floor and on weekends in the Game Room located on the SC level.

YMCA “AWAY” POLICY
AWAY (Always Welcome at the YMCA) As a YMCA member, you have access to YMCAs across the country and around the world. You must present a valid YMCA ID to be eligible to use AWAY privileges. Call ahead to check on individual branch policies.

CAMERA/DIGITAL DEVICE USAGE POLICY
For the privacy and security of all—especially our kids and teens—we do not allow any photo or video recording without permission from the Executive Director.

TEEN POLICY
Members ages 12-17 have full access to the facility until 9 PM on weekdays and until closing on weekends. Teen Members are welcome after completing an orientation and submitting a signed parental consent form.

LOCKER ROOMS & LOCKERS
• Lockers are available for daily use. Please bring your own lock and secure your belongings when using the facility. Items may not be left overnight except in rented lockers. Please speak with a Member Service Representative for more information on monthly locker rentals.
• Our family-friendly locker room is a good alternative for parents who wish to accompany their child that is over the age of five and of the opposite gender.

FIND OUT MORE:
Please contact Tiffany Dunbar, Membership Director at 212-912-2508 or tdunbar@ymcanyc.org
At the YMCA, creating a safe and welcoming environment is a team effort. We ask everyone—staff, members and guests—to follow our Code of Conduct, which is based on our core values of caring, honesty, respect and responsibility.

1. Speaking in respectful tones; refraining from the use of vulgar or derogatory language; and dressing appropriately.

2. Resolving conflicts in a respectful, honest and caring manner; never resorting to physical contact or threatening gestures.

3. Respecting others by refraining from intimate behavior in public; abstaining from contact of a sexual nature.

4. Respecting the property of others; never engaging in theft or destruction.

5. Creating a safe, caring environment; never carrying illegal firearms or devices.

6. Participating in programs to build a healthy spirit, mind and body; never engaging in the use, sale, dispensing or possession of illegal drugs or narcotics, or the unsanctioned use of alcohol on YMCA premises.

7. Adherence to the YMCA Code of Conduct and regulations is essential.

New York City’s YMCA | **WE’RE HERE FOR GOOD.™**

The YMCA of Greater New York is a community service organization which promotes positive values through programs that build spirit, mind and body, welcoming all people, with a focus on youth.
MANHATTAN BRANCHES
Chinatown YMCA
273 Bowery
New York, NY 10002
212.912.2460

Harlem YMCA
180 West 135th Street
New York, NY 10030
212.912.2100

McBurney YMCA
125 West 14th Street
New York, NY 10011
212.912.2300

Vanderbilt YMCA
224 East 47th Street
New York, NY 10017
212.912.2500

West Side YMCA
5 West 63rd Street
New York, NY 10023
212.875.4100

BROOKLYN BRANCHES
Bedford-Stuyvesant YMCA
1121 Bedford Avenue
Brooklyn, NY 11216
718.789.1497

Coney Island YMCA
2980 West 29th Street
Brooklyn, NY 11224
718-215-6900

Dodge YMCA
225 Atlantic Avenue
Brooklyn, NY 11201
718.625.3136

Flatbush YMCA
1401 Flatbush Avenue
Brooklyn, NY 11201
718.469.8100

Goldenspoint YMCA
99 Meserole Avenue
New York, NY 11222
718.389.3700

North Brooklyn YMCA
570 Jamaica Avenue
Brooklyn, NY 11208
718.277.1600

Prospect Park YMCA
357 Ninth Street
New York, NY 11215
718.768.7100

Park Slope Armory YMCA
361 15th Street
Brooklyn, NY 11215
212.912.2580

QUEENS BRANCHES
Cross Island YMCA
238-10 Hillside Avenue
Bellerose, NY 11426
718.479.0505

Flushing YMCA
138-46 Northern Blvd.
Flushing, NY 11354
718.961.6880

Jamaica YMCA
89-25 Parsons Blvd.
New York, NY 11423
718.739.6600

Long Island City YMCA
48-23 Queens Blvd.
Long Island City, NY 11101
718.392.7932

Rockaway YMCA at
Arverne by the Sea
207 Beach 73rd Street
Arverne, NY 11692
718.215.6950

STATEN ISLAND BRANCHES
Broadway YMCA
651 Broadway
Staten Island, NY 10310
718.981.4933

South Shore YMCA
3939 Richmond Avenue
Staten Island, NY 10312
718.227.3200

YMCA Counseling Service/
South Shore Center
3911 Richmond Avenue
Staten Island, NY 10312
718.948.3232

YMCA Counseling Service/
North Shore Center
285 Vanderbilt Avenue
Staten Island, NY 10304
718.981.4382

HUGUENOT, NY
New York YMCA Camp
Big Pond Road
Huguenot, NY 12746
845.858.2200

ASSOCIATION OFFICE
5 West 63rd Street
New York, NY 10023
212.630.9600