

**FOR IMMEDIATE RELEASE**

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***PAUSE/PLAY***  
**Saturday Afternoons at the 14th Street Y**  
**Presented by Downtown Jewish Life**

**Family Fit Day**  
**January 6, 2018 from 2-6PM**

**Downtown Jewish Life** and **the 14th Street Y** present ***PAUSE/PLAY***, an innovative Saturday afternoon of Shabbat programming at the 14<sup>th</sup> Street Y, 344 E. 14<sup>th</sup> Street, NYC.

***PAUSE/PLAY*** invites attendees to hit the pause button in their busy lives and experience all that the Downtown Community has to offer. All are welcome in the community, Jewish or not, to join for a day of relaxation and renewal. From family yoga and story time to whiskey tastings and open swim, ***PAUSE/PLAY*** events feature activities for the whole family. ***PAUSE/PLAY*** will also feature a Community Passport that families can decorate each month and bring to each event for access to monthly raffles for deals to 14Y programs and other great prizes.

**Family Fit Day**  
**January 6, 2018 2-6PM**

Jump in to our Family Fit Day! Everyone's favorite bounce house and rock wall will be set up all afternoon in the Gym, with Family Swim and yoga for all ages downstairs. Funkytown Playground will have us moving to the music, while other games and crafts will keep going all afternoon. The day will end with a Disco Dance Party - the grooviest way to burn off those holiday calories!

Highlights of the rest of the ***PAUSE/PLAY*** season:

- February will feature family Zumba, PJ Play! with WonderSparks, and partnerships with local synagogues like Town & Village.
- March will have a Spring Carnival and one last PJ Play! with WonderSparks.
- Each month, you can spend time with local rabbi's at "Rabbi's on the Rocks" and this year, we are partnering with the In[heir]itance Project to engage in community art projects and workshops in preparation for a festival of plays (inspired by the book of Genesis) coming to the theater in May.
- This year, ***PAUSE/PLAY*** is having a "Community Passport" that families can decorate each month and bring to each event. The more it is filled out, families can enter into monthly raffles for deals to 14Y programs or other great community prizes.

***PAUSE/PLAY*** is open to all ages in this diverse downtown community.

Y Members: Free; Non-Members Advance Tickets: Children (\$5), Adults (\$10), Family Ticket (Up to 5 members \$35); Day of Tickets: Children (\$10), Adults (\$15), Family Ticket (Up to 5 members \$45).

**PAUSE/PLAY is free for 14th Street Y members, but reservations are recommended.** To become a member of the 14th Street Y, visit <http://www.14streety.org/membership/join-membership-benefits>.

The *PAUSE/PLAY* season continues with:

**Tu B'shvat (Going Green)**

**February 3, 2018 2-6PM**

Celebrate the “Birthday for Trees” with the 14Y! Together we will grow our understanding and awareness of the world around us through art, games, PJ Play! and other fun activities. There will be wine tasting for adults and endless activities for the kids!

**Spring Carnival**

**March 17, 2018 2-6PM**

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.

*PAUSE/PLAY is generously funded by the UJA Federation of New York, the Covenant Foundation, and the Harold Grinspoon Foundation.*

The In[heir]itance Project is a devised theater program which is bringing to life the stories of Genesis in May.

**About the 14<sup>th</sup> Street Y**

The 14th Street Y’s philosophy is grounded in the belief that contemporary Jewish sensibilities can be a source of inspiration, connection and learning. No matter what your background, we aim to inspire you to live your best life. We’re committed to the development of the whole person, to strengthening family connections and to building inclusive and sustainable communities. The 14<sup>th</sup> Street Y serves more than 20,000 people annually with a variety of community programs and is proud to be a part of Educational Alliance, a 501(c)(3) non-profit organization with a 128-year history of serving New Yorkers downtown.

Full Season Tickets and detailed information on shows available at: [www.14streety.org/tickets](http://www.14streety.org/tickets).

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