



The 14th Street Y is a vibrant community center grounded in the belief that contemporary Jewish sensibilities can be a source of inspiration, connection, and learning for the individuals and families we serve throughout Downtown Manhattan. We focus on health and fitness, education and enrichment programs, and innovative arts and cultural programming.

The 14th Street Y is committed to the development of the whole person and bettering people's lives and strengthening individual and family connections by building an inclusive, vibrant, and sustainable community.

## TOP 14 THINGS TO DO AT THE 14TH STREET Y THIS SUMMER



JOIN A  
COMMUNITY  
EVENT

COME TO  
SURF AND TURF  
(FOR 12 MONTHS  
– 24 MONTHS)



GET FIT WITH  
A PERSONAL  
TRAINER

SIGN UP FOR  
SEMI-PRIVATE  
SWIM LESSONS



BECOME A  
MONTHLY  
DONOR

EXPERIENCE  
SUNRISE YOGA  
ON THE ROOF



GET A  
SUMMER  
MEMBERSHIP



SING AT  
CANTAESPANOL  
WITH YOUR  
CHILD



ENJOY  
OUR ROOF



GET FIT WITH  
AQUA CARDIO



SIGN UP  
FOR CAMP!



VISIT  
THE WHITNEY  
MUSEUM



PICK UP  
BASKETBALL



JOIN TAI CHI  
AT SUMMER IN  
THE SQUARE

# WE ARE COMMUNITY

## A Special Message from Rabbi Shira Koch Epstein

On the first day of Passover, we began Counting the Omer, the forty-nine days between Passover and Shavuot. This count marks the growing bounty of spring, and a celebration of moving from the freedom from slavery to receiving the Torah, the source of Jewish wisdom and culture.

Here at the 14th Street Y, it also kicks off the inaugural 14th Street Y's Season of Jewish Culture! Please join me and our downtown community in celebrating this time through a series of special events at the 14th Street Y and around Downtown Manhattan April through June.

We invite you to join our vibrant downtown community in celebrating this special time!

Learn more about the Season of Jewish Culture on our blog at [14streety.org/blog](http://14streety.org/blog) for a special message about the many celebrations and events taking place here at the 14th Street Y, and all around Downtown Manhattan.



Rabbi Shira Koch Epstein | EXECUTIVE DIRECTOR



Read Shira's full letter on our blog at [14StreetY.org](http://14StreetY.org)



## Hours

### HOURS OF OPERATION

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

### SERVICE DESK HOURS

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

- Mon. 5/28/18 | Memorial Day | closed
- Wed. 7/4/18 | Fourth of July | closed

## Membership Includes

### FITNESS, AQUATICS, & BASKETBALL

- Fitness Center: A full selection of cardio and weight equipment
- More than 50 fitness classes per week
- Free Welcome Workout: A 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



For schedules for fitness, aquatics, and basketball, please visit [14StreetY.org/Schedules](http://14StreetY.org/Schedules)

### 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 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 (see [14StreetY.org/Sustainability](http://14StreetY.org/Sustainability))

### DISCOUNTS

- Discounts on classes, camps, Preschool, and many other programs
- Access to innovative, cutting edge theater and dance in the 14th Street Y Theater
- 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

### CATALOG CREDITS

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



Please call us at  
466-395-4307 or email  
[Join@14StreetY.org](mailto:Join@14StreetY.org) to discuss the  
membership type that's best for you  
and/or your family.



# 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 also home to a full-size, indoor basketball court and a generous swimming pool. On a time budget? Check out our Lunch Crunch classes, from boxing to boot camp, yoga to Zumba. We know your free time is a precious commodity, so we offer you a high rate of return on your time investment. Come to the 14 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
- Boxing
- Functional Training
- Nia Jazz
- Mommy & Me Barre
- Pilates
- Tai Chi
- Total Body Burn
- Vinyasa Yoga
- Yamuna Body Rolling
- Zumba



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



## BASKETBALL

Pickup basketball games happen every day at the 14th Street Y. Swing by your East Village community center for a drop-in dribble-and-shoot or an impromptu game in our indoor court. Lace up for one of our basketball leagues or classes.

Our full-court schedule includes dedicated times for adult members and for teens) as well as our men's and women's leagues ([14StreetY.org/Schedules](https://14StreetY.org/Schedules)). Please note: basketball classes and leagues take place in the fall and spring. Check back in late summer for fall listings.

## LEAGUES

Basketball leagues take place in the fall and spring. Check back in late summer for the fall league details.

## SUMMER POP-UPS

### Tai Chi at Summer in the Square

Enjoy an outdoor Tai Chi class on the big lawn under the shady canopy of trees in Union Square Park with dynamic instructor, Roberto Sharpe. Tai chi is an art that promotes balance, strength, grace, and flexibility, and it promotes a meditative mood with its "dance of quiet motion."

**Thursdays | 9:00 – 9:45 am | June 14 – August 9**  
**Union Square Park | M/NM Free**

### Sunrise Yoga on the Roof

Start the summer mornings with an energizing practice on our rooftop and breathe in a fresh start to your day!

**Tuesdays and Thursdays | 7:00 – 8:00 am**  
**June 5 – August 30 | M Free, NM \$25\***

### The Buddy System: Partner Training Clinic

The human body is by far the most efficient exercise machine ever created, but two bodies are better than one! Join Beastanetics creators, Tim Haft and Shana Brady, for a series of fun and effective partner conditioning drills. Appropriate for all fitness levels. Bring a friend or we'll find a buddy for you!

**Tuesday, May 15 | 7:00 – 8:00 pm | M Free, NM \$25\***

### Punk Rope on the Roof with Tim and Shana

Founded in 2004, Punk Rope is a mash-up of jump rope, recess, and rock 'n' roll. A memorable fitness experience, Punk Rope can improve your cardiovascular health, coordination, agility, speed, strength, balance, waistline, and bone density.

**Thursday, May 31 | 7:00 – 8:00 pm | M Free, NM \$25\***

*\*\$25 fee includes Day Pass privileges*

## SPECIAL CLASSES\*

### 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 percent of the workouts within your first session, your next session will be free!

**6 Mondays and 6 Wednesdays**

**Session I: May 7 – June 18 | 6:30 – 7:15 am**

**No class 5/28 | M \$120/session, NM \$180/session**

**Session II: June 25 – August 6 | 6:30 – 7:15 am**

**No class 7/4 | M \$120/session, NM \$180/session**

*\* Registration Required*



## 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 Members – 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

**Partner training sessions are one hour.**  
**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). Please note: We kindly request a 24 hour notice for cancelation of any booked PT session.

# AQUATICS

Our sparkling pool is refreshing and delightful in the summer heat.

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.

Swim classes at the 14th Street Y start for kids as young as six months. We also offer instruction for kids with special needs. For a low-impact, full-body workout, turn to our expert instructors in aqua aerobics, cardio, and even boot camp. We feature the American Red Cross Learn to Swim program, taught by certified water safety instructors, for kids three years and older. Private and semi-private swim lessons are also available.

**SUMMER CLASSES July – August | Most classes are 7 days**

## ADULTS

Adult swim classes are available for every level. Whether it's your first time in the pool or you're looking to improve your freestyle flip turn—you'll find the class that's right for you.

### Adult Beginner Swim

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

### 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.

### 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.

### 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.

### Aqua Cardio

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

MORE  
ONLINE

For class days, times, and to register  
for Adult swim classes, please visit  
[14StreetY.org/Aquatics](https://14StreetY.org/Aquatics)

## KIDS

All kid sessions are **M \$126, NM \$168**

### 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. One 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. One 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 for kids 3 to 4). Independent swim skills are introduced as your child continues to progress.

MORE  
ONLINE

For class days and times and to register  
for Kids swim classes, please visit  
[14StreetY.org/Aquatics](https://14StreetY.org/Aquatics)

**NO CLASS DATES:**  
May 28: Memorial Day  
July 4: Fourth of July



## LEARN TO SWIM PROGRAM

Drop-off swim classes  
for 3 years +



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 yrs (first drop-off swim class)**

**Sea Horses | 4 – 5 yrs**

**Otters | 6 – 7 yrs**

**Dolphins | 8 – 9 yrs**

**Sharks | 10 – 12 yrs**

### 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.

### 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 conducted by a qualified and experienced coach. Swimmers must be level 5 or above and have the desire to have fun.

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







## 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](http://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).

## Private/ Semi-Private Swim Lessons

Ages 3 – adult

### Private Swim Lessons

30 minutes: M \$45, NM \$60/person  
Package | ten lessons and get one free  
(30 minutes): M \$450, NM \$600/person

### Semi-Private Swim Lessons

30 minutes: M \$40, NM \$55/person  
Package | ten lessons and get one free  
(30 minutes): M \$400, NM \$550/person

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



## PORTRAITS OF THE 14TH STREET Y PHOTOGRAPHS BY BRIDGET BADORE

### Michiyo Kigawa

Japanese Program Administrator

“I started working at the 14Y as a teacher in 1995, in one of the branches of the Educational Alliance on 5th Avenue. I started directing my Japanese classes a year later. At that time, we moved over here to the 14th Street Y to have a Japanese Parenting and Family Center. The basic reason that I’m here is because I came to the United States from Japan, where I was born, with my husband who wanted to be a professional pianist—now he is! At the time, I was a music teacher in Japan. My husband, he thought there was no reason for me to come, but I said no, that I’d love to come with him. So I came here.

I love working with children, so I looked all over for a place where I could work as a teacher. This place is one of them. I really love the policy of the Educational Alliance, which this organization is part of, that has been helping to build the community for people from many different backgrounds—I’m one of them. I’m so lucky to be able to work here for so many years.

I have a class for children who have a background or have the opportunity to communicate in Japanese at home. That means one of the parents of the children are Japanese or one can speak Japanese. I’m trying to help them learn the Japanese language and culture—for them to really cherish their roots.

What I love about the 14Y—this is a place for me, this is a place that gave me so many precious experiences. Meeting people, the center of this community and the Educational Alliance, they’re always cherishing diversity and every wonderful part of each one of us. Every one of them, the people here, are always bright, and happiness is here. So I really love that part of 14Y.”

*Portraits of the 14th Street Y* is a photography project that tells the stories behind the many faces of the 14th Street Y community. Learn more and see the portraits at [14StreetY.org/Portraits](http://14StreetY.org/Portraits).

Japanese classes will resume in the fall.

# 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 year-long education programs and individual classes below. Education programs run from September through June, and mini sessions and drop-in classes are offered all year long.

Now  
accepting  
applications for  
the 2019–2020  
school year

## Preschool

Our renowned Preschool stimulates and supports children's natural curiosity about the world in which they live and is guided by the firm belief that "play is a child's work." We weave in an organic thread of Jewish holidays, values, and traditions throughout our curricular adventures and experiences during the school year.

Our sunny spacious classrooms are filled with rich and varied materials children need to experience productive and meaningful learning opportunities.

Apply now for the 2019 – 2020 school year.



Learn more about our 14th Street Y Preschool,  
visit [14StreetY.org/Preschool](https://14StreetY.org/Preschool)

## Prelude to Preschool

Our signature Two x Two, Young 2's, and Now We Are Three 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 or gym time in our Indoor Playroom. Grown-ups will also enjoy the camaraderie and support our discussion groups and evening parenting workshops!

### Two x Two: Gradually Separating Ages 21 – 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 phased out of the room.

**The Gradually Separating programs meet two or three days a week for one hour and 40 minutes.**

**9:15 am and 11:15 am  
sections available  
September – June**

### Two x Two: Non-Separating Ages 21 – 29 months

Your child is exploding with energy and an ever-growing curiosity about everything, while you're just trying to keep up with this dynamo! This class will channel that energy and satisfy that unbounded curiosity. While children enjoy choice time with their teachers and friends on one side of the room, adults enjoy the support of their own new friends in their weekly "grown-up meetings" on the other side, giving everyone a taste of independence. Adults remain in the classroom for the full school year, while children continue to develop their autonomy with their grown-ups present.

**Monday/Wednesday  
11:15 am – 12:45 pm  
September – June**

### Young 2's: Gradually Separating Two x Two Ages 18 – 23 months

Our Young 2's Two x Two is tailor-made for children who may not be ready or quite old enough to begin our regular Two x Two in September, but as they approach their second birthday will surely need new challenges! While the content, structure and goals mirror our regular Two x Two, the activities and separation process are tailored to the developmental needs of this slightly younger group.

**Monday/Wednesday and  
Tuesday/Thursday options available  
September – June or Winter/Spring  
semester (below)**

**Ages 20 – 25 months  
January – June**

### Now We Are Three Ages 32 – 42 months

Now We Are Three is a separated preschool alternative program for 32–42 month-olds that offers children the structure and content of a preschool setting while preparing them for a longer day the following year. It focuses on deepening friendships, extending imaginative play, building social and emotional intelligence, and developing pre-literacy skills through story-telling and dramatizing the children's own stories.

**Tuesday/Thursday  
11:15 am – 1:30 pm  
September – June**

*While these programs are not prerequisites for admission to the 14th Street Y Preschool, families in these programs will receive priority consideration in the admissions process. → **For more information**, pricing, and to schedule a tour, please contact Jane Kornbluh, Director of Two x Two and Now We Are Three Programs, at 646-395-4337 or [JKornbluh@14StreetY.org](mailto:JKornbluh@14StreetY.org)*

Now accepting  
applications for  
2018–2019 and  
2019–2020  
school years



## EARLY CHILDHOOD DROP-IN CLASSES

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.

### NEW PARENT DROP-INS

#### New Parents Stroll-In

**Ages birth – crawling**

Come meet other parents and babies in a relaxed environment. Group Facilitator, Hope Baker, Psy. D., leads discussions around sleep, feeding, infant development, parenting styles and more to guide you through the joys and challenges of parenting. New moms can start this class at any time.

**Tuesdays, 1:15 – 2:45 pm | June 19 – August 14**

#### Sunday New Parents Stroll-In

**Ages birth – early walkers**

Take a breather with other moms and dads on a Sunday once a month for discussion about the joys and challenges of your developing baby.

Facilitated by Hope Baker, Psy. D.

**2 Sundays, 11:00 am – 12:30 pm  
May 6 and June 10**

#### 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  
5/10, 5/24, 6/7, 6/21, and 7/26**



### 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. This class is perfect for those interested in a less structured class—or just looking for something fun to do!

**3:15 – 4:00 pm and 4:15 – 5:00 pm**

**Mondays, June 18 – August 6**

**Tuesdays, June 19 – August 7**

**Wednesdays, June 20 – August 8 | No class 7/4**

**Thursdays, June 21 – August 9**

**NEW! Thursdays, June 21 – August 9  
9:15 – 10:00 am**

#### BananaJam Music & Movement

**Ages 3 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.

**Fridays, 12:45 – 1:30 pm | June 22 – August 10**

### 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.

**Mondays, 11:30 am – 12:30 pm | June 18 – August 6**

**Fridays, 11:00 am – 12:00 pm | June 22 – August 10**



### PARENT AND BABY FITNESS DROP-INS

#### New Baby, New Body!

#### New Mom's Fitness Class

**Ages 6 weeks – pre-crawling**

**FREE FOR MEMBERS**

This class focuses on strength training with special attention to core and balance for the postpartum mom. All muscle groups are addressed, using weights (including babies) at low impact cardio intervals. This safe, challenging workout includes music from all genres.

**Thursdays, 1:00 – 2:00 pm**

#### Postpartum Pilates with Baby

**Ages 6 weeks – pre-crawling**

**FREE FOR MEMBERS**

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 work out.

**Tuesdays, 11:00 am – 12:00 pm**

#### Baby and Me Barre

**Ages 6 weeks – pre-crawling**

**FREE FOR MEMBERS**

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 | No class 7/4**

#### Baby & Me Yoga

**Ages 6 weeks – pre-crawling**

**FREE FOR MEMBERS**

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**

→ **For more information** about our parenting classes, please contact Dana Federbush at [DFederbush@14StreetY.org](mailto:DFederbush@14StreetY.org)



For times and dates for all drop-in classes, please visit [14StreetY.org/EarlyChildhood](https://14StreetY.org/EarlyChildhood) for up-to-date schedules.

## EARLY CHILDHOOD 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.

# REGISTER



### EXPECTANT AND NEW PARENTS

#### Baby Care Workshop (ongoing)

Come learn the ins and outs of caring for your new baby. Topics covered include parenting skills such as diapering, clothing, bathing, and feeding, as well as the adjustment to life with a newborn. For expectant parents. Please pre-register. Led by Andrea Syms-Brown IBCLC, RLC, CIMI.

Once a month on Wednesdays, 6:30 – 8:30 pm  
5/9, 6/6, 7/11, 8/1

M \$50 per workshop/couple,  
NM \$55 per workshop/couple

#### Infant/Child/Adult CPR

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.

Once a month on Mondays, 6:30 – 8:30 pm  
5/14, 6/4, 7/16, 8/6

Certification in CPR with AED:

M \$100, NM \$110

Without Certification in CPR with AED:

M \$90, NM \$100

### 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 water play on the roof. Snack will be served.

Mondays, 9:30 – 11:00 am | June 18 – August 6  
Fridays, 9:15 – 10:45 am | June 22 – August 10

M \$315, NM \$340

### Surf and Turf

#### Ages 12 months – 24 months

Enjoy a half hour of water play on the roof, followed by games, arts & crafts, music and movement in the classroom.

Mondays

9:15 – 10:15 am

June 18 – August 6

M \$275, NM \$300



### MUSIC

#### CantaEspañol | 6 months – 3 years

Through songs, musical games, and movement, your child will be totally engaged in the Spanish language. Class interactive activities will serve to develop self expression and social skills. Conducted completely in Spanish, the CantaEspañol class will introduce Spanish into your child's life in a lively and super fun way! Each family will receive a song booklet with songs in English and Spanish. All in Spanish, but no Spanish required!

Mondays, 4:15 – 5:00pm | June 18 – August 6

M \$255, NM \$285

#### Rock-a-Baby

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.

Wednesdays | June 20 – August 8 | No class 7/4

M \$280, NM \$310

Session I: Ages 12 months – 3.5 years

10:15 – 11:00 am

Session II: Ages 2 months – 18 months

11:15 am – 12:00 pm

### DEVELOPMENTAL MOVEMENT & SPORTS

#### 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.

Fridays | June 22 – August 10

Session I: Ages 12 – 24 months | 9:15 – 10:00 am

Session II: Ages 24 – 36 months | 10:15 – 11:00 am

M \$300, NM \$320

### SEPARATED CLASSES (DROP-OFF)

As your child gets older, they need a little time for their independence to learn new things. Register for one of our Drop-Off classes and your little one will come home with new stories to tell.

#### Sports Fun | Ages 3 – 5 years

Sports Fun is an introductory multi-sport class. Children will learn the basic knowledge needed to play basketball, baseball, soccer, and football. Every class will include age appropriate skills and games to help develop coordination, agility and speed. Each class will start with a warm up, followed by sport specific stations and end with a game or games related to the sport of the day. This class will be held on the rooftop playground, weather permitting.

Tuesdays, 1:15 – 2:00 pm | June 19 – August 7

M \$320, NM \$345

#### 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 literary abilities.

Wednesdays, 3:30 – 5:00 pm | June 20 – August 8

No class 7/4 | M \$290, NM \$305

→ For more information about our parenting classes, please contact Dana Federbush at [DFederbush@14StreetY.org](mailto:DFederbush@14StreetY.org) or visit [14StreetY.org/EarlyChildhood](http://14StreetY.org/EarlyChildhood).



## Parenting Support Groups

### Parenting Your Preschooler

**Ages 3 – 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 3 – 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.

→ **For more information** and schedule please contact Jane Kornbluh at 646-395-4337 or [JKornbluh@14StreetY.org](mailto:JKornbluh@14StreetY.org).

### New Parents Stroll-In

**Ages birth – crawling**

Come meet other parents and babies in a relaxed environment. Group Facilitator, Hope Baker, Psy. D., leads discussions around sleep, feeding, infant development, parenting styles and more to guide you through the joys and challenges of parenting. New moms can start this class at any time.

**Tuesdays, 1:15 – 2:45 pm**  
**June 19 – August 14**

### Sunday New Parents Stroll-In

**Ages birth – early walkers**

Take a breather with other moms and dads on a Sunday once a month for discussion about the joys and challenges of your developing baby. Facilitated by Hope Baker, Psy. D.

**2 Sundays, 11:00 am – 12:30 pm**  
**May 6 and June 10**



### PARTY ON THE ROOF!

Our roof is ideal for birthday parties. For more information, including rates and availability, please visit [14StreetY.org/rentals](http://14StreetY.org/rentals).





# 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, sport, 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.



A full list of enrichment activities are posted on our website at [14StreetY.org/AfterSchool](https://14StreetY.org/AfterSchool)

## AFTER SCHOOL

Informed by an inclusive and culturally rooted Jewish Philosophy, After School offers a wide range of programming from sports and arts to knitting and Spanish to swimming and Shabbat. (Pre-K through 5th grade). Transportation is available from our partner schools to the 14th Street Y.

### Grades K – 5

The philosophy at the 14th Street Y 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 both Monday and Friday afternoons. Your after schooler will engage in a 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 include dance, Gaga and chess, Chinese, science, and more. When you register, you 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 take a variety of swimming and athletic classes.

Our staff will escort them to and from their classes. 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, Success Academy Union Square, and Immaculate Conception. NEST+M, and PS 110 require an additional transportation fee.

### Pre-K After School

New this year, 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 3:00 – 5:00 pm, with the option to extend until 6:00 pm for an additional fee. Open to students attending the 14th Street Y 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, sign up today!

**Weekdays from 3:00 – 5:00 pm, with the option to extend until 6:00 pm**

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

*The 14th Street Y After School Program is proud to be a chartered member of the Boys and Girls Club of America.*

### Holiday Camps with After School

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 (K through 6th grade). For kids with special needs, our dedicated programming includes swim instruction and an exciting weekend schedule featuring soccer, swim, music, movement and art.

→ **For more information** please contact [AfterSchool@14StreetY.org](mailto:AfterSchool@14StreetY.org)

### Holiday Camp Schedule

**April 2 – 6 | Spring Break**

**June 7 | Anniversary Day**

**June 11 | Chancellor's Day**

**June 15 | Eid al-Fitr**

### Half Day Schedule

We also cover most school half days.

## KOL: Special Needs Youth Program 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.

→ **For more information** KOL Fall Semester begins in October, please contact [KOL@14StreetY.org](mailto:KOL@14StreetY.org) or visit our website at [14streety.org/KOL](https://14streety.org/KOL) for more information. 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.



## YOUTH SPORTS

### Ages 3 – 14 years

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-pressured, non-competitive environment to help enhance your child's self-esteem.

**FALL 2018 YOUTH SPORTS COMING SOON!**  
Check back in August for our fall listings.

## YOUTH SPORTS

### Ages 10 – 18 years

- Fall basketball classes for ages 10 – 14 open for registration in early August.
- Aqua Jet Swim Team, visit [14StreetY.org/Aquatics](http://14StreetY.org/Aquatics) for more details.

MORE ONLINE

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



## TEEN PROGRAMMING

The 14th Street Y truly has something to offer every teen of every interest in NYC.

→ For more information about our teen theater camp, email [TeenTheater@14streety.org](mailto:TeenTheater@14streety.org) or call 646-395-4323.

### Teen Theater Summer Camp

Join a Teen Theater Summer Camp like no other, in the heart of the East Village, for a true downtown experience—where some of the most cutting edge theater is born!

From July 9 – August 3, The Theater at the 14th Street Y offers a four week theater camp that will engage teens interested in performance, writing, and design through unique programming

that gives each student an opportunity to craft their own individual experience.

The curriculum is custom-crafted around each camper's interest, experience level and abilities. Campers work daily with professional artists, program administrators and guest artists, gaining priceless insight into the craft through mentorship and experience with current working professionals. Teens hone

their artistic skills as they write, create, direct and design their own theater pieces; spending full days in a beautiful theater used by some of NYC's most imaginative creators. Together, they build a strong and diverse ensemble based on core Jewish sensibilities that speak to students of all backgrounds. Campers also get to choose between a Performance Track and a Technical Theater Track. Technical Theater students will work with a resident designer to design, build and run the production. Our camp is divided into two week sessions: Theater Lab and a Musical Theater Lab. Each camp session culminates in a full-scale production in the 14th Street Y's professionally equipped black box theater. These sessions can be taken separately or you can join us for the full four weeks. Teens who sign up for 4 weeks will also be given a month's membership to the Y with access to our pool, gymnasium, and fitness center.

Teens from this camp will be eligible for auditioning to be part of our new Teen Ensemble, which will begin in the Fall of 2018. A company of teens will be curated throughout the year to learn how to express their own stories and create pieces that will be shared with other cultural centers around the world!



MORE ONLINE

for more information on dates and rates, please visit [14StreetY.org/TeenTheater](http://14StreetY.org/TeenTheater)



# 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.



Make your summer plans today! At the 14th Street Y, city kids get a true camp experience, recognized as a key to kids' 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.

For unforgettable summertime fun, check out our roster of summer camps. From toddler programs to teen theater summer camp, the 14th Street Y's summer programs have something wonderful in store for your child.

Camps run for up to eight weeks. End of summer and school-vacation camps are also available.

## NEW COUNTRY DAY CAMP

### Outdoor Camp in Staten Island's HENRY KAUFMANN CAMPGROUND Rising kindergarteners – 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 kids K-8th grades. A non-religious program, NCDC kids jump into new ideas and embrace universal concepts through cultural Jewish sensibilities and storytelling.

→ **For more information** please contact [newcountry@14streety.org](mailto:newcountry@14streety.org), call 646-395-4357, or visit [14StreetY.org/NewCountryDayCamp](http://14StreetY.org/NewCountryDayCamp)

## NEW TOWN DAY CAMP

### Ages 3.5 – 6 years

NTDC 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 at 646-395-4326, email [MRomero@14StreetY.org](mailto:MRomero@14StreetY.org), or visit [14StreetY.org/camps](http://14StreetY.org/camps)



For more information including dates, times, and fees, please visit [14StreetY.org/Camps](http://14StreetY.org/Camps)

"Warm, loving environment with caring and patient counselors. Building Jewish community in a broad sense of the word. Creating a place my kids want to return."

— NEW COUNTRY DAY CAMP PARENT



## TODDLER DAY CAMP

### 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.

**Tuesdays, Wednesdays, and Thursdays**

**Section I: 9:00 – 10:45 am**

**Section II: 11:00 am – 12:45 pm**

**Mondays and Wednesdays**

**Section III: 3:15 – 5:00 pm**

### 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 Two x Two. 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.

**Section I: Mondays and Wednesdays**

**9:30 am – 12:00 pm**

**Section II: Tuesdays and Thursdays,**

**9:30 am – 12:00 pm**

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



# 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 Grinspoon are proud to partner with Downtown Jewish Life.

**DOWNTOWN  
JEWISH  
LIFE**

## 14th Street Y Presents: Storytime in the Square with PJ Library

Come out to Union Square Park every Thursday this summer for a free song session and story time! We'll be reading children's stories, making music, and having fun together under the sun! This will be our third summer joining Summer in the Square with the Union Square Partnership. Can't make our program? Come find the 14th Street Y tent to find out more about the Y and other family programs. This event is co-sponsored by PJ Library.

**Every Thursday, 2:30 – 3:00 pm | June 14 – August 9 | Union Square Park**

## Tikkun Leil Shavuot

Venture INTO THE NIGHT on **May 19, 2018** 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/IntoTheNight](http://14StreetY.org/IntoTheNight)



## 3 ways to support the 14th Street Y

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.

### 1 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

### 2 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 Lauren Savage at [LSavage@14StreetY.org](mailto:LSavage@14StreetY.org).

### 3 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 Lauren Savage at [LSavage@14StreetY.org](mailto:LSavage@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 program of the Educational Alliance, Inc. (EIN 13-5562210), will be tax-deductible to the extent allowed by the law.

## 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 of LABA: A Laboratory for Jewish Culture.

### 2018–2019: A Season of War and 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.



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.

#### FLEX PASS

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

BE FIRST  
TO LEARN ABOUT  
OUR UPCOMING  
SEASON

Sign up for our  
newsletter at  
[14StreetY.org](http://14StreetY.org)

### 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](mailto:DStallings@14StreetY.org) or 646-395-4323.

#### We Are a Masterpiece

Retro Productions | April 2 – 22 | Theater

#### In[heir]tance Project

April 23 – May 13 | Theater

#### SEPTEMBER

**Hoaxocast!** | by Barry Levy

Questing Beast Productions | Theater

**The Other Day** | by Mark Jason Williams

Loretta Michael Productions | Theater

**Soldiers and Other Living Things**

by Michael Boyd | AAG Productions | Theater

#### OCTOBER

**...it's time...** | choreography by Jenn Freeman  
Freemove Productions | Dance

**The Hearing** | conceived by Renana Raz

LABA 2nd Stage | Theater

**The Not so Spooky Ghost** | by Chad Williams

WonderSpark Puppets | Theater for Young Audiences

#### NOVEMBER

**Fox Fables** by Chad Williams

WonderSpark Puppets | Theater for Young Audiences

**Layer the Walls** created by Liz Parker & Rachel Sullivan | Theater for Young Audiences

**The Baby Monitor** by David Stallings

Different Translation | Theater

**The Fantastical Dangerous Journey of Q**

by Ric Averill music by Dax Dupuy

Rebel Playhouse | Theater for Young Audiences

## LABA: A Laboratory for Jewish Culture

LABA is a laboratory for Jewish culture in which classic Jewish texts inspire the creation of new art. Our goal at LABA is to present Judaism's rich literary and intellectual tradition in a

free and creative setting so that these stories and ideas spark new thought and culture. The creative output from our House of Study pushes the boundaries of what Jewish art can be and what Jewish texts can teach. Our programming includes original productions for the stage, art installations, and special events for both children and adults. LABA is supported by the 14th Street Y, a program of Educational Alliance. Additional support for LABA comes from the NYC Department of Cultural Affairs in partnership with the City Council, and from patrons like you.

### LABA'S 2018–2019 Theme: Life + Death

“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.

If these subjects move you, we invite you to apply and be our fellow for 2018-2019. Together, we'll use classical Jewish texts to inspire art, dialogue, and study. Most importantly, we'll have a great time talking, eating, drinking and learning in the lush, fertile, free-flowing, romantic, super-serious and endlessly playful environment of LABA: A Laboratory for Jewish Culture.

Season of LIFE + DEATH 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, visit [LABAJournal.com](http://LABAJournal.com)



BALLET NEPANTLA  
Nepantla will present Valentina, coming spring 2019.





# 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.

**Mondays, 10:30 – 11:45 am**

**May 21 | *A Death in the Family* by James Agee**

**June 18 | *Vanity Fair* by Thackeray**

**No book club in July or August**

**M free, NM \$10, single class \$5**

## Daytime Knitting Circle

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

**Mondays, 1:30 – 3:00 pm | June 4 – August 27**

**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!

**Tuesdays, 1:30 – 2:30 pm | June 5 – August 27**

**No classes in July**

**M free, NM \$40, 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.*

**Wednesdays, 12:30 – 2:00 pm | June 6 – August 1**

**No class 7/4**

**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."

**Thursdays, 1:00 – 2:30 pm | June 7 – August 23**

**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.*

**Wednesdays, 1:15 – 2:45 pm**

**5/2, 6/6, 7/11, 8/1**

**M \$5, NM \$10**

## Bubby's Stories

BUBBY'S STORIES is a live presentation of a wonderful true story. It is the history of seven generations of a Jewish immigrant family. Dating from the late 1800s and their medieval shtetl existence in rural war-torn Belarus, Russia, we follow this family's journey across the European continent, and half the world, into the modernity of the political scene of 20th century New York City.

**Wednesday, May 23, 1:00 – 2:00 pm**

**M/NM free**

## DISCOUNTS FOR SENIORS

Did you know that the 14th Street Y offers a discounted Membership to seniors 65 and over? Visit [14StreetY.org](http://14StreetY.org) or call 646-395-4310 to learn more about our senior-friendly fitness classes.

## 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 seniors 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.

**Monday, May 7, 12:30 – 1:30 pm. Space is limited.**

➔ **For more information** about Senior & Adult Studies events, contact Julie GayerKris at [JGayerkris@14StreetY.org](mailto:JGayerkris@14StreetY.org) or 646-395-4359.

**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 at 646-395-4305 or [LSavage@14StreetY.org](mailto:LSavage@14StreetY.org).

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