



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ADULT WELLNESS PROGRAMS

**WEST SIDE Y
WINTER/SPRING 2013**

WEST SIDE Y
5 West 63rd Street
New York, NY 10023

P 212-912-2600

ymcanyc.org/westside

New York City's YMCA | **WE'RE HERE FOR GOOD.**[™]

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.**[™]



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 West Side Y 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... and a swimming pool.

CHILD WATCH

Do you need someone to look after your child (ages 1-7) 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 members only. Please register at the Member Services Desk in advance.

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 Strong Kids Campaign fundraiser, you can make a difference for our Y and the community as a whole.

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.

FEES

Membership Types	West Side Y	Citywide	Joiner's Fee
Youth (up to 11)*	\$216/yr.	n/a	-
Teen (12 - 17)	\$336/yr.	n/a	-
Student**	\$75/mos.	\$78/mos.	\$125
Adult (18 - 64)	\$95/mos.	\$97/mos.	\$125
Senior (65+)	\$75/mos.	\$78/mos.	\$125
Family I***	\$110/mos.	\$114/mos.	\$125
Family II (2 Adults & kids)****	\$160/mos.	\$172/mos.	\$125

*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



EVERYONE IS WELCOME

We're proud to ensure that the YMCA is accessible to everyone, and we never want anyone to be turned away for an inability to pay. Don't hesitate to ask about financial assistance for programs or membership. We're happy to help.

We're able to open our doors to all thanks to a community of generous supporters of our annual Strong Kids Campaign. Contributions to Strong Kids enable us to offer a number of our programs and services at low or no cost, and to make assistance available to make participation affordable.

The Y is more than a membership card. We're bigger than the programs we offer in our facility or around the community. Will you help us as a donor or volunteer fundraiser to ensure that everyone can be a part of the Y?

To donate to the West Side YMCA Strong Kids Campaign or to get more information, please contact Wyndy Sloan at 212-912-2611 or wsloan@ymcanyc.org.



WEST SIDE Y INFORMATION

The West Side YMCA has friendly and courteous staff, committed to providing excellent service while making your stay an enjoyable experience.

ROOM RENTALS

Are you looking for a place to host your next meeting, birthday party or event? The West Side YMCA and Grosvenor House have meeting rooms available at very reasonable rates. We can accommodate a short-term, full-day, or extended event. For more information, please call 212-912-2682.

HOURS OF OPERATION

ADULT

Monday - Friday: 5:00 AM - 10:45 PM
Saturday - Sunday: 8:00 AM - 7:45 PM

TEENS

(School holidays & summer hours vary; refer to website for a current schedule.)
Monday - Friday: 2:30 - 6:30 PM
Saturday - Sunday: 8:00 AM - 7:45 PM

Note: locker-rooms will stay open until 11:00 PM weekdays & 8:00 PM weekends.

HOLIDAY HOURS

New Year's Day

Monday, January 1 7:00 AM - 8:00 PM

Martin Luther King, Jr. Day

Monday, January 21 7:00 AM - 8:00 PM

President's Day

Monday, February 18 7:00 AM - 8:00 PM

Memorial Day

Monday, May 27 7:00 AM - 8:00 PM

(All times are subject to change. Group Exercise classes will not be available.)

Note: All fee-based classes will be prorated in the event of holidays or other closings.

2013 WINTER/SPRING SESSION & REGISTRATION DATES

SESSION 1 REGISTRATION DATES

Member: December 8, 2012
Non-Member: December 15, 2012

SESSION DATES:

January 2, 2013 - February 24, 2013

SESSION 2 REGISTRATION DATES

Member: February 2, 2013
Non-Member: February 9, 2013

SESSION DATES:

February 25, 2013 - April 28, 2013

SESSION 3 REGISTRATION DATES

Member: April 6, 2013
Non-Member: April 13, 2013

SESSION DATES:

April 29, 2013 - June 23, 2013

REGISTRATION FOR PROGRAM SESSIONS

Our swimming, wellness, aerobics and fitness classes are scheduled in eight-week sessions. Registration is on a first-come, first serve basis. Payment is due at time of registration. YMCA members enjoy the privilege of early registration (2 weeks before the session starts). Holidays and other schedule changes may apply.

Contact Us Phone: 212-912-2600 | E-mail: westside2@ymcanyc.org | Web: ymcanyc.org/westside



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DISCOVER WELLNESS

GENERAL INFORMATION

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.

Printed class and room schedules are available at the Member Services Desk.

Hours of Operation

Monday – Friday 5:00 AM – 10:45 PM
Saturday – Sunday 8:00 AM – 7:45 PM

Note: locker-rooms will stay open until 11:00 PM weekdays and 8:00 PM weekends.

General Facility

- 2 pools – 75' x 25' lap pool and 60' x 20' small pool
- Basketball court
- Mind-Body Studio / Group Exercise Studio
- 6 handball/racquetball/squash courts
- Indoor running track
- 2,400 square-foot free weight center (Upgraded in August 2010!)
- Designated Stretching Areas
- Functional Training and abdominal area
- Boxing Studio
- Martial Arts Studio
- 3 Massage Therapy rooms
- Meditation studio for individual yoga and meditation practice
- Private Pilates & Personal Training Studios: work one-on-one with your trainer in a private setting
- Small Group Training and Multi-purpose studio

Member Lounge

Meet friends and relax in our newly renovated Member Lounge located outside the Locker Rooms on the third floor.

Cardiovascular Center

60+ pieces of state-of-the-art cardiovascular equipment. Fully integrated touch screen machines allow each user to interface with TV, iPod, and multiple workout options.

Full Line of Strength Training Equipment

The Circuit Training Room is home to over 25 pieces of circuit equipment.

Spin Studio

Our new state-of-the-art spin studio features new bikes by Star Trac that are adjustable for your body type and fitness level, and a fabulous sound system!

Meditation Studio

Renovated in summer 2010, this space will allow for private meditation, personal yoga practice and stretching.

Personal Fitness Program Center

Personal fitness center with LifeFitness strength training equipment and Fitlinxx system for beginner exercisers. The YMCA Personal Fitness Program is an individualized program designed specifically for adults who are new or returning exercisers. Through a personal empowerment approach, the program will help you develop a life-long commitment to physical activity. You will be assigned a Personal Fitness Coach who conducts four one-on-one appointments during the 12-week program. Most importantly, this program is FREE for all members of the West Side YMCA. For more information or to schedule your first coaching session, please call Erica Lyon at 212-912-2673 or e-mail at elyon@ymcanyc.org.



GROUP EXERCISE

All Adult Exercise Classes are FREE for YMCA members!

CHOREOGRAPHED CARDIO

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.

Hip Hop Aerobics - A cardiovascular workout using urban upbeat Hip Hop music. The class teaches step by step movements with fun choreography, so you can get your feet moving and your heart pumping.

CARDIO STRENGTH

Circuit Training - An efficient and challenging form of conditioning which develops strength, endurance, flexibility, and coordination utilizing a variety of exercises and workout stations.

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

Kettlebells - This is a total body workout that blends strength and cardio. The class helps establish proper technique to execute dead lifts, swings, grinds and more while using the kettlebells.

Power Rowing - Using the Concept II rowing machines, this class offers a total body workout designed to improve cardio respiratory endurance and muscle strength.

Total Body Conditioning - A full body workout designed to strengthen and tone the upper and lower body using hand-held weights.

ATHLETIC CARDIO

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.

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.

Train Like an Athlete - Athletes are the epitome of physical fitness. This new class will help improve your physical and cardio endurance through explosive movement, sports skill work, and pushing past your current athletic goals.

LIVE STRONGER

GROUP EXERCISE

MIND-BODY

Hatha Yoga – A yoga class that integrates postures, breathing exercises, relaxation, and meditation to stretch, strengthen, and condition. All levels are welcome.

Feldenkrais Method – This class focuses on developing body awareness through slow, gentle movements while lying, sitting or standing.

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

Kundalini Yoga – A system of yoga exercise and meditation that promotes health, happiness, and spiritual awareness, combining breathing, movement, stretching and sound.

Iyengar Yoga – A form of yoga known for precision, alignment and a focus on individual postures and their therapeutic benefits. Iyengar yoga promotes a quiet, inward focus and a heightened consciousness.

M.E.L.T. – The M.E.L.T. 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 rollers and special balls for the hands and feet. This class is appropriate for all ages and fitness levels.

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.

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.

FLEXIBILITY/BALANCE/CORE

Core Training – This class focuses on abdominal, back and core muscle training and stabilization to improve the body's overall functional strength.

Stretching – Is an essential component of fitness that is often neglected in preference for developing other areas of fitness. This class uses a variety of stretching methods to gradually increase muscle strength and extend the range of movement at the joints. This may help prevent injury and improve performance of health and sports related activities.

Mat Pilates – Based on original Pilates techniques, this class is designed to restore muscular balance, improve posture, helps prevent injury and build strength and flexibility. All levels welcome.

DANCE

Afro Jazz – A fun and energetic mix of African, Jazz and Modern Dance.

Masala Bhangra Workout – Dance your way to fitness! This workout blends the traditional high energy Indian dance with the exhilaration of the Bollywood movies. This unique dance mixes cardiovascular with fun and is suitable for all levels.

Belly Dancing and SharQui Belly Dance Workout – A dance movement class that focuses on the core muscles, emphasizing muscular isolations. Dance to Middle Eastern rhythms while learning traditional movements and combinations.

MARTIAL ARTS

Capoeira® – This exciting Brazilian martial arts class combines music, dance and traditional movements. The goal is to increase flexibility, balance, agility and overall coordination and strengthen mental and physical concentration.

Seido Karate – A form of karate to develop physical conditioning, mental awareness and self-defense strategies. Students will learn to develop speed, power, focus and balance.



HEALTHY LIFESTYLE PROGRAMS

FITNESS ORIENTATIONS

Are you new to the facility or need a change in your routine? The West Side YMCA offers a complimentary fitness orientation with one of our fitness instructors to all new and existing members. Become familiar with all our strength and cardiovascular equipment and learn about programs offered through our department. Appointments are scheduled at the 3rd floor Customer Service Center. Come dressed in workout attire and meet your fitness instructor there.

TEEN FITNESS

Please refer to the Youth and Family Program Guide for Teen Fitness information.

BLOOD PRESSURE AND BODY FAT SCREENINGS

Once a month the Healthy Lifestyles Department helps our members assess their cardiovascular disease risk by offering a screening for blood pressure and a body fat analysis. Check the monthly calendar for dates and times.

MEET THE STAFF NIGHTS

Our qualified fitness instructors are available to answer your health and fitness questions and start you on a path to healthier living. Pilates equipment and small group fitness demos available. Check the monthly calendar for dates and times.

WELLNESS WORKSHOP SERIES

Looking to gain a little knowledge on current health and fitness topics? How about adding some new exercises to your workout routine? Our Healthy Lifestyles staff and health professionals in our community host monthly wellness workshops to keep you ahead of trends and up to date with health information. All levels welcome. Check the 3rd and 4th floor bulletin boards for more information and days and times the workshops are being held.

NOTE: If you are interested in participating or know of someone who is interested in sharing knowledge through our Wellness Workshops, contact: Tamara Heisler, Healthy Lifestyles Director at (212) 912-2670 or theisler@ymcanyc.org.





LEARN TO SAVE LIVES

FREE YMCA LIFEGUARD
CERTIFICATION COURSE

MARCH 25 - MARCH 29, 2013

Courses offered in the Bronx, Brooklyn, Manhattan,
Queens and Staten Island

FOR MORE INFORMATION CONTACT:
Mary O'Donoghue at 212-630-9703 or
aquatics@ymcanyc.org

Y PERSONAL FITNESS

**OUR GOAL IS
TO HELP YOU
REACH YOURS**



The Y Personal Fitness program is FREE with membership! To schedule an appointment, speak to a representative at the Member Service Desk.

STRIVE FOR YOUR BEST

PERSONAL TRAINING

The West Side YMCA offers a variety of private training package options. Our Personal training staff either hold academic degrees in related fields and/or are certified by a nationally recognized accredited agency, including ACSM (American Council on Sports Medicine), NSCA (National Strength and Conditioning Association), NASM (National Academy of Sports Medicine), ACE (American Council on Exercise). Our staff will help tailor a personalized fitness program to fit your needs. To set up an appointment, please call 212-912-2670. Packages will expire one year from date of purchase.

NEW PERSONAL TRAINING PACKAGES

PERSONAL TRAINING INTRO PACK*

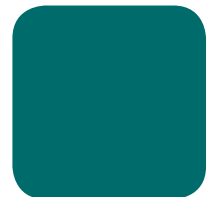
3 sessions, 1 hour + 2 half hour sessions \$125
*For new clients only. One purchase only.

DUET PACK | 2 people working out with 1 trainer

1 Hour Session	\$100
5 (1 Hr) Sessions	\$400
10 (1 Hr) Sessions	\$785
20 (1 Hr) Sessions	\$1500

SINGLE PACKAGES

Bronze	1 Hour Session	\$80
Silver	5 (1 Hr) Sessions	\$375
Gold	10 (1 Hr) Sessions	\$720
Platinum	20 (1 Hr) Sessions	\$1400



BE MORE

ADULT SPORTS

VOLLEYBALL | 14 yrs. and up

Join us for a fun and friendly game of co-ed volleyball (all levels welcome). Learn the basics (instruction available) or play competitively. Free for members and guests. For more information contact Tamara Heisler, Healthy Lifestyles Director, at 212-912-2670 or theisler@ymcany.org.

Gymnasium (4th Fl.) Kypros Vasiliades

Wednesday 5:45 - 7:00 PM
Instructional (Ages 14+)
7:00 - 8:30 PM
Open Gym - Beginner
8:30 - 10:30 PM
Open Gym - Inter./Advanced

RACQUETBALL, HANDBALL, AND SQUASH COURTS

Four air-conditioned racquetball and handball courts and two squash courts are available to members during facility hours. No court usage fee! To reserve a court, please call 212-912-2607 or stop by the 3rd floor Member Service Desk.

Squash Round Robin
Wednesday 6:00 - 8:00 PM

NEW!! RACQUETBALL PRIVATE LESSONS

Taught by Racquetball Pro Stephen Arizmendi. Stephen has been teaching and playing competitive Racquetball for over 25 years. More than just a game, Racquetball became his lifestyle, paving the way for a Bachelor's Degree and a NYS teaching certificate in Physical Education as well as a Master's in Sports Management from Brooklyn College. His credentials include Certification by the Professional Association of Racquetball Instructors in the early 80's, training at the U.S. Olympic Training Center in Colorado, 20 years as the club Pro at the 92nd St. Y, 3 second place national finishes, 2007 & 2009 Northeast Regional Champion 40+ division, and 20 years of competitive experience as an Open Division Player.

For more information and to schedule a session contact, Tamara Heisler, Healthy Lifestyles Director at (212) 912-2670 or theisler@ymcany.org.

PACKAGES	MEMBER	NON-MEMBER
Single	\$65	\$96
5pk	\$305	\$450
10pk	\$585	\$864
20pk	\$1,170	\$1,728

OPEN COURT BASKETBALL

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 and check the gym schedule for open court times.

SEIDO KARATE

Seido Karate is a form of Karate designed to develop physical conditioning, mental awareness and self-discipline. Although the YMCA's Seido Karate program is physically demanding, it is taught in a structured environment within which anyone, at any level, can participate fully within their own abilities. Instructor: Jun Shihan (Junior Master) Mel Ramsey, nominated for the 2005 & 2007 United States Martial Arts Hall of Fame is a 6th Degree Black Belt with over 30 years of experience in martial arts. The added strength to our program is the 16 well-trained Black Belts who assist in all beginners and advanced classes.

WEST SIDE Y ROAD RUNNER CLUB

The West Side Y Road Runner Club meets in the lobby of the West Side YMCA and goes for group runs in Central Park. EVERYONE is welcome regardless of your pace, experience level, or training goals. We are recognized by the New York Road Runners Club and our racing team represents the West Side YMCA in NYRR club competition. WSYRRC is open to both members and non-members, so feel free to bring friends and join us to get fit! Contact Tamara Heisler, Healthy Lifestyles Director at 212-912-2670 or check out this week's workouts on <http://wsyrrc.com>

Monday & Wednesday 6:30 PM
Free / No registration

TRAIN LIKE AN ATHLETE

Athletes are the epitome of physical fitness. This new class will help improve your physical and cardio endurance through explosive movement, sports skill work, and pushing past your current athletic goals. Check group exercise schedule for days and times.

MASSAGE THERAPY

The West Side YMCA features therapeutic massage therapy at affordable rates. Far beyond feeling good, massage has an impressive range of documented health benefits. With a variety of methods available, a licensed and certified massage therapist not only stretches and loosens muscle and connective tissue, but also greatly improves blood flow. Sensory receptors in the skin and muscles are heightened, 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. Packages expire one year from date of purchase. Call to book your first appointment at 212-912-2672 or kcaballero@ymcanyc.org.

Treat yourself to the benefits of massage today!

Member Rates	30 min.	60 min.	90 min.
Bronze (1 session)	\$52	\$85	\$125
Silver (5 sessions)	\$250	\$410	\$610
Gold (10 sessions)	\$475	\$800	\$1,180
Platinum (20 sessions)	\$935	\$1,560	\$2,300

**** NEW MASSAGE PACKAGE ****
 Massage Therapy Introductory Pack*
 (3 Sessions, 1 Hour + 2 Half Hour Sessions)
 \$150 Member \$200 Non-Member
 * For New Clients Only. One Purchase Only

Non-Member Rates	30 min.	60 min.	90 min.
Bronze (1 session)	\$83	\$100	\$150
Silver (5 sessions)	\$300	\$480	\$735
Gold (10 sessions)	\$550	\$835	\$1,400
Platinum (20 sessions)	n/a	n/a	n/a



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 prediabetes† 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
 212-912-2524 or

Judy Ouziel at
emailymcadpp@ymcanyc.org

TRY SOMETHING DIFFERENT

ADULT CLASSES

SEE PAGE 5 FOR REGISTRATION AND SESSION DATES.

PILATES

(One-on-one private studio)

Practiced faithfully, Pilates yields numerous benefits. Increased lung capacity and circulation through deep, healthy breathing is a primary focus. Strength and flexibility, particularly of the abdomen and back muscles, coordination, both muscular and mental, are key components in effective Pilates programs. Posture, balance and core strength are all heartily increased. Bone density and joint health improve, and many experience positive body awareness for the first time. Pilates teaches balance and control of the body, and that capacity spills over into other areas of one's life. To set up an appointment, please call 212-912-2671. Packages expire 6 months from date of purchase.

New Private Pilates: Introductory Pack*

3 Sessions, Hour Sessions

\$200 Member \$250 Non-Member

* For New Clients Only. One Purchase Only.

PACKAGES	MEMBER	NON-MEMBER
Single	\$98	\$97
5pk	\$420	\$462
10pk	\$800	\$880
20pk	\$1,525	1,677

PILATES DUETS

With a Pilates Duet session, 2 people share the rate for a 1-hour Pilates session. We recommend both participants are at the same level of Pilates. Package expires 6 months from date of purchase.

Semi-Private (Duet) Rates

1 session \$70
5 sessions \$310

MVe PEAK PILATES CHAIR

A new equipment-based class uniting Pilates and group exercise. This workout combines strength, balance, endurance and core stability while working on the Pilates MVe (Maximum Versatility exercise) chair. These workouts are fun, energetic and produce great results.

Multi-Purpose Studio

Monday	9:30 AM	Melissa
Tuesday	6:30 PM	Mike
Wednesday	6:30 PM	Paolina

One 55-minute class/ week (8 weeks)
Member \$144 Non-Member \$219
Two 55-minute classes/ week (8 weeks)
Member \$243 Non-Member \$343

SMALL GROUP PERSONAL TRAINING

Do you want more individualized attention without sacrificing the camaraderie you find in group fitness workouts? Then try one of our Small Group Personal Training classes! You will be able to get a more progressive and individualized approach by enrolling in a small, high energy class led by a nationally certified Personal Trainer. For more information contact Tamara Heisler, Healthy Lifestyles Director, at 212-912-2670 or theisler@ymcanyc.org.

One 55-minute class/ week (8 weeks)
Member \$160 Non-Member \$235
Two 55-minute classes/ week (8 weeks)
Member \$288 Non-Member \$388

Prices apply to all classes on page 15 and 16.



NEW! TRX SUSPENSION GROUP TRAINING

TRX will change the way you train. By combining strength and cardio training into specialized, challenging small group-oriented workouts, you will do more work, burn more calories and push your fitness to new levels. It's not just about training harder, it's about training smarter. Each workout is specifically sequenced to safely and effectively challenge you for real results!

Multi-Purpose Studio

Monday	6:30 PM	Jonathan
Tuesday	12:15 PM	Jonathan
Wednesday	8:45 AM	Maura
Wednesday	5:30 PM	Erica
Thursday	11:00 AM	George
Friday	9:30 AM	Maura
Friday	12:00 PM	Erica
Saturday	12:15 PM	Jonathan

NEW! KETTLEBLAST | KETTLEBELL SERIES

Kettlebell training is one of the most effective ways to increase fat burning and cardiovascular conditioning. But it does not only do that. Rhythm and pace combined with resistance and a strong core emphasis, create what is truly a complete full body workout. Be sure to learn these unique techniques and build from the ground up, so you can fully benefit from this highly functional training style!

KETTLEBLAST (Beginner/Intermediate)

The Kettlebell is a one of a kind piece of equipment designed for optimal calorie burning within a short amount of time! Training with this unique fitness tool offers you the ability to strength train and tone muscle while simultaneously giving your body that great cardio effect that is so important. You will be able to systematically

improve your strength and conditioning levels through phases starting from foundations all the way up to the most dynamic phase of exercises for great full body function, performance and burn.

Multi-Purpose Studio Jason

Monday	11:00 AM
Wednesday	11:00 AM

KETTLEBLAST (Advanced)

Strengthen tone and discover creative paced exercises to take your workout to new heights! Enjoy the best of both worlds and have fun while you're at it!! **Pre-requisite: KettleBlast Beginner/Intermediate.**

Multi-Purpose Studio Jason

Monday	12:00 PM
Wednesday	12:00 PM

NEW! FIT TO EXCEL

This unique small group training combines the energetic educational elements of a seminar with their immediate physical application. Fitness instruction, demonstrations, and Q & A are followed right up with group training style exercise to match and apply exactly what is learned! It is an in depth opportunity not only to ask, listen and learn so much of what you seek, but to empower yourself through instant physical gratification. Maximize your control over your fitness! Due to the format of this particular program, two 55 minute classes will be required to participate.

Multi-Purpose Studio Jason

Monday	5:30 PM
Saturday	3:00 PM

ADULT CLASSES CONTINUED

NEW! OUTDOOR RUNNING

Come experience a fitness high with our NEW Outdoor Running Small Group Training! Each class you will focus on improving your fitness levels, enhancing your skills and improve your race times! Each class will primarily be held outdoors in Central Park, but will also incorporate treadmill and indoor track usage.

4th floor lobby	George
Tuesday	10:00 AM
Thursday	10:00 AM

NEW! MMA CONDITIONING

A full body cardio-respiratory/muscular-skeletal endurance program that will utilize all of your known energy systems and push you to your physical limits. At the same time, they will teach you how to work beyond your limitations while demanding more in a safe and effective routine that is used by some of the world's top Mixed Martial Artists!

Multi-Purpose Studio	Rael
Thursday	6:00 PM

ONLINE REGISTRATION is
**SMARTER.
STRONGER.
FASTER.**

Just like **YOU!**

Take a look at our new 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.

ymcany.org/westside





FORGE FRIENDSHIPS

OLDER ADULT CLASSES

The West Side YMCA takes pride in leading our members down a fulfilling path to wellness where they can focus not only on the body but the mind as well. Our goal is to offer the highest level of opportunities for Older Adults to bring fulfillment into their lives. Whether it be one of our well attended Group Exercise classes or one of the many events we offer, YMCA programs strengthen the whole person. Socializing and keeping active have proven to produce positive effects on the health of older adults, and exercise has proven to promote mental agility, in addition to longevity and good health. For more information please contact Tamara Heisler at 212-912-2670 or theisler@ymcanyc.org.

GROUP EXERCISE CLASSES

Older Adult Basic Body Conditioning - A light exercise regimen, including aerobics and strength training, designed to gently increase fitness level.

Older Adult Low Impact Aerobics - Includes a low-impact aerobic segment, strength training, and cool down.

Older Adult Stretching - An essential component of fitness that is often neglected or left out in preference for developing other areas of fitness. This class uses a variety of stretching methods to gradually increase muscle strength and extend the range of movement at the joints. This may help prevent injury and improve your health.

Older Adult Sit & Sculpt - Upper, lower & core conditioning while utilizing a chair for support.

ZUMBA GOLD® - Using the ZUMBA formula, this class modifies the moves and pace to suit the needs of the active older adult participant, as well as those just starting their journey to a fit and healthy lifestyles. This class incorporates Latin music, such as Salsa, Merengue, Cumba and Reggaeton. Come experience this exhilarating and easy-to-follow class.

MIND/BODY CLASSES

Tai Chi Chuan - Intended to increase strength and flexibility, enhance energy, improve balance, and reduce stress. Stress Relief with Yoga: Relax and renew through guided meditation, yoga poses, and techniques.

M.E.L.T. - This is the first fitness program to focus on the connective tissues by using rollers and special balls for the hands and feet.

Feldenkrais Method - This class focuses on developing body awareness through slow, gentle movements while lying, sitting or standing.

For more information contact the Group Exercise/Pilates Coordinator, Jonathan Wood, at 212-912-2671 or jwood@ymcanyc.org.

AQUATICS CLASSES

Known for its benefits in restoring motion and strength, the aquatics program has included classes targeted for older adults.

Arthritis Foundation YMCA Aquatics Program (AFYAP) Program includes a range of motions designed to help maintain normal joint movement, relieve stiffness, and restore flexibility and movement. Instructor lead classes. **FREE: Members Only**

Aqua Aerobics - A low-impact aerobics class held in the shallow and deep end of the pool. This class utilizes the resistance and buoyancy of the water to tone the muscles while protecting the joints. Great for all ages!

DIVE IN

ADULT AQUATICS

The YMCA is the pioneer in swimming lessons and water safety. We offer a variety of progressive aquatics programs for all ages and fitness levels. YMCA Swim instruction is delivered in a student-centered, caring atmosphere with well-trained instructors who give personalized attention.

Lessons are designed to be developmentally appropriate and to quickly and effectively teach skills and encourage students to develop a lifelong interest in aquatics. All fee-based programs are subject to change or cancellation based on enrollment.

Makeup sessions are available only when approved by Aquatics Director. Medical documentation will be required. For more information, please contact Eric Klimowich, Aquatics Director at 212-912-2675 or at eklimowich@ymcany.org.

SEE PAGE 5 FOR A LIST OF HOLIDAYS.

SESSION	DATES	MEMBER	NON-MEMBER
SESSION 1	January 2 - February 24	\$190	\$254
SESSION 2	February 25 - April 28	\$190	\$254
SESSION 3	April 29 - June 23	\$190	\$254

*Prices will be prorated if class falls on a holiday.

TEEN/ADULT BEGINNER

For the absolute non-swimmer that is afraid and uncomfortable in water. We will start in the shallow end of the pool with the very basics, such as putting your face in the water and blowing bubbles. Class will progress through the basics of swimming, learning how to float and propel yourself in the water and discover the enjoyment of learning something new.

Small Pool

Monday 7:00 – 8:00 PM
Tuesday 7:00 – 8:00 PM
Thursday 7:00 – 8:00 PM
Saturday 12:00 – 1:00 PM

TEEN/ADULT ADVANCED BEGINNER

If you are not afraid and are willing to learn more than the very basics of swimming. Builds on the overall basics and focuses on learning the basics of stroke technique. Students will use shallow and deep water in this class and begin to work on building endurance and swimming the length of the small pool.

Small Pool

Wednesday 7:00 – 8:00 PM



ADULT AQUATICS CLASSES

TEEN/ADULT INTERMEDIATE

In this class students are able to swim the full length of the small pool and are comfortable in deep water. You will improve the front crawl and other strokes.

Small Pool

Monday 7:00 – 8:00 PM
 Tuesday 7:00 – 8:00 PM
 Thursday 7:00 – 8:00 PM

TEEN/ADULT ADVANCED

Students are ready to swim laps. The class is geared toward stroke development and conditioning. Classes consist of warm-up, drills, technique, intervals, flip turns and diving. Discover the enjoyment of a great workout.

Large Pool

Wednesday 7:00 – 8:00 PM

FREE CLASSES FOR MEMBERS

ARTHRITIS FOUNDATION YMCA AQUATICS PROGRAM (AFYAP) (FREE to Members ONLY)

Program includes a range of motions designed to help maintain normal joint movement, relieve stiffness, and restore flexibility and movement. Instructor lead classes.

Monday 8:05 – 8:55 AM
 Monday 12:35 – 1:25 PM
 Tuesday 12:35 – 1:25 PM
 Wednesday 8:05 – 8:55 AM
 Thursday 12:35 – 1:25 PM
 Friday 8:05 – 8:55 AM
 Friday 12:35 – 1:25 PM

AQUA AEROBICS (FREE to Members ONLY)

A low-impact aerobics class held in the shallow and deep end of the pool. This class utilizes the resistance and buoyancy of the water to tone the muscles while protecting the joints. Great for all ages! Purchase of sessions permits for one class a week.

Monday, Tuesday, Wednesday, Thursday 6:00 – 7:00 PM

AQUA ZUMBA (FREE to Members ONLY)

It's Zumba in the pool! Latin American music, dance moves and rhythms and are all part of this fun workout in the

pool. It's a total fitness program: enhances endurance, strength, flexibility and mobility. An added benefit: exercising in the water is less stressful on the joints and back. Suitable for all ages and fitness levels. Water shoes recommended.

Wednesday 1:30 – 2:00 PM

PRIVATE LESSONS

If you or your child is a little anxious around the water or just want to improve your swimming skills, a YMCA certified swim instructor can be just what you need to get comfortable in the water or help you achieve your swimming goals. Your swim instructor will cater the lessons to specifically meet your needs and help you to develop a lifelong interest in aquatics. For more information contact Eric Kilmowich, Aquatics Director, at 212-912-2675.

Sessions are nontransferable and nonrefundable. All packages will expire one-year (12 months) from date of purchase. 24-hour Cancellation Policy: 24-hour notice of cancellation with the instructor is required to avoid being charged for the full session (ages 3 and up).

Private Lessons

(All sessions are 1/2 hour)

PACKAGES	MEMBER	NON-MEMBER
Single	\$62	\$67
6pk	\$353	\$382
12pk	\$670	\$726
24pk	\$1,265	\$1,371

Semi-Private Swim Lessons

(All sessions are 1/2 hour)

PACKAGES	MEMBER	NON-MEMBER
Single	\$48	\$52
6pk	\$275	\$298
12pk	\$520	\$563
24pk	\$985	\$1,067

Prices for Semi-Private Lessons are for each participant of the lesson.

Please note: For the safety and security of our members and program participants only West Side YMCA staff may instruct in our pools.

ADULT STROKE CLINIC

This is a class for swimmers, men and women 18 and over. Age groups: 18-24, 25-29, 30-35, 35-39, and so on at 5-year increments.

We offer a variety of evening workouts in our large pool. Workouts typically have one instructor on deck. Workouts are for 1 hour on Tuesday and Thursday from 8 - 9 PM and Sundays 6 - 7 PM. We swim an average of about 2,000 to 3,000 yards. The lanes vary by the swimmers' ability and speed.

The Adult Stroke Clinic is not a "learn to swim" program, but we do offer the opportunity for all levels to receive instruction on technique. In this class, We do swim all four strokes: freestyle, backstroke and breaststroke.

Members \$450 Non-Members \$600

Discounted price offered for single day usage.



IT'S ABOUT THE WHOLE PERSON

L I V E S T R O N G 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:
Judy Ouziel at 212-912-2524 or
email jouziel@ymcanyc.org

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
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, noodles or other large pool toys are not permitted
10. Instructional swim aids (kick boards/ barbells/ pull buoys/noodles) are only for class use
11. All questions regarding the Aquatics policies/ procedures should be directed to the Aquatics Director





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

YMCA NEW AMERICANS WELCOME CENTERS

Our multilingual resource and referral centers provide immigrant families with a wide array of instructional, vocational, recreational, family support, and social services including:

- English as a Second Language
- Cultural Orientation
- Citizenship Preparation
- Job Readiness
- Computer Literacy
- Adult Literacy
- GED Preparation

REGISTRATION/PRE-TESTING & CLASS SCHEDULE

PLEASE VISIT THE WEBSITE FOR WINTER/SPRING CYCLE

www.ymcanewamericans.org



INTERNATIONAL YMCA

GROWING OUR FUTURE GLOBAL LEADERS

FOR YOUTH DEVELOPMENT:

- YMCA GLOBAL TEENS
- YOUTH AMBASSADORS PROGRAM
- INTERNATIONAL Y LEADERS CLUB

FOR SOCIAL RESPONSIBILITY:

- NEW AMERICANS WELCOME CENTERS
- YMCA TRAINING & INTERNSHIP PROGRAM
- YMCA ALTERNATIVE BREAKS
- YMCA AND THE UNITED NATIONS

For more information contact

Dio Gica at 212-875-4336 or dgica@ymcanyc.org

www.internationalymca.org



Y PERSONAL FITNESS

**OUR GOAL IS
TO HELP YOU
REACH YOURS**



The Y Personal Fitness program is FREE with membership! To schedule an appointment, speak to a representative at the Member Service Desk.

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.

MEMBERSHIP CARDS

MEMBERSHIP CARD 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.

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 HOLDS

Members may put their membership on hold for 1 - 3 months during any calendar year. A monthly hold fee 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 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 (excluding Discover). There is no cash option for monthly payments.
- If a check or an automatic back draft is returned for insufficient funds a service fee of \$15.00 will be added to the payment amount.



REGISTRATION INFORMATION

GUEST AND DAY PASSES

All YMCA 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.

CAMERA 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.

LOCKER ROOMS & LOCKERS

- Lockers are available for daily use. Please bring your own lock and secure your belongings when using the facility.
- 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.

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.



EXERCISING COURTESY

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

Appropriate fitness attire is required:

1. Athletic Shoes (Tennis, Jogging, Walking, Aerobic, etc.) Required
2. Shirts required (please, no half shirts, sports bras, short shorts or midriff tops)
3. Athletic or Jogging shorts, sweats, warm ups or leotards



4. Inappropriate clothing includes, but is not limited to sandals, flip-flops, jeans, street clothes, suggestive clothing and clothing with offensive language and/or graphics
5. All personal belongings are to be kept in the locker-room. Valuables should be placed in a security locker
6. Cell phones are prohibited in locker-rooms and all fitness areas. Please go to a hallway, the main lobby or outside the Y
7. When you have completed your workout, please wipe down equipment
8. Place used towels in the towel bin
9. Allow other members to work in between your sets
10. Work with only one piece of equipment at a time; do not save equipment with towels
11. Return equipment to its original location (dumbbells, plates, cable attachments, balls, mats)
12. Always work with a spotter
13. Discard all water or sports drink bottles
14. When utilizing the pools, a swim cap is required at all times
15. No scooters or skateboards
16. All Healthy Lifestyle Center participants will adhere to the YMCA Code of Conduct and Values

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.

STAFF DIRECTORY

ADMINISTRATION

Executive Director	
Eileen O'Connor	x 2610
Associate Executive Director	
Jasmin Cardona	x 2612
Special Projects Director	
Marjorie Jean-Jacques	x 2618
Executive Assistant	
Lisa Klebanov	x 2619
Business Manager	
Maria Rocha	x 2614
Human Resources Coordinator	
Carolina Chavez	x 2616
Senior Director, Fund Development & Comm.	
Wyndy Wilder Sloan	x 2611
Communication and Events Manager	
Aleksandra Nadolski	x 2617
Development Associate	
Tara Hopkins	x 2613
Building & Properties Director	
Hedayat Rahimi	x 9721
Building & Properties Admin. Assistant	
Jenise Walters	x 2682
Coordinator/Fire Safety Deputy	
Slawomir Bazylczyk	x 2687

PROGRAMS

Director of Membership	
Lisa Renaud	x 2604
Sales Representative	
Ena Griffin	x 2641

Front Desk Supervisor	
Bharathi Iyer	x 2605
Office Manager (Main)	
Dorothy Claborn	x 2600
Customer Service Specialists	
Jorge Pacas	x 2601
Jeffrey De La Cruz	x 2602
Ray Vasquez	x 2603
Jasmin Richards	x 2606
Zaheeda Hafeez	x 2607
Director of Community Arts	
Steven McIntosh	x 2633
Coordinator, Arts and MSDL Theater Programming	
Danabelle Denis	x 2635
Visual Arts Coordinator	
Kate Missett	x 2638
Director of Aquatics	
Eric Klimowich	x 2675
Senior Director of Early Childhood	
Shannon Cussen	x 2650
Associate Director of Early Childhood	
Abbey Robarge	x 2651
Early Childhood Coordinator	
Bridget Sieling	x 2652
Director of Healthy Lifestyles	
Tamara Heisler	x 2670
Group Exercise/Pilates Coordinator	
Jonathan Wood	x 2671
Healthy Lifestyles, Administrative Assistant	
Kristine Caballero	x 2672
Teen Director	
Johann Dubouzet	x 2665

Youth and Family Administrative Assistant	
Daneka McRae-Nichot	x 2667

RESERVATIONS AND SALES CENTER

Regional Director of Guest Rooms	
Gary Villaverde	x 2620
Director of Marketing & Sales	
Valerie Henry	x 2625
RSC Business Coordinator	
Carol Pimentel	x 2627
CSC/Guest Rooms Supervisor	
Francisca Infante	x 2621

GROSVENOR NEIGHBORHOOD HOUSE YMCA

212-749-8500
Early Childhood Director
Jane Rosenthal
Program Coordinator
Grace Rochford

LOCATIONS

MANHATTAN BRANCHES

Chinatown YMCA
273 Bowery
New York, NY 10002
212-912-2460

Grosvenor Neighborhood House YMCA
176 West 105th Street
New York, NY 10025
212-749-8500

Harlem YMCA
180 West 135th Street
New York, NY 10030
212-912-2100

International YMCA
5 West 63rd Street
New York, NY 10023
212-727-8800

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
212-912-2600

BROOKLYN BRANCHES

Bedford-Stuyvesant YMCA
1121 Bedford Avenue
Brooklyn, NY 11216
718-789-1497

Dodge YMCA
225 Atlantic Avenue
Brooklyn, NY 11201
718-625-3136

Flatbush YMCA
1401 Flatbush Avenue
Brooklyn, NY 11201
718-469-8100

Greenpoint 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
32-33 Queens Blvd.
Long Island City, NY 11101
718-392-7932

Ridgewood YMCA
69-02 64th Street
Ridgewood, NY 11385
212-912-2180

BRONX BRANCH
Bronx YMCA
2 Castle Hill Avenue
Bronx, NY 10473
718-792-9736

STATEN ISLAND BRANCHES

Broadway Center YMCA
651 Broadway
Staten Island, NY 10310
718-981-4933

**North Shore Center YMCA/
Counseling Service**
285 Vanderbilt Avenue
Staten Island, NY 10304
718-981-4382

**Counseling Service Branch
South Shore Center/
Administrative**
3911 Richmond Avenue
Staten Island, NY 10312
718-948-3232

**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



WEST SIDE Y
5 West 63rd Street
New York, NY 10023
P 212-912-2600
E westside2@ymcanyc.org
W ymcanyc.org/westside



WELCOME TO THE WEST SIDE Y

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

