



14th Street Y
 344 East 14th Street, New York, NY 10003
 (212) 780-0800 www.14StreetY.org

Parenting, Family & Early Childhood Center
 Drop - Ins, Workshops, and Fitness for the Family
Fall 2017 September 18 - February 2

CHECK CATALOG FOR HOLIDAY CLOSINGS and 14StreetY.org FOR THE MOST UPDATED INFORMATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Postpartum Pilates with Baby 11:00AM-12:00PM Ages 2-12 months No Class 11/7, 12/26, 1/2 *Free for Members		Cruisers and Walkers 10:45-11:30am Ages 12-18 months No Class 11/23, 12/28 Runners and Jumpers 11:30-12:15PM Ages 18-24 months No Class 11/23, 12/28	New! Care Giver and Me 10:30-11:15AM Ages 9-24 months No Class 11/24, 12/29 Messy Play 11AM-12:00PM Ages 18-36 months No Class 11/24, 12/29	Members: Come to Family Swim Saturdays 2PM - 4PM and 5PM - 7PM! For Membership info: join@14StreetY.org
Lap Babies and Crawlers Ages 2-12 months 1:15-2:00PM No Class 10/9, 12/25, 1/1, 1/15	New Parents Stroll-In 1:15-2:45PM Ages Birth - Crawling No Class 11/7, 12/26, 1/2	Mommy & Me Barre Fitness 1:00-1:45 pm Ages 8 weeks- pre-crawling No Class 11/22, 12/27 *Free for Members	New Baby, New Body! 1:00-2:00 PM Ages 6 wks - 8 months No Class 11/23, 12/28 *Free for Members	Mommy and Me Yoga 12:15-1:15PM Ages 2-12 months No Class 11/24, 12/29 *Free For Members	
				BananaJam Music And Movement 12:45-1:30PM Ages 3 months - 3 years No Class 11/24, 12/29	Indoor Playground Begins 11/5 9:30-11:00AM Ages 6 months -3 years No Class 11/26, 12/24, 12/31, 1/14
Sing Along 3:15-4:00PM Ages 2 months-3 Years No Class 10/9, 12/25, 1/1, 1/15	Sing Along 3:15-4:00PM Ages 2 months-3 Years No Class 11/7, 12/26, 1/2	Sing Along 3:15- 4:00PM Ages 2 months-3 years No Class 11/22, 12/27	Sing Along 3:15- 4:00PM Ages 2 months-3 years No Class 11/23, 12/28		Indoor Playground Begins 11/5 11:00AM-12:30PM 6 months - 3 years No Class 11/26, 12/24, 12/31, 1/14
Sing Along 4:15- 5:00PM Ages 2 months-3 years No Class 10/9, 12/25, 1/1, 1/15	Sing Along 4:15- 5:00PM Ages 2 months-3 years No Class 11/7, 12/26, 1/2	Sing Along 4:15- 5:00PM Ages 2 months-3 years No Class 11/22, 12/27	Sing Along 4:15- 5:00PM Ages 2 months-3 years No Class 11/23, 12/28		Sunday Stroll-In 11:00AM-12:30PM Check Website For Dates
	Interested in Personal Training for New Moms? call John Li at (646) 395-4358		Pre-Natal Yoga 7:30-8:30PM For expecting Moms No Class 11/23, 12/28 *Free for Members		Sing Along 3:15-4:00PM Ages 2 months-3 years No Class 11/26, 12/24, 12/31, 1/14
					Sing Along 4:15-5:00PM Ages 2 months-3 years No Class 11/26, 12/24, 12/31, 1/14

Drop- Ins are on-going unless otherwise notated.
 Classes in pink are \$20, 5-class punch card M \$75, NM \$90
 Fitness Classes in orange are FREE FOR MEMBERS, \$20, 5-class punch card M \$75, NM \$90
 Sing Along's in green are \$24, 5-class punch card M\$95, NM \$110
 Sing Along's in green are \$22, 5-class punch card M\$85, NM \$100
 Lap Babies and Crawlers in peach is \$28, 5 class puch card M \$120, NM \$135
 Cruisers and Walkers in peach is \$28, 5 class punch card M\$120, NM \$135
 Runners and Jumpers in peach is \$28, 5 class punch card M\$120, NM \$135
 BananaJam Classes in blue, are \$33, 5 class punch card M \$145, NM \$160
 Messy Play in Purple, is \$35, 5 class punch card M\$155, NM \$170
For further information, please contact the Service Sesk at 646-395-4310