

# WINTER/SPRING 2019



**14<sup>TH</sup> STREET**

**Y**

# WELCOME HOME



## A SPECIAL MESSAGE FROM RABBI SHIRA KOCH EPSTEIN

I write this letter soon after sitting with many of you this fall as we processed the horrific anti-Semitic murders at Tree of Life Synagogue in Pittsburgh. I heard your concern regarding bald displays of racism, anti-Semitism, anti-immigrant xenophobia, misogyny and heterosexism we have seen in our country in recent months and years.

Many of us are Jewish, Muslim, Latinx, People of Color, Immigrants, LGBTQ, or otherwise identify as a part of a group that has felt marginalized and less safe in our country. Yet here at the 14th Street Y, we have been working together to demonstrate that we can create the kind of community we want our country to be. You have shared with me that our cozy, bustling, well-used (and sometimes imperfect) building is a haven for you, your friends, and your family. As a part of the Educational Alliance, which has a proud legacy as a Jewish organization whose values and approach are drawn from our teachings and history, our Jewish community center seeks to be a joyful, open-tent community where everyone is welcome. We recognize that every person is born with a divine spark of dignity and creativity. And through our programs, we seek to promote dignity, respect, creativity, wellness, meaningful relationships, and civic engagement.

In our lobby, our halls, and our classrooms, we partner with you to create a safe, warm, welcoming place where we respect and celebrate our myriad cultures, languages, and differences. We work hard to ensure your physical safety and security at all times, consistently updating our security plans in concert with local, federal, public and private

security agencies—in ways that you do see and also in ways that may be invisible. We also work hard to partner with you to provide a sense of comfort and well-being for everyone here. Please join us for one of our many community coffees, #14YMobilize meetings, or other programs where we invite you to come together to share your feelings and ideas, and to volunteer to make positive change right here at home. I hope that you will be equal partners with us in building a respectful, caring, curious, creative, and safe community together.

If you are as proud as I am of being a part of the 14th Street Y, I hope that you will share that love as you also support our community by buying one of our new 14Y t-shirts, water bottles, or tote bags from our new 14Y Shop! A great gift that also gives back to our community, you can pick up your new merchandise at the Service Desk. To view all our merchandise online, visit [14StreetY.org/14YShop](https://14StreetY.org/14YShop).

I hope to see you all in our lobby as we light the Hanukkah Menorah this December, and throughout the winter months.

– Shira Koch Epstein

### CHILDCARE

Childcare while you work out! Affordable (\$5 per hour) childcare for children ages 6 months and older, 7 days per week; 8:45 am – 2:00 pm with our warm, friendly, and experienced staff. Parents must remain on the 14th Street Y premises while using the childcare service.

### SUSTAINABILITY

Composting, clothes recycling, and CSA available on Tuesdays.

For more information, visit:

[14StreetY.org/Sustainability](https://14StreetY.org/Sustainability)

For policies, code of conduct, and more information about your membership visit [14StreetY.org/Policies](https://14StreetY.org/Policies)

### MEMBERSHIP BENEFITS

#### FITNESS, AQUATICS, & BASKETBALL

- Fitness Center: A full selection of cardio and weight equipment
- More than 50 fitness classes per week
- Free Welcome Workout with one of our personal trainers
- Pool Access: Daily open, lap, and family swim
- Gym Access: Daily basketball runs and Open Gym for members

### DISCOUNTS

- Discounts on classes, camps, Preschool, and many other programs
- Access to innovative, cutting edge theater and dance in the Theater at the 14th Street Y
- Guest Passes are available for friends and neighbors.
- Your membership may be honored at most JCCs throughout the country, excluding NYC.
- Access to year-round community events



▶ Please call us at 646-395-4307 or email [Join@14StreetY.org](mailto:Join@14StreetY.org) to discuss the membership type that's best for you and/or your family.



The 14th Street Y is a part of Educational Alliance's family of community centers throughout Lower Manhattan.



Proud Partner

# HOURS

## HOURS OF OPERATION

Monday – Friday | 6:00 am – 10:00 pm  
Saturday and Sunday | 7:00 am – 9:00 pm

## SERVICE DESK HOURS

Monday – Friday | 8:00 am – 10:00 pm  
Saturday and Sunday | 9:00 am – 5:00 pm

## CHILDCARE

Every day | 8:45 am – 2:00 pm

## HOLIDAY SCHEDULE

The 14th Street Y will be closed or have limited hours on the following days:

Thurs. 11/22/18	Thanksgiving	closed
Tue. 12/25/18	Christmas	open 9 am – 5 pm <i>Service Desk closed</i>
Mon. 12/31/18	New Year's Eve	closed @ 6 pm
Tue. 1/1/19	New Years Day	closed
Fri. 4/19/19	Eve of Passover	closed @ 6 pm
Sat. 4/20/19	Passover	closed
Mon. 5/27/18	Memorial Day	closed

## CATALOG CREDITS

### PUBLICATIONS EDITORS:

Lauren Savage and Jaci Fletcher

**CATALOG DESIGN:** Walter C. Barnett

**ILLUSTRATOR:** Walter C. Barnett

**PRINTING:** Beehive Press

**PHOTO CREDITS:** Ali Avvas, Bridget Badore,

Walter C. Barnett, Jody Christopherson, Jennefer Clamor, Dana Federbush, Gili Getz, Dominika Juraszek, Lauren Khalfayan, Julia Massey, Edgardo Miranda-Rodriguez, Cheuk Wai Ngou, Basil Rodericks, Nili Shriber, Lauren Savage.

Printed on recycled paper (10% post-consumer).  
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Email us at [Info@14StreetY.org](mailto:Info@14StreetY.org)

# 3 WAYS YOU CAN HELP

The 14th Street Y provides a space for our community to discover interests, develop new skills, and share goals that lead to individual growth, intergenerational connection, and ultimately our success as a community. Your donation helps support the programs of the 14th Street Y all year long.

## ► DONATE TODAY!

Make a one-time donation online at [14StreetY.org/Donate](http://14StreetY.org/Donate) or send a check made payable to “The 14th Street Y”.

Send checks to:  
344 E. 14th Street  
New York, NY 10003  
Attn: Development

## ► BECOME A MONTHLY DONOR

Join a special group of monthly donors that help us keep the lights on and provide quality programming every day to our community. Make your recurring donation online at [14StreetY.org/Donate](http://14StreetY.org/Donate) or contact Hannah Westerman at [HWesterman@14StreetY.org](mailto:HWesterman@14StreetY.org).

## ► DOUBLE YOUR IMPACT

Did you know you can double or even triple the impact of your gift? Please check with your employer to see if your company has a matching gifts program, or contact Hannah Westerman at [HWesterman@14StreetY.org](mailto:HWesterman@14StreetY.org). and we'll be happy to look into it.

Together, we can build a stronger community, help foster friendships, and be that welcoming and comfortable place every person deserves at a time when we need it most. In accordance with tax regulations, your contribution to the 14th Street Y, a part of the Educational Alliance, Inc. (EIN 13-5562210), will be tax-deductible to the extent allowed by the law.

# HEALTH + FITNESS

You live downtown, so why not live life to its absolute fullest, downtown, at your neighborhood fitness center? Become a member today!

Our facility is home to a brand new fitness center with state-of-the-art equipment, a full-size, indoor basketball court, and a refreshing swimming pool. Our motivating and friendly fitness instructors will encourage and challenge you to achieve your personal best. They'll ensure you work-up a sweat while having a great time that'll leave you smiling for hours. Come to the 14th Street Y to harmonize your mind, body, and spirit. We'll keep you healthy and fit for life.

## ONGOING FITNESS CLASSES

With more than 50 fitness classes per week, you'll find your perfect workout. Our fitness classes are free with membership. A few of our classes include:

**Aerobics with Strength Training | Baby & Me Fitness | Bolly X | Bootcamp | Boxing | Functional Training HIIT | Juggling | Lunch Crunch Classes | Nia Jazz and Dance | Pilates | Tabata | Tai Chi | Total Body Fitness | Yoga: Basic, Hatha, Iyengar, and Vinyasa | Zumba**

## POP-UPS

### Lifeforce 5 with Julie C

A total body workout based on the 5 essential elements of life: EARTH, WIND, FIRE, WATER, and PRANA (or breath). This workout will ground you with pilates-style core-based isometric holds and balanced stability training, wind you with cardiovascular dance and interval training, fire up your muscles with weight-training exercises, elongate you with flowing yoga-esq type poses and stretches, and bring mindfulness through breath and meditative intention. Complete your full-body workout within 1 hour while finding enjoyment in the variety that is elemental in nature.

**Sunday | Jan. 27 | 2:15 – 3:15 pm**

**M Free, NM \$25**

### Beginner Acrobatics with Bethany

Beginner friendly acrobatic movement workshop with tumbling, partner acrobatics, and handstands.

**Saturday | Feb. 23 | 3:00 – 4:00 pm**

**M Free, NM \$25**

### Yoga for Back Care with Brina

If you have back pain or are concerned about its recurrence, come learn how to lengthen your spine, develop the strength to maintain proper alignment, and change habitual patterns that are often at the root of the problem.

**Saturday | Mar. 16 | 2:15 – 3:15 pm**

**M Free, NM \$25**

### Core Power Pilates for All Ages

Dive into your core! Pilates has all the essentials of building a strong and powerful body for all ages. Core strength is the powerhouse and center of all movement and exercise.

**Saturday | May 11 | 2:15 – 3:15 pm**

**M Free, NM \$25**

For class descriptions and schedule, please visit [14StreetY.org/Schedules](https://14StreetY.org/Schedules) and [14StreetY.org/FitnessClasses](https://14StreetY.org/FitnessClasses).

## BASKETBALL

Swing by your East Village community center for a drop-in dribble-and-shoot or an impromptu game on our indoor court. Our full-court schedule includes dedicated times for adult members and for teens, as well as our men's and women's leagues. Basketball classes, for kids 5 – 14 years old, are fun and inclusive, tailored for players of every talent level. Coaches focus on skills and drills, integrity and teamwork.

## BASKETBALL LEAGUES

Prices listed include regular season, playoffs, championship game, team shirt, and referee fees.

### Men's Basketball League

**WIN: Open Scrimmage | Sunday | Feb. 24**

**7:00 – 10:00 pm**

**First Game | Sunday | March 10**

**M \$130, NM \$150**

**Team (up to 8 Players) \$1,000**

THERE WILL BE NO MEN'S SPRING LEAGUE

### Women's Basketball League

**WIN: Open Scrimmage | Wednesday | Jan. 9**

**7:00 – 10:00 pm**

**First Game | Wednesday | Jan. 23**

**M \$120, NM \$140**

**Team (up to 8 Players) \$900**

**SPR: Open Scrimmage | Wednesday | April 17**

**7:00 – 10:00 pm**

**First Game | Wednesday | May 1**

**M \$120, NM \$140**

**Team (up to 8 Players) \$900**

For more information about basketball and basketball leagues, please contact: **Gil Pagan** at [GPagan@14StreetY.org](mailto:GPagan@14StreetY.org) or visit [14streetY.org/basketball](https://14streetY.org/basketball).

## PERSONAL TRAINING



### Private or Partnered

**Connect with a 14th Street Y personal trainer and change your life for the better.**

Take the opportunity for focused, one-on-one instruction from some of the foremost experts in the NYC fitness field. Our certified professionals will draft a custom road map to your personal best, and encourage and inspire you every step of the way.

**OUR PLEDGE TO YOU:** You'll get results and enjoy your workout. That's your friendly East Village JCC, where grit meets gritty and anything is possible. Learn more about our personal training packages and meet one of our trainers today.

**New Member? Get a Jump Start!**  
**4 sessions for \$170\***

\*Must be purchased within the first 30 days of membership. Sessions have a 60 day expiration date. Sessions are one hour.

### Personal Training

**One hour sessions | Single Session: \$70**

**Five Session Package: \$330 (\$66/session)**

**Ten Session Package\*: \$700 (\$63/session)**

\*Includes 1 BONUS session

**30-minute sessions | Single Session: \$45**

**Five Session Package: \$215 (\$43/session)**

**Ten Session Package\*: \$450 (\$41/session)**

\*Includes 1 BONUS session

### Partner Training

**One hour sessions**

**Partner Training Single Session:**

**\$40/person**

**Five Partner Training Session Package:**

**\$185 (\$37/session)**

**Ten Partner Training Session Package\*:**

**\$400 (\$36/session)**

\*Includes 1 BONUS session

For more information regarding personal training or to schedule a session, please contact [PT@14StreetY.org](mailto:PT@14StreetY.org).





## SPECIAL CLASS

### WINTER SUNRISE BEASTANETICS

Make a 6-week commitment to improve your fitness level and get ripped in the process.

12 classes of high intensity, back-to-basics, no-nonsense interval training. If you attend 100% of the workouts within Session 1, Session 2 will be free!

**6 Mondays and 6 Wednesdays**

**Session I | Jan. 14 – Feb. 27 | 6:30 – 7:15 am**

**No class 1/21, 2/18**

**Session II | April 1 – May 8 | 6:30 – 7:15 am**

**M \$15, NM \$25 (Trial class fee)**

**M \$120/session, NM \$180/session**



## POOL RULES

**FAMILY SWIM** is a free members-only swim time. Bring your family for an open co-ed swim. Children under 13 years must be accompanied by an adult in the water. Children three or younger must wear a swim diaper and a bathing suit. **SWIM CAPS** must be worn by everyone. Swim caps can be purchased at the Service Desk.

**POOL SCHEDULES** are available at the Service Desk or online at [14StreetY.org/Schedules](https://14StreetY.org/Schedules)

**ADULT LAP SWIM** is offered throughout the day for members. During Family Swim time, a courtesy lap lane will be provided, but is subject to change based on capacity (more than 30 swimmers).

For more information about our aquatics programs, please contact [Miguel Pagan](mailto:MPagan@14StreetY.org) at [MPagan@14StreetY.org](mailto:MPagan@14StreetY.org) or [Juan Mercado](mailto:JMercado@14StreetY.org) at [JMercado@14StreetY.org](mailto:JMercado@14StreetY.org) or visit [14StreetY.org/Aquatics](https://14StreetY.org/Aquatics)

# AQUATICS

Our sparkling pool is refreshing in the darkest days of winter as it is on the hottest summer days.

Dive in to the 14th Street Y's full range of aquatics programs, including swim instruction for all ages, stages, and abilities, an inspiring variety of aqua exercise classes, and daily opportunities for family and adults-only open swim. 14Y swim classes are available for children as young as six months. We also offer instruction for children with special needs. For a low-impact, full-body workout, turn to our expert instructors in aqua aerobics, cardio, boot camp, and boxing. We feature the American Red Cross Learn to Swim program, taught by certified water safety instructors, for children three and older. Private and semi-private swim lessons are also available.

## ADULTS

Details on sessions, times, and no class dates refer to the aquatics schedule on the next page.

### Adult Beginner Swim

Learn the fundamentals: freestyle, backstroke, breaststroke, breath control, and flotation. No swim skills are required.

**WIN:** M \$264, NM \$297 (Sun., Tue., Wed., Thurs.)

**SPR:** M \$240, NM \$270 (Sun., Tue., Wed.)

### Adult Advanced Beginner Swim

This class is for those who have passed Adult Beginner Swim and/or can swim one full lap front crawl and one lap backstroke. Continue to master the skills you learned in Adult Beginner Swim.

**WIN:** M \$264, NM \$297 (Sun. or Wed.)

**SPR:** M \$240, NM \$270 (Sun. or Wed.)

### Aqua Aerobics

Designed to develop cardiovascular fitness and strengthen muscles, this is the perfect way to get fit without stressing your joints. Have fun during a great, wet workout. No swim skills required.

**WIN:** M \$165, NM \$215 (Mon.)

M \$181, NM \$236 (Wed. or Fri.)

**SPR:** M \$148, NM \$193 (Mon.)

M \$165, NM \$215 (Wed. or Fri.)

### Aqua Boot Camp

Circuits, strength training, and cardio drills—without the impact. Get all of the benefits of boot camp, but in the water! No swim skills required.

**WIN:** M \$165, NM \$215 (Mon.)

**SPR:** M \$148, NM \$193 (Mon.)

### Aqua Exercise

Strengthen muscles, increase your cardio and range of motion with minimal impact to your joints. No swim skills required.

**WIN:** M \$181, NM \$236 (Wed.)

**SPR:** M \$165, NM \$215 (Wed.)

### Aqua Boxing

Our newest aquatics workout that combines aqua aerobics with boxing techniques is designed to improve upper and lower body strength, speed, and balance. All exercises are done circuit style, with little to no breaks, ensuring an extremely intense and productive workout. This class is for participants with intermediate and advanced fitness levels. No swim skills required.

**WIN:** M \$181, NM \$236 (Thurs.)

**SPR:** M \$240, NM \$270 (Thurs.)

## CHILDREN

### WITH PARENT/CAREGIVER

#### Children With Special Needs Swim Class | 4 – 12 years

This swim class is designed for children with special needs. The program aims to meet the safety and swim development of your child. Our small class sizes will ensure your child receives optimal focus and attention throughout the course. Swim class is taught by experienced Certified Water Safety Instructors.

**WIN:** M \$180, NM \$240 (Mon.)

M \$198, NM \$264 (Sat.)

**SPR:** M \$162, NM \$216 (Mon.)

M \$180, NM \$240 (Sat.)

#### Aqua Jets Swim Team 6 – 17 years

A non-competitive recreational swim team for children and teenagers. Work and improve on on all 4 competitive strokes, starts, and turns. All practices are conducted by a qualified and experienced coach. Swimmers must be level 5 or above and have the desire to have fun.

**WIN:** M \$264, NM \$297 (Tue. or Thurs.)

**SPR:** M \$240, NM \$270 (Mon.)

#### Baby Belugas | 6 – 16 months

A swim class designed to help your baby become accustomed to the pool environment while having loads of fun. Class includes water activities, games, songs, toys, and flotation devices. A parent or caregiver must accompany the child in the water. All babies must wear swim diapers.

#### Little Dippers | 17 – 24 months

Your child will make a basic adjustment to the pool environment with water activities, games, songs, and fun flotation devices. Appropriate swim skills are taught as your child progresses. A parent or caregiver must accompany the child in the water. All children must wear swim diapers.

#### Big Fish | 25 – 35 months

This class is designed to help transition your child from Big Fish (with parent/caregiver) to the Tadpoles (the first drop-off class for kids 3 to 4). Independent swim skills are introduced as your child continues to progress.

Swim schedule on next page.

**WIN:** 10 Classes: M \$180, NM \$240 (Mondays only)

11 Classes: M \$198, NM \$264

**SPR:** 9 Classes: M \$162, NM \$216 (Mondays only)

10 Classes: M \$180, NM \$240

### DROP-OFF SWIM CLASSES FOR AGES 3+

#### LEARN TO SWIM PROGRAM

presented by  American Red Cross

Add a splash to your child's life with the 14 Street Y's American Red Cross Learn to Swim Program. All classes are taught by certified Water Safety Instructors. Our Learn to Swim Program consists of six levels that teach children of all ages and ability levels to swim skillfully and safely. Our progressive system will give your child the opportunity to complete as many levels as they can in the semester. Children are grouped according to their ability. Our low student/teacher ratio (5 students to 1 instructor) ensures that your child receives optimal focus and attention throughout the course.

#### TADPOLES | 3 – 4 YEARS (first drop-off class)

#### SEA HORSES | 4 – 5 YEARS

#### OTTERS | 6 – 7 YEARS

#### DOLPHINS | 8 – 9 YEARS

#### SHARKS | 10 – 12 YEARS

Swim schedule on next page.

**WIN:** 10 Classes: M \$180, NM \$240 (Mondays only)

11 Classes: M \$198, NM \$264

**SPR:** 9 Classes: M \$162, NM \$216 (Mondays only)

10 Classes: M \$180, NM \$240

## PRIVATE SESSIONS

### Private Swim Lessons

30 Minutes | M \$45, NM \$60/person

Package | Buy ten lessons and get one free

M \$450, NM \$600/person

### Semi-Private Swim Lessons

30 Minutes | M \$40, NM \$55/person

Package | Buy ten lessons and get one free

M \$400, NM \$550/person



► To schedule private/semi-private swim lessons, please contact **Cheuk Wai Ngou**, Aquatics Coordinator, at [CNgou@14StreetY.org](mailto:CNgou@14StreetY.org) or 646-395-4316.





## WINTER | JAN. 6 – MARCH 24, 2019 | AQUATICS SCHEDULE

ADULTS

CHILDREN

	SUNDAYS (11)	MONDAYS (10)	TUESDAYS (11)	WEDNESDAYS (11)	THURSDAYS (11)	FRIDAYS (11)	SATURDAYS (11)
ADULTS	ADULT BEGINNER 2:30 - 3:30PM  ADULT ADV. BEGINNER SWIM 2:30 - 3:30PM	AQUA AEROBICS 11:00AM - 12:00PM  AQUA BOOT CAMP 6:00 - 7:00PM	ADULT BEGINNER 6:30 - 7:30PM	AQUA AEROBICS 11:00AM - 12:00PM  AQUA EXERCISE 6:00 - 7:00PM  ADULT BEGINNER 8:00 - 9:00PM  ADULT ADV. BEGINNER SWIM 8:00 - 9:00PM	AQUA BOXING 6:30 - 7:30PM	AQUA AEROBICS 11:00AM - 12:00PM	
CHILDREN	BABY BELUGAS 9:00 - 9:30AM  LITTLE DIPPERS 9:30 - 10:00AM  BIG FISH 10:00 - 10:30AM  SEAHORSES 12:00 - 12:30PM  TADPOLES 12:00 - 12:30PM  TADPOLES 12:30 - 1:00PM  OTTERS 12:30 - 1:00PM  DOLPHINS 1:00 - 1:30PM  SHARKS 1:00 - 1:30PM  BABY BELUGAS 1:30 - 2:00PM  LITTLE DIPPERS 2:00 - 2:30PM	BABY BELUGAS 2:30 - 3:00PM  LITTLE DIPPERS 3:00 - 3:30PM  SEA HORSES 3:30 - 4:00PM  TADPOLES 3:30 - 4:00PM  CHILDREN WITH SPECIAL NEEDS 4:00 - 4:30PM  TADPOLES 4:00 - 4:30PM	BABY BELUGAS 9:00 - 9:30AM  LITTLE DIPPERS 10:00 - 10:30AM  BIG FISH 10:30 - 11:00AM  TADPOLES 2:00 - 2:30PM  BIG FISH 2:30 - 3:00PM  TADPOLES 3:00 - 3:30PM  SEA HORSES 3:30 - 4:00PM  TADPOLES 3:30 - 4:00PM  OTTERS 4:00 - 4:30PM  SEA HORSES 4:00 - 4:30PM  AQUA JETS SWIM TEAM 4:30 - 5:30PM	BIG FISH 2:00 - 2:30PM  BABY BELUGAS 2:30 - 3:00PM  LITTLE DIPPERS 3:00 - 3:30PM  SEA HORSES 3:30 - 4:00PM  TADPOLES 3:30 - 4:00PM  OTTERS 4:00 - 4:30PM  SEA HORSES 4:00 - 4:30PM	BABY BELUGAS 9:00 - 9:30AM  LITTLE DIPPERS 9:30 - 10:00AM  BIG FISH 10:00 - 10:30AM  TADPOLES 10:30 - 11:00AM  BABY BELUGAS 2:00 - 2:30PM  TADPOLES 3:00 - 3:30PM  OTTERS 4:00 - 4:30PM  AQUA JETS SWIM TEAM 4:30 - 5:30PM	LITTLE DIPPERS 2:00 - 2:30PM  BIG FISH 2:30 - 3:00PM  TADPOLES 3:00 - 3:30PM	BABY BELUGAS 9:00 - 9:30AM  LITTLE DIPPERS 9:30 - 10:00AM  BIG FISH 10:00 - 10:30AM  BIG FISH 11:30AM - 12:00PM  OTTERS 12:00 - 12:30PM  SEA HORSES 12:00 - 12:30PM  TADPOLES 12:30 - 1:00PM  BABY BELUGAS 1:00 - 1:30PM  LITTLE DIPPERS 1:30 - 2:00PM  CHILDREN WITH SPECIAL NEEDS 4:00 - 4:30PM  CHILDREN WITH SPECIAL NEEDS 4:30 - 5:00PM
	<b>NO CLASS: 2/24</b>	<b>NO CLASS: 1/21, 2/18</b>	<b>NO CLASS: 2/19</b>	<b>NO CLASS: 2/20</b>	<b>NO CLASS: 2/21</b>	<b>NO CLASS: 2/22</b>	<b>NO CLASS: 2/23</b>

▶ Adults | 
 ▶ Children | 
 ▶ Children with Parent/Caregiver | 
 ▶ Children with Special Needs | 
 ▶ Aqua Jets Swim Team



## SPRING | APRIL 7 – JUNE 16, 2019 | AQUATICS SCHEDULE

ADULTS

CHILDREN

	SUNDAYS (10)	MONDAYS (9)	TUESDAYS (10)	WEDNESDAYS (10)	THURSDAYS (10)	FRIDAYS (10)	SATURDAYS (10)	
ADULTS	ADULT BEGINNER 2:30 - 3:30PM  ADULT ADV. BEGINNER SWIM 2:30 - 3:30PM	AQUA AEROBICS 11:00AM - 12:00PM  AQUA BOOT CAMP 6:00 - 7:00PM	ADULT BEGINNER 6:30 - 7:30PM	AQUA AEROBICS 11:00AM - 12:00PM  AQUA EXERCISE 6:00 - 7:00PM  ADULT BEGINNER 8:00 - 9:00PM  ADULT ADV. BEGINNER SWIM 8:00 - 9:00PM	AQUA BOXING 6:30 - 7:30PM	AQUA AEROBICS 11:00AM - 12:00PM		
CHILDREN	BABY BELUGAS 9:00 - 9:30AM  LITTLE DIPPERS 9:30 - 10:00AM  BIG FISH 10:00 - 10:30AM  SEAHORSES 12:00 - 12:30PM  TADPOLES 12:00 - 12:30PM  TADPOLES 12:30 - 1:00PM  OTTERS 12:30 - 1:00PM  DOLPHINS 1:00 - 1:30PM  SHARKS 1:00 - 1:30PM  BABY BELUGAS 1:30 - 2:00PM  LITTLE DIPPERS 2:00 - 2:30PM	BABY BELUGAS 2:30 - 3:00PM  LITTLE DIPPERS 3:00 - 3:30PM  SEA HORSES 3:30 - 4:00PM  TADPOLES 3:30 - 4:00PM  CHILDREN WITH SPECIAL NEEDS 4:00 - 4:30PM  TADPOLES 4:00 - 4:30PM	BABY BELUGAS 9:00 - 9:30AM  LITTLE DIPPERS 10:00 - 10:30AM  BIG FISH 10:30 - 11:00AM  TADPOLES 2:00 - 2:30PM  BIG FISH 2:30 - 3:00PM  TADPOLES 3:00 - 3:30PM  SEA HORSES 3:30 - 4:00PM  TADPOLES 3:30 - 4:00PM  OTTERS 4:00 - 4:30PM  SEA HORSES 4:00 - 4:30PM	BIG FISH 2:00 - 2:30PM  BABY BELUGAS 2:30 - 3:00PM  LITTLE DIPPERS 3:00 - 3:30PM  SEA HORSES 3:30 - 4:00PM  TADPOLES 3:30 - 4:00PM  OTTERS 4:00 - 4:30PM  SEA HORSES 4:00 - 4:30PM	BABY BELUGAS 9:00 - 9:30AM  LITTLE DIPPERS 9:30 - 10:00AM  BIG FISH 10:00 - 10:30AM  TADPOLES 10:30 - 11:00AM  BABY BELUGAS 2:00 - 2:30PM  TADPOLES 3:00 - 3:30PM  OTTERS 3:30 - 4:00PM  SEA HORSES 3:30 - 4:00PM  DOLPHINS 4:00 - 4:30PM  SHARKS 4:00 - 4:30PM  AQUA JETS SWIM TEAM 4:30 - 5:30PM	LITTLE DIPPERS 2:00 - 2:30PM  BIG FISH 2:30 - 3:00PM  TADPOLES 3:00 - 3:30PM	BABY BELUGAS 9:00 - 9:30AM  LITTLE DIPPERS 9:30 - 10:00AM  BIG FISH 10:00 - 10:30AM  BIG FISH 11:30AM - 12:00PM  OTTERS 12:00 - 12:30PM  SEA HORSES 12:00 - 12:30PM  TADPOLES 12:30 - 1:00PM  BABY BELUGAS 1:00 - 1:30PM  LITTLE DIPPERS 1:30 - 2:00PM  CHILDREN WITH SPECIAL NEEDS 4:00 - 4:30PM  CHILDREN WITH SPECIAL NEEDS 4:30 - 5:00PM	<b>NO CLASS: 3/31, 4/21</b>  <b>NO CLASS: 4/1, 4/22, 5/27</b>  <b>NO CLASS: 4/2, 4/23</b>  <b>NO CLASS: 4/3, 4/24</b>  <b>NO CLASS: 4/4, 4/25</b>  <b>NO CLASS: 4/5, 4/26</b>  <b>NO CLASS: 4/6, 4/20</b>

# GO GREEN AT 14Y!

## COMMUNITY SUPPORTED AGRICULTURE (CSA)

Pick up fresh, local, organic produce at the 14th Street Y every other Tuesday. The 14th Street Y CSA, in partnership with Mountain View Farm, offers 11 biweekly distributions of fresh, organic fruit, vegetables, and herbs.

For more information or to join our next cycle beginning Spring 2019, please visit [14StreetY.org/CSA](http://14StreetY.org/CSA)

## COMPOST DROP OFF

Compost is accepted at the 14th Street Y on Tuesdays, Thursdays, and Sundays to align with the NYC Department of Sanitation's collection schedule and standards. Our compost bin is located outside our entrance, so stop by and drop off at your convenience.

## CLOTHING RECYCLING

Cleaning out your closet? Recycle your clean clothes, textiles, and shoes at the 14th Street Y!

Drop off is available on Tuesdays next to the Fitness Center.

"I believe that it's critical that the EPA continue to enforce the Clean Air and Clean Water Acts...and that the Department of Agriculture continue to certify organic farms, which is in dispute. The current atmosphere is not friendly to policies that were set in place to preserve our environment. It seems overwhelming, **but we can do something. Join me in one small way to resist damaging changes to our environment and support sustainable farming by joining our CSA. And if politics aren't your thing, maybe good vegetables can be!**"

— Alice Bosveld, CSA Distribution Coordinator  
shares how she supports the environment  
through the 14th Street Y's CSA.

Learn more about going green at  
[14StreetY.org/Sustainability](http://14StreetY.org/Sustainability)



# EARLY CHILDHOOD

At the 14th Street Y, we believe in supporting the whole family.

We believe children are naturally competent, capable learners with a built-in ability to devise their own ideas and persist in tackling them. Our approach to learning also emphasizes socialization. Here, children begin to build relationships with peers and with adults other than parents and caregivers, acquiring a set of skills they will carry through life.

Explore our many early childhood and family programs that offer options for all families. Since every family has different needs and interests, a dedicated early childhood staff member will guide you through our incredible range of possibilities here. Education programs run from September through June, and mini sessions and drop-in classes are offered all year long.

## Open to Children 2 – 4 Years Old

**Age 2 | 9:00 am – 1:00 pm**

3 and 5 day options available

**Age 3 – 4 | 9:00 am – 3:00 pm**

1:00 pm early dismissal available

**Extended day option available till 5:00 pm for interested families.**



We're interested in your child's future and provide ongoing school placement support for continuation into the right public or independent school that meets your child's needs.

To learn more and book a tour of our Early Childhood Programs: [14StreetY.org/Preschool](http://14StreetY.org/Preschool)

## PRECHOOL

The 14th Street Y's Preschool, open to children 2 to 4 years of age, offers an educational environment within a vibrant 14Y community located in the heart of the East Village. Our Preschool curriculum, inspired by the Reggio approach, stimulates and supports children's natural curiosity about the world in which they live and play. Guided by the firm belief that "play is a child's work," we have filled our sunny spacious classrooms with the rich and varied materials children need to build on their interests to create and learn. The class teachings weave together Jewish values and traditions within an age-appropriate and inclusive setting. We welcome families from all backgrounds and reflect the community in which we live.

The 14th Street Y's Preschool provides a family-centered early childhood education. Beyond this philosophy, it is our incredible, nurturing staff who help build the self-confidence and foster an enthusiasm for learning that draws families to our special programs. Together, parents and staff form a learning partnership focused on the growth and development of your child.

## PRELUDE TO PRESCHOOL

Our signature Prelude to Preschool programs help children develop confidence, community, and independence during their first experience of school. We offer a variety of options, schedules, and age groupings to meet children's differing needs, all with the same goal of ensuring a secure, engaging and joyous beginning to your child's life-long education! Each program includes art, music, creative movement, storytelling, cooking, work time in our classroom learning centers, outdoor play on our rooftop playground, and gym time in our Indoor Playroom. Grown-ups will enjoy the camaraderie and support our discussion groups and evening parenting workshops offer.

### Ages 18 – 34 months (grouped by age)

A perfect prelude to preschool, this program helps toddlers develop friendships, master the routines, materials and activities of an early childhood classroom, and discover the joys of being independent! Small class size and high teacher-to-student ratios ensure plenty of individualized attention and support as the adults are gradually phased out of the room.

**FALL TO SPRING SESSION | Now – June**  
**SOME SPOTS STILL AVAILABLE, CONTACT US FOR MORE INFORMATION.**

### WINTER TO SPRING SESSION | January – June

**Ages 18 – 25 months by January 2019**

**Tuesdays | Thursdays | 9:15 am**

**Tuesdays | Thursdays | 11:15 am**

For children who may not be ready in fall, but as they approach their 2nd birthday will definitely need new challenges!

While these programs are not prerequisites for admission to the 14th Street Y's Preschool, families in these programs will receive priority consideration in the admissions process.

## TODDLER CAMP

*"As far as social education, my kid made leaps and bounds during camp both in how he interacted with other children and how he spoke and formed sentences. I know for sure this program helped him blossom this summer." —Toddler Camp parent*

Our Toddler Camp give your littles a taste of big-kid day camp on a shortened schedule, all in the comfort and security of your East Village community center. **Learn more on Page 26.**



► For more information, pricing, and to schedule a tour, please contact **Catherine Wenglowski, Preschool Admissions Coordinator**, at **646-395-4327** or **[CWenglowski@14streety.org](mailto:CWenglowski@14streety.org)**.



# DROP-IN CLASSES

## NEW PARENT DROP-INS

**M \$85, NM \$100 For 5 Class Punch Card**  
or \$25 per class

### Breastfeeding Support Group

This breastfeeding support group will help you troubleshoot and avoid nursing problems. Enjoy camaraderie and conversation too! Led by Leigh Anne O'Connor, IBCLC.

**Thursdays | 12:45 – 2:15 pm**  
**11/29, 12/13, 1/3, 1/17, 1/31, 2/14, 2/28, 3/14, 3/28, 4/11, 4/25, 5/9, 5/23, 6/6, and 6/20**

## MUSIC DROP-INS

### Sing Along

**Ages 2 months – 3 years**

Join other families in a relaxed, playful, and fun environment. You and your child will sing along to a variety of musical selections while bringing out your child's natural curiosity about music.

**Feb. 4 – June 4 | 3:15 – 4:00 pm | 4:15 – 5:00 pm**

**Sundays – Thursdays**  
**No Class 2/18 – 2/21, 4/22 – 4/25, 5/26**

**M \$105, NM \$120 for 5 Class Punch Card**  
or \$28 per class

### BananaJam Music & Movement

**Ages 2 months – 3 years**

Join popular musician Suzanna Bridges as she jams on her guitar and accordion. Mixing original tunes, popular kids' songs, and family friendly pop along with instruments, scarves, and puppets, this class is sure to entertain both grown-ups and children.

**15 Thursdays | 1:15 – 2:00 pm | Feb. 7 – May 30**  
**No Class 2/21, 4/25**

**M \$145, NM \$160 for 5 Class Punch Card**  
or \$33 per class

## DEVELOPMENTAL MOVEMENT

### Lap Babies and Crawlers

**Ages 2 – 12 months**

Warm up with developmental movement patterns with fun songs and dances that strengthen the body and stimulate the mind. Each week babies are given opportunities to focus on a specific skill such as balance, depth perception, and coordination.

**Feb. 4 – June 3 | Mondays | 1:15 – 2:00 pm**  
**No class 2/18, 4/22, 5/27**

**M \$125, NM \$140 for 5 Class Punch Card**  
or \$32 per class

### Walkers, Runners and Jumpers

**Ages 12 – 24 months**

These toddlers have mastered walking and are now running all over the place! This class continues to challenge physical development with obstacles that include balance, depth perception and body awareness, and coordination as well as focused listening and imaginative themes.

**Thursdays | 11:15 am – 12:00 pm**

**Feb. 7 – May 30**  
**No class 2/21, 4/25**

**M \$125, NM \$140 for 5 Class Punch Card**  
or \$32 per class

## ART, LITERACY, AND PLAY

### Messy Play

**Ages 18 – 36 months**

A time for toddlers and adults to explore the joys of texture, color, water, bubbles, sand paint, and more. This class stimulates sensory awareness and creativity. Enjoy a variety of everyday art materials used in new and imaginative ways. Dress messy! Snack will be provided.

**Feb. 4 – June 3**

**Mondays | 11:00 am – 12:00 pm**  
**Fridays | 11:00 am – 12:00 pm**  
**No class 2/18, 2/22, 4/19, 4/22, 4/26, 5/27**

**M \$160, NM \$175 for 5 Class Punch Card**  
or \$37 per class

### Playtime

**Ages 12 – 24 months**

Playtime provides a mix of activities designed to appeal to energetic busy bodies. Interactive storytelling, music, movement, art, and sensory exploration will keep your little ones engaged in the classroom while they challenge their growing muscles and coordination through ramps, balls, tunnels, and climbing in our Indoor Playroom. This class also introduces children to socialization and classroom routines in an age appropriate way while parents/caregivers have the opportunity to make new grownup friends.

**Tuesdays | 11:00 am – 12:00 pm | Feb. 5 – June 4**

**No class 2/19, 4/23**  
**M \$160, NM \$175 for 5 Class Punch Card**  
or \$37 per class

### Indoor Playground

**Ages 6 months – 3 years**

Make a playdate at the 14Y. Children run, climb, slide, and jump in our padded playroom. Bring a friend and enjoy the relaxed environment where little ones explore and play together. Strollers must be left on the first floor stroller racks.

**Feb. 3 – March 31 | Sundays | 11:00 am – 12:30 pm**

**No class 2/17**  
**M \$85, NM \$100 for 5 Class Punch Card**  
or \$25 per class

Not ready to commit to a whole season of classes? No worries! Get a 5 class punch card or purchase a single session at the Service Desk in our Lobby to attend our drop-in classes.

**The 5 Class Punch Card is only available for purchase at the Service Desk. Please note the price of the card varies depending on the class.**

## PARENT + BABY FITNESS

**FREE FOR ALL MEMBERS**  
**NM \$100 for 5 Class Punch Card or \$25 per class**

### New Baby, New Body! New Mom's Fitness Class

**Ages 6 weeks – pre-crawling**

The class incorporates aerobics, strength training, and toning with relaxing and playful songs for your baby.

**Thursdays | 1:00 – 2:00 pm**

### Baby & Me Barre

**Ages 6 weeks – pre-crawling**

Blending the best of ballet technique, Pilates and yoga, this Barre class is modified specifically for postnatal moms, targeting key areas for a highly efficient and effective workout.

**Wednesdays | 1:00 – 1:45 pm**

### Baby & Me Yoga

**Ages 6 weeks – pre-crawling**

Come to Baby & Me Yoga as soon as your doctor/midwife gives you the go-ahead. A class that combines a series of movements, postures, and breath that aims to stretch, strengthen, release tension, and bring awareness to key areas of the body that are affected from having a new baby. Guide your baby through gentle postures designed to enhance infant development. Babies can also interact with each other.

**Fridays | 12:45 – 1:45 pm**

### Postpartum Pilates with Baby

**Ages 6 weeks – pre-crawling**

Our postpartum Pilates will address every new mom's biggest body challenge: how to get one's abdominal muscles working again! This class focuses on rediscovering waistlines and restoring posture while getting your energy and strength freely flowing. Babies interact and play while you workout.

**Tuesdays | 11:00 am – 12:00 pm**





## **FAMILY PROGRAMS**

Find your community here—one that every member of your family can count on, from child to caregiver to parent to grandparent. Family programs include Drop-In Classes for those looking for flexible family-fun, Family Classes offered as mini-semesters so you can connect with other parents and caregivers in a supportive environment, and Parenting Support Groups, an amazing resource for parents of young children.



# MINI SEMESTER CLASSES

Register for a mini semester class in art, music, movement, or sports. Children learn socialization, build skills, and have fun while parents and caregivers meet new friends and become part of a community.

## MUSIC

### Magical Movement with Mik

Children dance, sing, play instruments, and create children magic together! Teacher, performer, and music therapist Mik Manenti and her live accompanist use theatrical puppets and props to captivate both you and your child.

**Ages 18 – 24 months**

**8 Tuesdays | 9:15 – 10:00 am**

**Section I | Feb. 5 – April 2 | No Class 2/19**

**Section II | April 9 – June 4 | No Class 4/23**

**Ages 24 – 36 months**

**8 Tuesdays | 10:00 – 10:45 am**

**Section I | Feb. 5 – April 2 | No Class 2/19**

**Section II | April 9 – June 4 | No Class 4/23**

**M \$310, NM \$325**

### Rock-a-Baby | Ages 4 months – 2.5 years

Discover the “music within” from the minute you begin to move! Rock-a-Baby is an interactive, educational music experience for you and your child. Join three energetic musicians and explore rock, pop, blues, and classical music by singing songs, playing games, and dancing. Each week a different theme will be explored through rhythm, melody and harmony.

**7 Wednesdays | 10:00 – 10:45 am**

**Section I | Feb. 6 – March 27 | No Class 2/20**

**M \$290, NM \$315**

**8 Wednesdays | 10:00 – 10:45 am**

**Section II | April 3 – May 29 | No Class 4/24**

**M \$330, NM \$360**

## SPORTS + FITNESS



### Toddler Sports

with Caregiver or Parent

Toddler Sports is a fun, interactive beginners multi-sport class. Through a range of developmentally appropriate activities and age-appropriate equipment, children engage in non-competitive interactive games that help develop motor coordination and promote flexibility, balance, hand-eye coordination and body awareness. Toddlers will learn the basic skills needed to play basketball, baseball, soccer, and football. Each class will start with open play, followed by a group warm-up and will end with the sport of the day.

**Ages 12 – 24 months**

**Session I | Feb. 7 – March 29 | 9:15 – 10:00 am**

**7 Thursdays | No Class 2/21**

**7 Fridays | No Class 2/22**

**M \$270, NM \$290**

**Session II | April 4 – May 30 | 9:15 – 10:00 am**

**8 Thursdays | No Class 4/25**

**M \$305, NM \$330**

**Session II | April 5 – May 31 | 9:15 – 10:00 am**

**7 Fridays | No Class 4/19, 4/26**

**M \$270, NM \$290**

**Ages 24 – 36 months**

**Session I | Feb. 7 – March 28 | 10:00 – 10:45 am**

**7 Thursdays | No Class 2/21**

**Session I | Feb. 8 – March 29 | 10:15 – 11:00 am**

**7 Fridays | No Class 2/22**

**M \$270, NM \$290**

**Session II | April 4 – May 30 | 10:00 – 10:45 am**

**8 Thursdays | No Class 4/25**

**M \$305, NM \$330**

**Session II | April 5 – May 31 | 10:15 – 11:00 am**

**7 Fridays | No Class 4/19, 4/26**

**M \$270, NM \$290**

## DROP-OFF CLASSES

### Learning Through Literacy

Ages 3 – 5 years

This class brings books to life! Children engage in art, play, and song as tools to understand the larger themes in the books they will read. They will also learn about sequencing of events, literary interpretation, author's use of rhyming and other techniques as they develop their listening and literacy abilities.

**8 Mondays | 3:30 – 5:00 pm**

**Section I | Feb. 4 – April 1 | No Class 2/18**

**M \$260, NM \$275**

**7 Mondays | 3:30 – 5:00 pm**

**Section II | April 8 – June 3 | No Class 4/22, 5/27**

**M \$260, NM \$275**

### Little Scientists

Ages 3 – 5 years

Children explore areas of science including biology, chemistry, physics, and earth science as it relates to their everyday world. Aspects of science covered include polymers, metamorphosis, volcanoes, and earth through hands-on and age appropriate experiments, projects, stories, and conversations.

**7 Wednesday | 2:00 – 3:30 pm**

**Section I | Feb. 6 – March 27 | No Class 2/20**

**M \$260, NM \$275**

**8 Wednesday | 2:00 – 3:30 pm**

**Section II | April 3 – May 29 | No Class 4/24**

**M \$300, NM \$315**

### Little Bookworms

Ages 2.5 – 3.5 years

Sure to coax the little bookworm out of your child, this class will encourage early literacy in fun and creative ways. Dramatizations, painting, drawing, bookmaking, group discussions, and guest author visits will deepen the childrens' literary investigations while stimulating language development and pre-writing skills.

**10 Fridays | 11:15 am – 12:45 pm**

**Feb. 1 – April 12 | No Class 2/22**

**M \$425, NM \$450**

**MORE MINI SEMESTER CLASSES ON THE NEXT PAGE.**



## FAMILY MEMBERSHIP

“Childcare is a lifesaver. We also love family swim. My partner and I are both going to the gym several times a week — it’s great, and the staff are friendly and helpful!”

—14Y Member

Save big across all 14Y programs with our Family Membership and Single Parent Family Membership, which includes all children under 18 in your household. Get access to family swim, super affordable childcare (\$5 per hour!), and much more.

Learn more about Family Membership at [14StreetY.org/Membership](https://14StreetY.org/Membership) or email [Join@14StreetY.org](mailto:Join@14StreetY.org)

# PARENTING SUPPORT GROUPS



## MINI SEMESTER CLASSES CONTINUED.

### ART, LITERACY + PLAY

#### Playday | Ages 18 – 36 months

Children adapt to a classroom setting through routines with the opportunity to socialize and become comfortable transitioning through activities. Children utilize blocks, puzzles, art materials, music and movement, while parents and caregivers meet new friends. Includes 30 minutes of gross motor activities and playtime in the Indoor Playroom. Snack will be served.

**8 Mondays | 9:15 – 10:45 am**  
Section I | Feb. 4 – May 15 | No Class 2/18  
M \$325, NM \$350

**7 Wednesdays | 10:30 am – 12:00 pm**  
Section I | Feb. 6 – March 27 | No Class 2/20  
M \$285, NM \$310

**7 Fridays | 9:15 – 10:45 am**  
Section I | Feb. 8 – March 29 | No Class 2/22  
M \$285, NM \$310

**7 Mondays | 9:15 – 10:45 am**  
Section II | April 8 – June 3 | No Class 4/22, 5/27  
M \$325, NM \$350

**8 Wednesdays | 10:30 am – 12:00 pm**  
Section II | April 3 – May 29 | No Class 4/24  
M \$325, NM \$350

**7 Fridays | 9:15 – 10:45 am**  
Section II | April 5 – May 31 | No Class 4/19, 4/26  
M \$285, NM \$310

### NEW PARENTS

#### Infant/Child/Adult CPR with/without AED Certification

Learn to perform CPR on all ages. We will cover prevention, recognition, and treatment for respiratory and cardiac emergencies (CPR) and choking emergencies for infants (12 months and under) and children/adults (1 year and up). This course is designed for parents/caregivers, personal trainers, teachers, and counselors. Certification and non-certification workshops are offered. Taught by an American Heart Association and EMS Safety Service Instructor.

**6 Mondays, 6:30 – 8:30 pm**  
1/14, 2/11, 3/18, 4/8, 5/13, and 6/3  
M \$90, NM \$100 per workshop (per individual)  
For certification, there is an additional \$10 fee when you register.



► For more information about our Family Programs please contact

Dana Federbush, Director of Family Programs, at [DFederbush@14StreetY.org](mailto:DFederbush@14StreetY.org) or 646-395-4336.



### PARENTING SUPPORT GROUPS

#### Parenting Your Preschooler Ages 2.9 – 5 years

This discussion group, led by Nancy Weinrib, LMSW, provides participants with an opportunity to talk together about the challenges of raising young children in today's fast-paced world. Topics will focus on the issues most relevant to parents of 2.9 – 5 year olds, and will include helping your child adjust to the new demands of preschool or Pre-K, building peer relationships, fostering empathy and resilience, setting limits effectively, as well as gender identity, death, siblings, nutrition, sleep, cognitive and language development, school readiness, work/life balance, and other parenting concerns. Open to all parents regardless of what program or school your child/children currently attend.

#### MORNING SESSIONS

**8 Fridays | 9:15 – 10:45 am**  
Section I | Jan. 25 – March 22  
No class 2/8, 2/22  
M \$215, NM \$240

**7 Fridays | 9:15 – 10:45 am**  
Section II | April 5 – May 31  
No class 4/19, 4/26  
M \$190, NM \$210

#### EVENING SESSION

**7 Wednesdays | Feb. 27 – May 15 | 6:30 – 8:00 pm**  
No class 2/20, 3/13, 3/27, 4/24, 5/8  
M \$190, NM \$210

#### Parenting Your 6 to 9 Year Old

This bi-weekly evening discussion group will focus on the issues parents of school-aged children face, such as helping your child adjust to the increasing academic and social demands of school, establishing effective evening routines, and healthy homework habits, establishing and managing expectations, supporting sibling and peer relationships, resolving conflicts, gender identity, work/family balance, and other topics of your choice. Led by Nancy Weinrib, LMSW.

**8 Wednesdays | Call for dates**  
6:30 – 8:00 pm  
M \$215, NM \$240



## CHILDREN LEARN TO SWIM

Add a splash to your child's life with the 14 Street Y's American Red Cross Learn to Swim Program, which is taught by certified Water Safety Instructors. Our Learn to Swim Program is available for children ages 6 months to 12 years.

Learn more on Page 7.





# YOUTH PROGRAMS

They're only young once. And the 14th Street Y's youth programming makes every minute meaningful, even when you're not with them.

Fun, sports, enrichment—your city kids have access to it all, year-round, right here at your East Village community center. So rest easy, we've got you covered after school and all summer long.



## AFTER SCHOOL

### Grades K – 5

The philosophy at the 14th Street Y's After School is that programming should center on engaging heads, hands, and hearts. Each day includes snack and homework help, plus swimming in our indoor pool on Monday and Friday afternoons.

Your after schooler will engage in an age-appropriate class of their choosing (3–4 choices per day) that centers on movement, the arts, or exercising their brain.

Our signature enrichment classes are taught by our counselors and professional teaching artists and have included dance, Gaga, chess, Spanish, science, and more. Registered families will receive a list of class choices before the beginning of the semester. Together, you and your after schooler can pick enrichment classes that they will enjoy. In addition to the enrichment activities offered by After School, children can sign up for a variety of extra swimming and athletic classes. In lieu of enrichment classes, on Fridays After School comes together for special Shabbat programming with skits, challah, grape juice, and songs! After Schoolers will be escorted to and from classes by staff. Parents can register their children for a full week, or any number of days in the week, for either the full year or the semester.

Tuition includes free pick up from the following schools: PS 40, PS 19, Children's Workshop, The Earth School, East Village Community School, The Neighborhood School, STAR Academy and Success Academy Union Square. NEST+M, and PS 110 require an additional transportation fee.

### Pre-K After School

Pre-K After School is an extension of our beloved After School program. This program will provide a fun and enriching opportunity for preschoolers to learn and play together on weekdays from 2:30 – 6:00 pm. Pre-K After School Children have the opportunity to join in recreational swimming on Mondays and Fridays, but have their own specialized programming with a Pre-K teacher from 4:15 – 5:15 pm.

Open to students attending the 14th Street Y's Preschool and the UPK programs at our partner schools, including PS 19, PS 40, Children's Workshop, The Earth School, East Village Community School, and Immaculate Conception. Enrollment is open and spots are limited, so sign up today!

**Weekdays from 2:30 – 6:00 pm.**

## KOL: PROGRAMS

### For Young People with Special Needs at The 14th Street Y

The KOL Program is a school year Saturday recreational program for children and adolescents, ages 4 – 17, who are on the high functioning end of the autistic spectrum or have related developmental differences, such as ADHD and language delays.

KOL cultivates a supportive community among parents and caregivers who have a space to come together and share resources and advice. We offer activities ranging from soccer and capoeira to music and art all while promoting social skills development and relationship building.

KOL Fall Semester began in October, but all classes are rolling admission and prorated. Register your child today!

**12 Saturday | Ages 4 – 17**

**Session I | Oct. 20 – Feb. 2 | Snow Day February 9**

**No class 11/25, 12/22, 12/29, 1/19**

**Session II | March 2 – June 8 | Snow Day June 15**

**No class 4/20, 4/27, 5/25**

### Super Soccer Stars

**Ages 4 – 6 | 9:00 – 9:50 am**

**Ages 7 – 11 | 9:55 – 10:45 am**

**Ages 12 – 17 | 10:45 – 11:40 am**

**M \$575, NM \$595**



### Play Capoeira

**Ages 4 – 6 | 9:55 – 10:40 am**

**Ages 7 – 11 | 10:50 – 11:35 am**

**Ages 12 – 17 | 11:45 am – 12:30 pm**

**M \$370, NM \$420**



### Music Makers

**Ages 4 – 6 | 10:45 – 11:15 am**

**Ages 7 – 11 | 11:40 am – 12:25 pm**

**Ages 12 – 17 | 12:35 – 1:20 pm**

**M \$320, NM \$380**



▶ **For more information or to register please contact, [AfterSchool@14StreetY.org](mailto:AfterSchool@14StreetY.org) or call 646-395-4356.**



### Creative Movement – ARTS Rx

**Ages 4 – 6 | 11:45 – 11:50 am**

**M \$235, NM \$285,**

**Ages 7 – 11 | 12:30 – 1:15 pm**

**Ages 12 – 17 | 1:25 – 2:10 pm**

**M \$340, NM \$400**



### Art – ARTS Rx

**Ages 4 – 6 | 12:00 – 12:30 pm**

**M \$235, NM \$285,**

**Ages 7 – 11 | 1:20 – 2:05 pm**

**Ages 12 – 17 | 2:10 – 2:55 pm**

**M \$340, NM \$400**

Limited scholarships are available. The KOL Program is funded in part by generous grants from the FAR Fund, the J.E. and Z.B. Butler Foundation, and the Oppenheimer Haas Foundation.

For more information please email [KOL@14StreetY.org](mailto:KOL@14StreetY.org) or visit [14StreetY.org/KOL](http://14StreetY.org/KOL).

## HOLIDAY CAMPS

For Holiday Camps, see the Camps section on page 24 or visit [14StreetY.org/HolidayCamps](http://14StreetY.org/HolidayCamps) for more details.

## THEATER FOR YOUNG AUDIENCES FLEX PASS

Perfect for parents, grandparents, and young theatergoers! Make it a family outing with a pass or two. Choose any 3 TYA Shows in our current season for the low price of **\$42!**

Get a TYA Flex Pass and receive a free session of Family Swim!\*

**Learn more on Page 22 or visit [14StreetY.org/TYAFlexPass](http://14StreetY.org/TYAFlexPass)**

*\*Only valid through end of 2018. Can be used for any family swim Monday – Saturday.*





# YOUTH SPORTS

The 14th Street Y is keeping kids active with basketball, flag football, soccer, tennis, gymnastics, ballet, and more, all in a no-pressure setting. Teens can dive into aquatics or lace-up for basketball. Our classes emphasize skill development in a supportive, non-competitive environment to help enhance your child's self-esteem.

## Ballet | Ages 3.4 – 7.4

Can you say plié? Creative movement encourages self-expression. Beginners enjoy stretching, leaping and improvisational movement while combining dance and theatre techniques. Intermediate dancers develop basic foot, arm and body placement, and posture. Students work at the bar for balance and development of strength, discipline and flexibility.

**15 Mondays | Feb. 11 – June 17**

**Session I | Ages 3.4 – 5 | 3:30 – 4:15 pm**

**Session II | Ages 5 – 7.4 | 4:15 – 5:00 pm**

**No class 2/18, 4/22, 2/27**

**M \$325, NM \$395, After School \$305**

## Dribble Thrill Basketball | Ages 6 – 8

This is a wonderful introduction to basketball for those who have not played before as well as a chance for spring ballers to continue to develop their skills with Coach Gil.

**16 Mondays | Feb. 11 – June 17**

**4:15 – 5:15 pm**

**No class 2/18, 4/22, 5/27**

**M \$325, NM \$395, After School \$305**

## Rebounds and Buckets | Ages 8 – 9

Coach Gil return to the court this fall! Players develop skills of the game including ball handling, shooting, rebounding, passing, and defense. As players become stronger, they'll begin to apply their skills to game situations as well as learn the rules—all in a fun, supportive environment.

**16 Tuesdays | Feb. 12 – June 18**

**4:15 – 5:15 pm**

**No class 2/19, 4/23, 6/4**

**M \$325, NM \$395, After School \$305**

## Girls Only Basketball | Ages 6 – 14

Geared toward girls who have a passion for basketball and want to improve their game, this class will focus on individual skills including dribbling, shooting, passing, defense, and rebounding. The skills are developed during mock basketball game situations as well as drills. This is a fun, stamina building way to learn basketball.

**16 Wednesdays | Feb. 13 – June 12**

**4:15 – 5:15 pm**

**No class 2/20, 4/24**

**M \$325, NM \$395, After School \$305**



## Hard to Guard Basketball

**Ages 9 – 14**

For players who have played basketball before and are looking to excel, it is recommended that players in this class have prior experience with playing basketball.

**16 Wednesdays | Feb. 13 – June 12**

**4:15 – 5:15 pm**

**No class 2/20, 4/24**

**M \$325, NM \$395, After School \$305**

## Super Soccer Stars

New York's most popular soccer development program, Super Soccer Stars will be offering classes at the 14Y! Super Soccer Stars teaches soccer skills in a fun, non-competitive and educational environment. Through their age-specific curriculum they use soccer to nurture, build self-confidence and develop teamwork. Weekly classes, camps, and advanced premier programs available.

**12 Thursdays | Jan. 10 – March 28**

**Ages 3 to Young 4 | 3:15 – 4:00 pm**

**Ages Older 4 to 5 | 3:10 – 4:00 PM**

**Grades K – 1st | 4:00 – 5:00 PM**

Visit [SuperSoccerStars.com](http://SuperSoccerStars.com) to register

## Tumbling & Gymnastics

This program introduces your child to tumbling and gymnastics, focusing on basic mat exercises, balance beam, and cart wheels while improving your child's strength, balance, flexibility and coordination in a non-competitive environment.

**16 Tuesdays | Feb. 12 – June 18**

**Session I | Ages 4.5 – 5.5 | 3:30 – 4:15 pm**

**Session II | Ages 5.6 – 7 | 4:20 – 5:10 pm**

**4:15 – 5:15 pm**

**No class 2/19, 4/23, 6/4**

**M \$325, NM \$395, After School \$305**



## Aqua Jet Swim Team

Learn more in the Aquatics section on page 7 or visit [14StreetY.org/Aquatics](http://14StreetY.org/Aquatics) for more details.

For class details and to register for youth sports, please visit [14StreetY.org/YouthSports](http://14StreetY.org/YouthSports)

# JOIN ONE OF OUR 14Y CAMPS

We make the summer count at the 14th Street Y! City kids get a true summer camp experience, recognized as a key to kids' development. Children explore new interests, grow their confidence and make friends for life. Learn more about our many camp offerings including New Country Day Camp, which is located on Staten Island's 75-acre Henry Kaufmann Campgrounds, **visit page 24.**



# ARTS + CULTURE

We place artists at the heart of the 14th Street Y community.

## THE THEATER AT THE 14TH STREET Y

The Theater at the 14th Street Y honors the edgy, diverse, and rich history of innovative culture making in the East Village. Each year, we curate a provocative season of theater and dance from independent New York artists in dialogue with our residency program LABA: A Laboratory for Jewish Culture.

## 2018 – 2019: A Season of War & Peace

*“Nation will not take up sword against nation, nor will they train for war anymore. Everyone will sit under their own vine and under their own fig tree, and no one will make them afraid.”*

— Micah, Chapter 4

*“After a year of studying Jewish texts on War & Peace, the LABA Fellows and the artistic team are questioning even more the idea of “holy war.” What do we fight for, what does freedom feel like and are our ideals even realistic? Ultimately, our battles are a series of compromises. But to what end? Even more crucial, we have begun questioning our self-imposed banners: “progressive,” “liberal,” “accepting.” What do these mean? Are we honestly listening to opposing viewpoints? Have we become as indoctrinated and radical as the ones we fear? In choosing our 2018–2019 season, the Arts & Culture team wanted to further this line of questioning War & Peace on both the literal and more ambiguous ephemeral levels. We are presenting plays exploring Holocaust deniers, gay parents fighting stigmas, teachers fighting systems. We are presenting dance pieces exploring topics ranging from revolutionary wars to what true criticism can be. Our year of study with LABA on Jewish texts of War & Peace now translates into a Season that shares our questions with you. Audiences will not be quiet observers but hopefully inspired players as well.”*

— Ronit Muszkatblit,

Director of Arts + Culture/Artist Director of LABA  
& David Stallings,  
Associate Artistic Director/Theater Manager

## THE 2018 – 2019 SEASON SCHEDULE

All productions in our 2018 – 2019 season are co-presented with the 14th Street Y and are curated by our artistic team. The views and opinions expressed herein are those of the artist and do not necessarily reflect those of the 14th Street Y or the Educational Alliance. For more information about our season,

Contact David Stallings, Associate  
Artistic Director & Theater Manager, at  
DStallings@14StreetY.org or 646-395-4323.

### NOVEMBER

**Fox Fables** | WonderSpark Puppets  
By Chad Williams | Nov. 3 – 4 | TYA\*

**Layer the Walls** | Created by Liz Parker &  
Rachel Sullivan | Nov. 7 – 11 | TYA\*

**#NastyWomen**  
A Night of Female Resistance Comedy  
Nov. 12 | COMEDY

**The Baby Monitor** | Different Translation  
By David Stallings | Nov. 29 – Dec. 16 | THEATER

### DECEMBER

**The Fantastical Dangerous Journey of Q**  
Rebel Playhouse | By Ric Averill, Music by Dax Dupuy  
Dec. 1 – 16 | TYA\*

**Waiting for Godot in Yiddish** | New Yiddish Rep  
By Samuel Beckett | Dec. 21 – Jan. 27 | THEATER

## FLEX PASS

Three shows for just \$42. That's \$14 per ticket! Choose from our Dance, TYA, Theater, or LABA line up. On sale now at [14StreetY.org/FlexPass](http://14StreetY.org/FlexPass)

### JANUARY

**Till We Meet Again** | Planet Connections Theatre  
Festivity | By Glory Kadigan | Jan 11 – 26 | THEATER

**#NastyWomen**  
A Night of Female Resistance Comedy  
Jan 28 | COMEDY

### FEBRUARY

**LABA Live Series**  
LABA: A Laboratory for Jewish Culture  
Feb. 2, April 18, May 25 | LABA



### MARCH

**A Celebration of Deborah Jowitz**  
From the Horse's Mouth | Mar. 21 – 24 | DANCE

**The Sinless** | New Roman Theatre Group  
By Judah Skoff | Mar. 28 – April 7 | THEATER

**M. Beth** | M. Beth Productions  
By William Shakespeare | March 28 – April 6 | THEATER

### APRIL

**Valentina** | Ballet Nepantla  
April 10 – 14 | DANCE

**/we/** | MICHİYAYA Dance | April 25 – 28 | DANCE

### MAY

**Friendly's Fire**  
Rising Sun Performance Company | By John Patrick  
May 3 – 19 | Bray THEATER

**Old Turtle and the Broken Truth**  
Rebel Playhouse | May 4 – 19 | TYA\*

**#NastyWomen**  
A Night of Female Resistance Comedy | COMEDY

**Tiferet** | LABA 2nd Stage | May 29 – June 2 | THEATER,  
DANCE

To purchase tickets, please visit  
[14StreetY.org/Theater](http://14StreetY.org/Theater) or  
[14StreetY.org/BoxOffice](http://14StreetY.org/BoxOffice)  
or call 646-395-4310.

\* TYA – Theater for Young Audiences



Valentina | April 10 – 14

# DOWNTOWN JEWISH LIFE

Our events and experiences across Downtown Manhattan offer something for everyone. Whether you're a shul regular, seeking to reconnect with your heritage, or exploring Jewish culture for the first time—we welcome you.



Downtown Jewish Life is a network of downtown Jewish organizations and individuals hosted by the 14th Street Y. The goal of Downtown Jewish Life is to strengthen the fabric of Jewish life in lower Manhattan. Downtown Jewish Life welcomes people of every background, identity, age, family configuration, and religious affiliation (or none) who are interested in finding meaning, values, and community inspired by Jewish sensibilities. UJA-Federation of New York, Covenant Foundation, and the Harold Grinspoon Foundation are proud to partner with Downtown Jewish Life.

## PAUSE/PLAY: SHABBAT (SATURDAY) AFTERNOONS AT THE 14TH STREET Y

Ready to rethink how you spend those chilly winter weekends? PAUSE/PLAY invites you to hit the pause button in your busy lives and experience all that our downtown community has to offer. We welcome everyone in our community to join us for a day of relaxation and renewal. From family yoga and storytime to whiskey tastings and dance classes, these events feature activities for the whole family. Open to all in our diverse Downtown Community.

For more information please visit [14StreetY.org/PausePlay](http://14StreetY.org/PausePlay).

Join us on select Saturdays  
Dec. – March | 3:00 – 6:00 pm

Members are FREE!

NM Tickets | Children \$10 | Adults \$15

Family Ticket (up to 5 members) \$45



## Festival of Lights

Reimagine the holidays with us as we host an interactive day featuring a show for little ones with PJ Play! Join us for our annual Hanukkah party featuring the always-delicious jelly-filled donuts and always-classic Bling Your Own Dreidel! You can also enjoy Family Swim, yoga, and games!

December 8, 2018

## Family Fit Day

Jump in to our Family Fit Day! Everyone's favorite bounce house will be set up all afternoon in the Gym, with Family Swim and yoga for all ages downstairs. End the day with a Disco Dance Party — the grooviest way to burn off those holiday calories!

February 9, 2019

## Spring Carnival

Our PAUSE/PLAY season wraps up with our fantastic Spring Carnival! We'll have balloons, face-painting, tasty treats, and all your favorite activities including PJ Play and family fitness classes.

March 9, 2019

## Tikkun Leil Shavuot

Venture INTO THE NIGHT on June 8, 2019 for a contemporary spin on Tikkun Leil Shavuot presented by Downtown Jewish Life. Roam free throughout the 14th Street Y and neighboring organizations to discover unusual and unexpected conversations and performances. Artists, musicians, authors, dancers, scholars, yogis, chefs and rabbis will be performing, reading, discussing, and practicing throughout the 14th Street Y as the nocturnal journey filled with culture, conversation, ritual, and cheesecake continues late into the evening. It will make you see night in a whole new light.

INTO THE NIGHT takes place each year on Shavuot and is inspired by the Torah and other Jewish texts. Wine, coffee, nosh, and cheesecake will be provided for all our guests.

For more information or to RSVP, visit [14StreetY.org/Tikkun](http://14StreetY.org/Tikkun)

For information on these exciting Jewish events and other family-fun activities, please visit [14StreetY.org/JewishLife](http://14StreetY.org/JewishLife)

# LABA A LABORATORY FOR JEWISH CULTURE

LABA: A Laboratory for Jewish Culture is a program of the 14th Street Y that invites artists to study classic Jewish texts to inspire dialogue and incubate new work.

Our fellows have included visual artists, playwrights, performance artists, fiction writers, jewelry designers, choreographers, and more. The creative output from our laboratory pushes the boundaries of what Jewish art can be and what Jewish texts can teach.

The LABA program is supported, in part, by public funds from the NYC Department of Cultural Affairs in partnership with the City Council.

For more information, visit [LABAJournal.com](http://LABAJournal.com)

## Season of War + Peace

"Repent one day before your death," says Rabbi Eliezer in the Mishnah. Because we can't, of course, know which day is going to be our last. And so our lives should be a continual process of repentance.

But just what does death mean? Is it an end or a beginning? Is it terrifying or cathartic? Should we dread it or make our peace with its imminence? To address these questions, this year's theme, LIFE + DEATH, will dive into everything from the Bible's most notable departures, to the Talmud's wisdom of letting go, to Kabbalah's ideas about the transmigration of souls. Reading these classical Jewish texts, we will wrestle with humanity's two central modes of existence: to be and not to be.

All productions in our 2018 – 2019 season are co-presented with the 14th Street Y and are curated by our artistic team. The views and opinions expressed herein are those of the artist and do not necessarily reflect those of the 14th Street Y or the Educational Alliance.

LABALive event dates | Feb. 2 | April 18 | May 25 | 7:30 pm

# CAMPS

They're only young once. And the 14th Street Y's youth programming makes every minute meaningful, even when you're not with them. Camp may feel like it just ended, but it's never too early to think about continuing your child's experience at camp next summer!

At the 14th Street Y, city kids get a true camp experience, recognized as a key to their development. Children explore new interests, grow their confidence, and make friends for life. Our campers dive into the creative arts, science and technology, sports and games, and the great outdoors in a safe, fun and inclusive environment. From toddler programs to holiday camp, the 14th Street Y's camps have something wonderful in store for your child.



## NEW COUNTRY DAY CAMP

### OUR OUTDOOR CAMP IN STATEN ISLAND'S HENRY KAUFMANN CAMPGROUND

#### For rising kindergarteners to 8th graders

New Country Day Camp provides a summer experience that fosters the development of the whole person through the exploration of Jewish values. Amidst the peace one can only find in nature and a close-knit camp community, we celebrate the essence of summer through back-to-basics fun in a totally outdoor, diverse, and inclusive environment! Transportation is provided to Staten Island's 75-acre Henry Kaufmann Campground, where swimming pools, hiking trails, and open meadows set the scene for a summer of adventure and enrichment for children K-8th grade. A non-religious program, NCDC children jump into new ideas and embrace universal concepts through cultural Jewish sensibilities and storytelling.

 For more information about registration, please contact [NewCountry@14StreetY.org](mailto:NewCountry@14StreetY.org), call 646-395-4357, or visit [14StreetY.org/NCDC](http://14StreetY.org/NCDC)

## HOLIDAY CAMPS

The 14th Street Y runs childcare and enrichment programs during most school holidays and teacher conference days. Your child will enjoy activities including swimming, arts, gym time, and field trips. Some of our past trips have included The Children's Museum of the Arts, The Museum of Natural History, and the Prospect Park Zoo. Holiday camps run on school days off and half days, providing a safe, social and supportive space for play and learning.

#### Holiday Camp Schedule | Ages 4 – 12 Years

8:30 am – 6:00 pm

February Break | Feb. 18 – 22

Spring Break | April 19 – 26

Eid al-Fitr | Tuesday, June 4

Anniversary Day | Thursday, June 6

Chancellor's Day | Tuesday, June 11

M \$85, NM \$95

#### Half Day Schedule

We also cover most school half days.

To learn more, visit [14StreetY.org/HolidayCamps](http://14StreetY.org/HolidayCamps)



## TODDLER CAMP

Our toddler summer camps give your littles a taste of big-kid day camp, on a shortened schedule, all in the comfort and security of your East Village community center.

#### Mini Camp | Ages 17 months – 3.5 years (with Parent/Caregiver)

Come in out of the heat for art activities, music, circle time, and snacks. Splash and play in the sprinklers on the rooftop playground. A parent or caregiver must accompany the child at all times.

#### On Our Way | Ages 2.4 – 3.5 years

A twice-a-week summer program for families who have completed a separated program such as Prelude to Preschool. Adults and children get together for a half hour on our rooftop playground for some outdoor fun and water play. Class continues inside with art activities, music and movement, circle time, story time, and snacks for two hours without adults

For more information please contact [Dana Federbush](mailto:DanaFederbush@14StreetY.org) at 646-395-4336 or [DFederbush@14StreetY.org](mailto:DFederbush@14StreetY.org) or visit [14StreetY.org/ToddlerCamps](http://14StreetY.org/ToddlerCamps)

## NEW TOWN DAY CAMP

#### Ages 3 – 6 years

New Town Day Camp opens the 14th Street Y's well-equipped facilities to campers. Daily fun includes closely supervised use of the indoor pool, gym, air-conditioned classrooms, and our beautiful rooftop playground and sprinkler area.

#### For more information

please contact [Maybelline Romero](mailto:MaybellineRomero@14StreetY.org) at 646-395-4326, or [MRomero@14StreetY.org](mailto:MRomero@14StreetY.org) or visit [14StreetY.org/NewTownDayCamps](http://14StreetY.org/NewTownDayCamps)



Camps run for up to eight weeks. End of summer and school-vacation camps are also available. For registration informations for Camps at the 14th Street Y, please visit [14StreetY.org/Camps](http://14StreetY.org/Camps).

## AFTER SCHOOL

The 14th Street Y's After School program engages heads, hands and hearts.

Rest easy knowing your school child's afternoon is full, festive and active through 6:00 P.M. —all in a safe and supportive environment. Each afternoon includes homework help and a healthy snack, as well as supervised swimming in our indoor pool on Mondays and Fridays. Children take their choice of classes centering on movement, the arts, or intellectual discovery. **Learn more on Page 18.**





# ANNOUNCING THE **NEW** 14Y SHOP!!!

Shop the brand new 14Y Shop where every purchase supports our programs and community events. Wear 14Y gear to show off your love of your East Village JCC and vibrant downtown community!

All purchases must be made at the Service Desk.

## **14Y RETRO BLACK T-SHIRT**

Mens S – XXL  
Womens S – XXL

**\$22**

## **14Y CLASSIC WHITE T-SHIRT**

Mens S – XXL  
Womens S – XXL

**\$20**

## **14Y WATER BOTTLE**

**\$12**

## **14Y TOTE**

**\$20**

## **ADULT GOGGLES**

**\$12**

## **BATH TOWEL**

**\$12**

## **LATEX SWIM CAP**

**\$6**

## **NYLON SWIM CAP**

**\$12**

## **CHALLAH**

**\$6**

*Please note that there are no refunds, exchanges, and returns on items.*

[14StreetY.org/Shop](https://14StreetY.org/Shop)

# ADULT STUDIES

Take advantage of the educational, social, spiritual, recreational, and Jewish cultural activities provided in our daytime classes.

## Monday Book Club

This book club is led by Lorraine Lamazor-Kwest, a trained and certified NY Public Library Group Leader.  
*Classes occur once per month*

**4 Mondays | 10:30 – 11:45 am**

**2/25, 3/18, 4/15, and 5/20**

**M Free, NM \$20, Single class \$5**

## Daytime Knitting Circle

Work on your own handiwork projects as you enjoy conversations with other knitters.

**18 Mondays | 1:30 – 3:00 pm | Jan. 7 – May 20**

**No class 1/21, 2/18**

**M Free, NM \$45, Single class \$5**

## Great Plays with David Stallings

Led by award-winning playwright and our Associate Artistic Director & Theater Manager, David Stallings, this class focuses on significant plays of the 20th Century and features special guests from the Golden Age of Broadway!

**19 Tuesdays | 1:30 – 3:00 pm | Jan. 15 – May 21**

**M Free, NM \$45, Single class \$5**

## Mah Jongg for All Levels

with Sandy Magesis

Let's play Mah Jongg! This class is for all ages, all genders, and all levels—from beginner to advanced. Please get a Mah Jongg card from the National Mah Jongg League. You can reach them by phone at 212-246-3052 or online at [www.NationalMahJonggLeague.org](http://www.NationalMahJonggLeague.org).

*Space is limited so please register early.*

**8 Wednesdays | 12:40 – 2:10 pm | Mar. 13 – May 1**

**M \$40, NM \$80**

## Let's Draw Together

with Mona Zamdmer

Love to draw? Join this non-traditional art class for what teacher Mona Zamdmer describes as “pleasures of the pencil.”

**8 Thursdays | 1:00 – 2:30 pm | Mar. 14 – May 2**

**M Free, NM \$40, Single class \$5**

## 50+ Creative Writing / Our Own Narratives

Common is the expression, “I could write a story about my life!” This workshop, for those 50 plus, will offer the opportunity to write about significant times when life gave you both lemons and lemonade. No creative writing experience necessary. Workshop facilitated by Heidi Mandel, PhD, LMSW from The Jewish Board.

**4 Wednesdays | 1:15 – 2:45 pm**

**2/6, 3/6, 4/3, and 5/1**

**M \$20, NM \$40**

## World of Yiddish

with Miriam Leberstein

Discover the magic of Yiddish conversation, Yiddish literature, and Jewish current events in this exciting course. Basic Yiddish required.

**8 Wednesdays | 10:30 am – 12:00 pm**

**Mar. 13 – May 1**

**M Free, NM \$40, Single class \$5**



▶ For more information Adult Studies programs, contact **Julie Gayer Kris** at [JGayerkris@14StreetY.org](mailto:JGayerkris@14StreetY.org) or **646-395-4359**.



## Whitney Partnership

The Whitney Museum of American Art invites 14th Street Y seniors to access the museum on a day when the Whitney is closed to the public. Participants take part in a guided tour, for which Assisted Listening Devices are offered to those in need. Seating in the galleries and refreshments are also provided.

**2 times annually; Date and time TBD.**

**Space is limited.**



## Slide Talk with The Whitney Museum

Join a Whitney Teaching Artist for an interactive slide-based lecture at the 14th Street Y. The Slide Talk features a special preview of upcoming exhibitions and a comprehensive learning experience around an array of Whitney-related topics. A Whitney educator provides an illustrated thematic overview of selected works of art, placing the works in their art historical context, and engages seniors in a dialogue about the lecture topic.

**TBD | Space is limited.**

**M/NM Free**

## DISCOUNTS FOR SENIORS

Did you know that the 14th Street Y offers a discounted Membership to adults 65 and over?

Visit [14StreetY.org/Membership](http://14StreetY.org/Membership) or call **646-395-4310** to learn more.



# MEET THE BOARD

## THE BOARD OF THE 14 STREET Y

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The Board of the 14th Street Y provides leadership, stewardship, guidance, oversight, and support for the 14th Street Y and our many programs.



To learn more about our board, or to find out how you can deepen your involvement with the 14th Street Y, please contact [Lauren Savage](mailto:Lauren.Savage@14StreetY.org) at 646-395-4305 or [LSavage@14StreetY.org](mailto:LSavage@14StreetY.org).



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# GETTING TO THE 14Y

No matter your mode of transportation — walking, biking, bus, subway, or the ferry — we're easy to get to!

We're located at **344 East 14th Street** between **First** and **Second Avenue** in the heart of the **East Village**.

## BY PUBLIC TRANSPORTATION

### BUS

M14A, M14D, M15, M15-SBS, M101, M102, M103

### SUBWAY

L at First Ave, 4/5/6/N/Q/R/W at Union Square

### FERRY

Lower East Side route to Stuyvesant Cove

We also understand that MTA service changes can make getting around NYC a challenge.

## L TRAIN WEEKEND SUSPENSION

The MTA is suspending service on the L train between Manhattan and Brooklyn every weekend, beginning at 11:30 PM on Friday and ending at 5:00 AM on Monday, on the following weekends:

November | 10 – 11, 17 – 18

February | 2 – 3, 9 – 10, 16 – 17, 23 – 24

March | 2 – 3, 9 – 10, 16 – 17

April | 13 – 14

The MTA announced that it will officially shutdown the L train begin on **April 27, 2019**. Once it begins, service between Bedford Avenue in Williamsburg and Eighth Avenue in Manhattan will be suspended for 15 months.

## ALTERNATIVE TRANSPORTATION OPTIONS TO THE 14TH STREET Y:

**M** or **F** to 14th Street at 6 Avenue, from here you can walk or take the M14A or M14D

**J** or **M** to Essex Street/Delancey Street, from here you can walk or take the M14A or M15 or M15-SBS

**F** to Delancey Street/Essex Street, from here you can walk or take the M14A or M15 or M15-SBS

**F** to 2nd Avenue/Houston Street, from here you can walk or take the M15 or M15-SBS

**A** to 14th Street at 8 Avenue, from here you can walk or take the M14A or M14D

Ferry: Lower East Side route to Stuyvesant Cove

Learn more about the L train shutdown and the easiest way to get to here at [14StreetY.org/Directions](http://14StreetY.org/Directions)

14<sup>th</sup> Street Y 14<sup>th</sup> Street Y

Sol Goldman YM-YWHA  
Of The Educational Alliance

FUEL  
YOUR  
BODY

42

A vertical sign with a blue and pink background. At the top is the Y logo. Below it, the text reads "FREE 7-DAY PASS!". There is smaller text below that, including "No purchase necessary" and "While supplies last".

## WORD SEARCH

Find and circle each of the words from the list below. The words may be hidden in any direction.

G N I W A R D Z G N I M M I W S H I I X  
 X P W D G A L L E R Y F J X M S G S S V  
 L L L B O O K W O R M S B I B N X C O C  
 O R L A X Y P Z H G W T A M I A I L H V  
 O O M A Y U H Z M I Y H A N C T L R S N  
 H I Y X B G C E N K C M N G A A E L V O  
 C N F O A T R T P A G U N M O C M B E I  
 S E L B X Q E O L I R N E A Y Y K P X T  
 E S E Z P R U K U F L H I C S I R A S A  
 R E X G N A F A S N T A L C W T Q Q N C  
 P A B L S F R B T A D E T X N E I A J U  
 M R H A P Y O E M I B Z N E K A R C V D  
 U I K V B Q I U N K C Y N R S C D B S E  
 S E F I C I G X R T E S C N A E L N E U  
 E O F N I F E J O T S B J A G E P M L H  
 U P T R A I H S D B E A N E R D L I H C  
 M A D A R E T A E H T E H O Y E X T H G  
 G C A C R O B A T I C S N X I E T E U X  
 J K S R E W O L F K N I T T I N G I I U  
 I C S G N I L B M U T M H A G S O L L G

- 
- |            |           |            |             |         |          |
|------------|-----------|------------|-------------|---------|----------|
| ACROBATICS | CARNIVAL  | FOURTEEN   | MATHEMATICS | PUPPET  | SWIMMING |
| AQUATICS   | CHILDREN  | GALLERY    | MOMMY       | RECYCLE | THEATER  |
| ART        | DADDY     | GYMNASTICS | MUSEUM      | RUNNING | TIKKUN   |
| BABIES     | DANCING   | HEBREW     | MUSIC       | SCIENCE | TUMBLING |
| BALLET     | DRAWING   | JEWISH     | PARENTS     | SENIOR  | WINTER   |
| BASKETBALL | EDUCATION | KNITTING   | PEACE       | SNOW    | YIDDISH  |
| BOOKWORMS  | FITNESS   | LACHAIM    | PILATES     | SOCCER  | YOGA     |
| CAMPS      | FLEX PASS | LEARN      | PLAYGROUND  | SPORTS  |          |
| CAPOEIRA   | FLOWERS   | LITERACY   | PRESCHOOL   | SPRING  |          |



**CONNECT THE 72 DOTS!**

Why 72? That's because 72 is four times the number 18, the value of the Hebrew letters *chet* and *yod*. In Hebrew, each letter has a numerical value. The number 10 is the letter *Yod* and the number 8 is the letter *Chet*. Together, *Chet-Yod* spells the word *Chai*, which means "Living" or "Life." For this reason, 18 is considered the luckiest number.

✂ Name: \_\_\_\_\_



344 East 14th Street  
 (at 1st Ave)  
 New York, NY, 10003

## WHAT'S INSIDE

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### FIND 14



Find the 14 falling  
 snowflakes and the  
 14 blooming flowers!



Circle all the leaves and bring your  
 catalog to the Service Desk to  
 redeem a prize!

**14StreetY.org**