

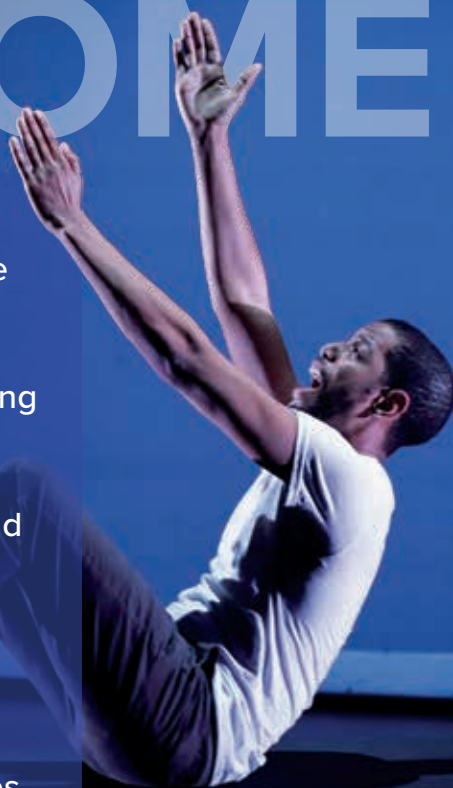
WELCOME



WINTER/SPRING 2018

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.



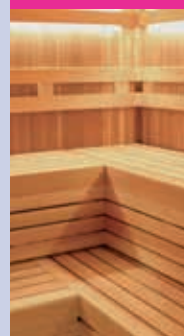
OUR NEW LOOK: INSIDE AND OUT

We've been busy at work here at the 14th Street Y making some exciting changes inside and out.

In 2016, the fitness center was completely renovated and now features a full circuit of Cybex equipment, new floors, and freshly painted walls. This past summer, additional upgrades included new saunas in both locker rooms and a major renovation to the shower areas. "Our focus has been to enhance the member experience in all areas of the 14th Street Y and we will continue to make enhancements throughout the months and years ahead. We are a community where everyone is welcome and we want to provide a warm and comfortable environment for all our guests to enjoy now and always" said Shira Koch Epstein, Executive Director, 14th Street Y.

You'll also notice a brand new look to our catalog! We're making things brighter and more colorful to give you a better sense of all that we're up to and how you can get involved. This December we're also unveiling a brand new website so our community can better engage with us online and in person and learn about all the amazing things that are taking place in our center every day.

Stop by and check out all that we offer here at the 14th Street Y. We can't wait to see you!



Recent renovations to the fitness center include new saunas and new Cybex equipment.



TOP 14 THINGS TO DO AT THE 14TH STREET Y THIS WINTER/SPRING:



PAUSE/
PLAY SELECT
SATURDAYS
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FOR SWIM
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JOIN
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JOIN A
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JOIN A
BASKETBALL
LEAGUE
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GET
PERSONAL
TRAINING
p. 5



WE ARE COMMUNITY



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:

- **Thu. 11/23 | Thanksgiving | closed**
- **Sun. 12/24 | Christmas Eve**
early closing 6 pm
- **Mon. 12/25 | Christmas**
open 9:00 am to 5:00 pm
Service Desk closed
- **Mon. 12/31 | New Year's Eve**
early closing 6 pm
- **Mon. 1/1/18 | New Year's Day | closed**
- **Mon. 3/30 | Eve of Passover**
early closing 6 pm
- **Tue. 3/31 | Passover, 1st Day | closed**
- **Mon. 5/28 | Memorial Day | closed**



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



Letter from the Executive Director

Dear Members and Friends,

As the Executive Director of our Jewish Community Center that serves an exceedingly diverse population, the winter holidays bring many of you by to tell me how you celebrate (or don't!) and how you make decisions about what traditions and ethics guide your lives.



Every year, we welcome all of our members to join us in the lobby as we light the Hanukkah Menorah and say ancient Hebrew words of blessing. Like all Jewish blessings, these are words that hold us accountable and remind us to take action.

Jewish tradition asks us to hold ourselves individually and collectively accountable for our actions, and the words we recite in our spiritual practices serve as a reminder. With a predominant American culture that rewards bad behavior and ignores personal obligations to the greater good, I am grateful for a connection to a culture that offers us a better way forward. It is this focus that has fostered meaningful, productive communities for hundreds of generations, and can offer wisdom to all of us in dark times.

Whether you are guided by Judaism or other traditions; whether you have a dedicated spiritual practice; or simply want to work with other people for the good; I will be praying that each of us find access to the practices that strengthen us and allow us to face adversity with hope, surrounded by love. And may this hope and love turn ourselves to good action that we can undertake together.

As you look through this catalog and find a way to participate in our community—whether to strengthen your own mind, heart, body, or soul, or to assist your friends and neighbors—together, we can ensure that our words, and our actions, bring blessing into our world.

Warmly,

Rabbi Shira Koch Epstein | EXECUTIVE DIRECTOR

Read Shira's full letter on our blog at 14StreetY.org

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

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

CHILDCARE

Childcare while you work out! Affordable (\$5 per hour) childcare for children ages 6 months to 6 years, 7 days per week; 8:45 am – 2 pm with our warm, friendly, and experienced staff. Parents 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)

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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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 and 14StreetY.org/FitnessClasses

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% of the workouts within Session 1, Session 2 will be free!

6 Mondays and 6 Wednesdays
January 1 – February 21 | 6:30 am – 7:15 am
M \$120/session, NM \$180/session.

*Registration Required

SATURDAY FITNESS POP-UPS

M FREE, NM \$20

Kundalini with Paola

A journey through the chakras: Be the light, spread the light! Enjoy breathing and quiet moments together for a well rounded yoga practice suitable and beneficial for all ages.

January 6, 12:45 – 1:45 pm

Holistic Moroccan Belly Dance Workshop

The workshop combines Belly Dance with Moroccan Berber folklore, while focusing on the organic movement of the body and using elements of trance.

January 20, 1:00 – 2:15 pm

Pilates for Strong Bones

Pilates for Strong Bones is a fun, energetic Pilates class that focuses on building bone density, and the workout is safe for people diagnosed with Osteopenia or Osteoporosis. To participate you must be able to get down and up from the floor at least 1 time. If you need assistance, the teacher can help you.

February 17, 1:00 – 2:00 pm

Push-ups & Squat Clinic

In this clinic, we will learn how to improve our push-ups and squats to: prevent injuries (knee discomfort, back pain, etc), maximize the use of the right muscles, ensure stability, good form, and balance, and identify and correct individual participant's needs and questions.

March 17, 12:45 – 1:45 pm

Meditation in Motion

Meditation is a practice of focusing attention. This workshop will use breathing as the object of attention to develop the essential skills of sustained focus and concentration.

April 21, 1:00 – 2:15 pm





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. Visit 14StreetY.org/Schedules for times. 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. See page 12 for more details.

LEAGUES

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

Men's Basketball League

Open Scrimmage (one day only): Sun., January 7
7:00 – 10:00 pm
GAMES: Sun./Mon. nights, January 22 – March 26
M \$130, NM \$150

Women's Basketball League

Open Scrimmage (one day only): Wed., January 10
7:00 – 10:00 pm
GAMES: Wed. nights, January 31 – April 18
M \$120, NM \$140

→ **For more information** about basketball leagues, please contact: Gil Pagan at gilpagan@gmail.com or visit 14StreetY.org/basketball.

**Basketball league games are subject to change.*

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.*

Personal Training

Single Session (1 hour): \$70
Five Session Package: \$330 (\$66/session)
Ten Session Package + 1 BONUS session: \$700 (\$63/session)
Single Session (30 minutes): \$45
Five Session Package: \$215 (\$43/session)
Ten Session Package + 1 BONUS session: \$450 (\$41/session)

Partner Training

Partner Training Single Session: \$40/person
Five Partner Training Session Package: \$185 (\$37/session)
Ten Partner Training Session Package + 1 BONUS Partner Training session: \$400 (\$36/session)

→ **For more information** regarding personal training or to schedule a session, please contact PT@14StreetY.org.

Please Note: We kindly request a 24 hour notice for cancelation of any booked PT session.



PORTRAITS OF THE 14TH STREET Y PHOTOGRAPHS BY BRIDGET BADORE

Alice | Juggling Instructor & CSA Volunteer

“I read a study where researchers in Germany took 18 people, made them promise not to change any of their habits like eating, exercising, whatever they were doing, then taught nine of them to juggle and let the other nine keep on with their lives as they were. The nine that learned to juggle grew new brain cells, while the others did not. I was telling my friends about that, and they were like ‘well, can you teach us how to juggle?’ I said ‘sure, but we have to have a place... you can’t just do it out on the sidewalk very well.’ And that’s how the juggling class got started here at the 14th Street Y.

My favorite part of the 14Y is the inclusiveness. That’s one of my favorite things about New York in general. You don’t have to be Jewish to be a part of this [community center], which is great.”

Portraits of the 14th Street Y is a photography project that tells the stories behind the many faces of the 14th Street Y community. Stop by the Lobby now through January 6 or visit 14StreetY.org to see the full gallery.



AQUATICS

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



For class days and times and to register for swim classes, please visit 14StreetY.org/Aquatics

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.

WINTER CLASSES January – March | SPRING CLASSES April – June | Most classes are 10 days

ADULTS

Adult swim classes are available for every level. Whether it's your first time in the pool or your 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 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.

KIDS

All kid sessions are **M \$180, NM \$240**

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 | 24 – 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.

Private/Semi-Private Swim Lessons

Private Swim Lessons

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

Semi-Private Swim Lessons

30 minutes: M \$35, NM \$50/PERSON
Package | ten lessons and get one free (30 minutes): M \$350, NM \$500/person

→ To schedule private/semi-private swim lessons, please contact Cheuk Wai Ngou, Aquatics CNgou@14StreetY.org or 646-395-4316



NO CLASS DATES:
Jan. 15: Martin Luther King Jr. Day
Feb. 17 – 23: Winter Break
March 30 – April 7: Spring Break
May 28: Memorial Day

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 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 | 8 – 9 yrs

Dolphins | 6 – 7 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 – 12 years

A non-competitive recreational swim team for children and teenagers. Work on and improve 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.

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 swim diapers.

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/Aquatics

ADULT LAP SWIM is offered throughout the day for members. One lap lane is also available during family swim time.

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

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.

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, story-telling, cooking, work time in our classroom learning centers, outdoor play on our rooftop playground or gym time in our Indoor Playroom. Grownups will also enjoy the camaraderie and support our discussion groups and evening parenting workshops offer!

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 2018 – June 2019**

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 2018 – June 2019**

While these programs are not prerequisites for admission to the 14thStreet 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**

Young 2's: Gradually Separating Two x Two

Ages 20 – 26 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 2018 – June 2019 or
January 2019 – June 2019**

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 2018 – June 2019**

Now accepting applications for the 2018–2019 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.

Limited spaces are available for the 2018 – 2019 school year.



Learn more about our 14th Street Y Preschool, visit 14StreetY.org/EarlyChildhood

Michael Luft | Preschool Director

“Child development is like building a house, the foundation you lay is so critical. The first five years of life set in motion what is possible for their future success and development. You can start even before your child is born, the music, the way you talk and the way you move all impact your child. Once born, meaningful engagement happens every time you smile and they smile back. Our attunement to their moods and spirit creates possibilities for them to be excited about the world and regulate their emotions.”

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.

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.

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

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!

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 grownups and children.

Developmental Movement

Lap Babies & Crawlers

Ages 2 – 12 months

Lap babies and crawlers 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.

Cruisers & Walkers

Ages 12 – 18 months

Little ones that are cruising, pulling up and new to walking prepare for these milestones by challenging balance, coordination and gross-motor planning. Each week will focus on a specific skill through games, songs and obstacles that include climbing, balance, spatial awareness, and coordination.

Runners & Jumpers

Ages 18 – 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.



For times and dates for all drop in classes, please visit 14StreetY.org/EarlyChildhood for up-to-date schedules.

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.

Indoor Playground | *Ages 6 months – 3 years*

Make a playdate at the Y. 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.

→ For more information about our parenting classes, please contact Dana Federbush at DFederbush@14StreetY.org

Parent and Baby Fitness Classes

New Baby, New Body!

New Mom's Fitness Class **FREE FOR MEMBERS**

Ages 6 weeks – 12 months

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.

Postpartum Pilates with Baby **FREE FOR MEMBERS**

MEMBERS | *Ages 6 weeks – 12 months*

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.

Mommy and Me Barre **FREE FOR MEMBERS**

Ages 6 weeks – 12 months

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.

Mommy & Me Yoga **FREE FOR MEMBERS**

Ages 6 weeks – 12 months

Come to Mommy and 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.



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.

EXPECTANT 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 Wednesday, 1/10, 2/7, 3/7, 4/11, 5/2, 6/6 | 6:30 – 8:30 pm | M \$50 per workshop/couple, NM \$55 per workshop/couple

NEW PARENTS

Yarn Babies! Mommy and Me Knitting Class*

If you've recently had a baby, now is a perfect time to find a creative outlet or rediscover an old one. Held Friday afternoons in our sunny, comfy, infant-friendly playroom, this 4-part series will teach you all the basics of knitting as you craft a custom-made hat for your baby. Join us for this relaxing and rewarding activity!

**All materials for the first class provided. Participants will then have option to bring their own materials or purchase them from the instructor. For more information contact Jane Kornbluh at 646-395-4337 or JKornbluh@14StreetY.org.*

Fridays, 2:45 – 4:15 pm
Session I: March 2 – March 23
Session II: April 13 – May 4
M \$90, NM \$100

Infant/Child/Adult CPR with 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.

Once a month on Mondays, 1/29, 2/12, 3/19, 4/16, 5/14, 6/4 | 6:30 – 8:30 pm
Certification in CPR with AED M \$100, NM \$110
Without Certification in CPR with AED M \$90, NM \$100

→ **For more information** about our parenting classes, please contact Dana Federbush at DFederbush@14StreetY.org or visit 14StreetY.org/EarlyChildhood.

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 in the Playroom. Snack will be served.

Mondays, 9:15 – 10:45 am
Session I: Feb. 5 – March 26 | M \$275, NM \$300
Session II: April 9 – June 4 | M \$315, NM \$340
Wednesdays, 10:30 am – 12:00 pm
Session III: Feb. 7 – March 28 | M \$275, NM \$300
Session IV: April 11 – May 30 | M \$315, NM \$340
Fridays, 9:15 – 10:45 am
Session V: Feb. 9 – March 30 | M \$275, NM \$300
Session VI: April 13 – June 1 | M \$315, NM \$340
No class 2/19, 2/21, 2/23, 4/2, 4/4, 5/28

NEW Playtime | Ages 12 – 18 months

Accompanied by a parent or caregiver, Playtime will provide a mix of activities designed to appeal to these energetic busy bodies. Interactive storytelling, music, movement, art, snack and sensory exploration will keep these little ones engaged in the classroom, while ramps, balls, tunnels, and climbers will challenge their growing muscles and coordination while they visit our Indoor Playroom. This class will also introduce children to socialization and classroom routines in an age appropriate way while parents and caregivers have the opportunity to make new grownup friends.

→ **For more information** please contact Dana Federbush at 646-395-4336 or DFederbush@14StreetY.org

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 – 5:00 pm
Session I: Feb. 5 – March 26 | No class 2/19
M \$225, NM \$250
Session II: April 9 – June 4 | No class 5/28
M \$255, NM \$285



Magical Movement with Mik

Children dance, sing, play instruments, and create musical 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

Tuesdays, 9:15 – 10:00 am | M \$280, NM \$300
Session I: Feb. 6 – April 10 | No class 2/20, 4/3
Session II: April 17 – June 5

Ages 25 – 26 months

Tuesdays, 10:00 – 10:45 am | M \$280, NM \$300
Session I: Feb. 6 – April 10 | No class 2/20, 4/3
Session II: April 17 – June 5

NEW MusiKef | Ages 1 – 4 years with parent/caregiver

This live music class focuses on Israeli and Jewish traditions through the introduction of the Hebrew language. The class will expose children to Israeli music, both traditional and contemporary, expanding and enriching their Hebrew vocabulary. Children explore colors, animals, numbers, and seasons through singing songs and dancing. This class is taught in Hebrew by Yaala Ballin, a Jazz musician and Yeva Rinsky, a dancer.

Mondays, 5:15 – 6:00 pm
Session I: Feb. 5 – March 5
Session II: March 12 – April 9
Session III: April 16 – May 7
Thursdays, 9:00 – 9:45 am
Session I: Feb. 8 – March 8
Session II: March 15 – April 2
Session III: April 19 – May 10
Session IV: May 17 – May 31
M \$145, NM \$155 per session

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.

Ages 12 months – 3.5 years

Wednesdays, 10:00 – 10:45 am
Session I: Feb. 7 – March 28 | No class 2/21
M \$280, NM \$310
Session II: April 11 – May 30 | M \$320, NM \$350

Ages 2 months – 18 months

Wednesdays, 11:00 – 11:45 am
Session I: Feb. 7 – March 28 | M \$280, NM \$310
Session IV: April 11 – May 30 | M \$320, NM \$350

KIDS & FITNESS

Kids in Sports

Children engage in a variety of sports related movements to improve their fine and gross motor skills. Throwing, catching, kicking, running, and balance are practiced with maximum success coming from coaching through encouragement of their attending adult.

Ages 12 – 24 months

Thursdays, 11:00 – 11:45 am

Session I: Feb. 8 – March 29 | M \$260, NM \$280

No class 2/22

Session II: April 12 – May 31 | M \$300, NM \$320

Fridays, 9:15 – 10:00 am

Session III: Feb. 9 – March 30 | M \$260, NM \$280

No class 2/23

Session IV: April 13 – June 1 | M \$300, NM \$320

Ages 24 – 36 months

Thursdays, 10:00 – 10:45 am

Session I: Feb. 8 – March 29 | M \$260, NM \$280

No class 2/22

Session II: April 12 – May 31 | M \$300, NM \$320

Fridays, 10:15 – 11:00 am

Session III: Feb. 9 – March 30 | M \$260, NM \$280

No class 2/23

Session IV: April 13 – June 1 | M \$300, NM \$320

JAPANESE

Japanese Playday | Ages 22 – 36 months

Our Playday is conducted in Japanese. Your child will be introduced to the language through age appropriate crafts, songs, story time, and interactive games. There will be 30 minutes of gross motor activities in the playground.

Fridays, 10:30 am – 12:00 pm

Session I: Feb. 9 – March 30 | No class 2/23

M \$260, NM \$285 per session

Session II: April 13 – June 1

M \$300, NM \$330 per session

Yochi Yochi Class | Ages 9 – 22 months

This early childhood class is conducted in Japanese for parents who wish to provide a play environment in Japanese for their toddlers. Traditional children's songs and movements introduce the language and encourage interaction among very young children. Parents or caregivers, who must accompany the child, are given the opportunity to share information including concerns about raising bilingual children. This class is held in our padded playroom.

Fridays, 1:30 – 2:30 pm

Session I: Feb. 9 – March 23 | No class 2/23

M \$175, NM \$195

Session II: March 30 – May 4 | No class 4/6

M \$150, NM \$170

→ For more information about our Japanese parenting classes please contact Michiyo Kigawa at MKigawa@14StreetY.org.

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 lil one will come home with new stories to tell.

Little Scientists | Ages 3 – 5 years

Children explore many areas of science through hands-on and age appropriate experiments, projects, stories, and discussions. Children's weekly investigations will include polymers, metamorphosis, volcanoes, and other scientific aspects of their environment.

Wednesdays, 2:00 – 3:30 pm

Session I: Feb. 7 – March 28 | No class 2/21

M \$290, NM \$305

Wednesdays, 3:30 – 5:00 pm

Session II: April 11 – May 30

M \$330, NM \$350

Learning Through Literacy

Ages 3 – 5 years

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.

Mondays, 3:30 – 5:00 pm

Session I: Feb. 5 – March 26 | No class 2/19

M \$290, NM \$305

Session II: April 11 – June 4 | No class 5/28

M \$330, NM \$350

Little Bookworms | Ages 2.5 – 3.5 years

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

Fridays, 11:15 am – 12:45 pm, March 2 – May 18

No class 2/23, 4/6 | M \$410, NM \$440

→ For more information about registration contact Jane Kornbluh at 646-395-4337 or JKornbluh@14StreetY.org or visit 14StreetY.org/EarlyChildhood.



Parenting Support Groups

Parenting Your Preschooler

Ages 3 – 5 years

This weekly 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.

Parenting Your Child with Special Needs

Birth – 5 Years

Join our monthly discussion group for parents of young children with developmental and/or medical challenges. The combined experience of the facilitator and group members will offer strategies, resources, and mutual support for managing the issues facing you. This group will meet one evening a month for 75 minutes. Led by Nancy Weinrib, LMSW.

School Age and Up

Does your child have developmental challenges? This monthly support group, designed specifically for people like you, brings your experience and the facilitator's expertise together to create a helpful, educational, and emotional resource. Led by Hedi Levine, MS Ed.

→ For more information please contact Dana Federbush at 646-395-4336 or DFederbush@14StreetY.org. Groups form as needed.

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.

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. (PreK through 5th grade). Transportation is available from our partner schools to the 14th Street Y.



A full list of enrichment activities are posted on our website at 14StreetY.org/AfterSchool

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 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 Patrick Wise at PWise@14StreetY.org

2017 – 2018 Holiday Camp Schedule

January 15 | MLK Jr. Day

February 16 – 23 | Mid-Winter Recess

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.



Special Needs (KOL) Ages 4 – 17 years

As the parent of a child with special needs, you seek community—for your kids and for yourself. Look no further. The 14th Street Y is the downtown community center for everyone. KOL is a weekend program for children with Special Needs and their families.

The 14th Street Y offers weekend programming including soccer, swim, Capoeira, music, movement, and art for children with special needs and their families. The program is geared for children, ages 4 – 17, on the high functioning end of the autistic spectrum and other

developmental differences such as ADHD and language delays.

→ **For more information** about our classes for children with special needs, please contact Blair Davis at BDavis@14StreetY.org or 646-395-4339.

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.

Ballet

Mondays | Ages 3.4 – 5 | 3:30 – 4:15 pm
Mondays | Ages 5 – 7.4 | 4:15 – 5:00 pm

Dribble Thrill Basketball

Mondays | Ages 5 – 7 | 3:30 – 4:15 pm
Tuesdays | Ages 5 – 7 | 3:30 – 4:15 pm

Girls Only Basketball

Tuesdays | Ages 6 – 9 | 3:30 – 4:15 pm
Tuesdays | Ages 10 – 14 | 4:15 – 5:15 pm

Hard to Guard Basketball

Wednesdays | Coed ages 8 – 10 | 3:30 – 4:15 pm
Wednesdays | Coed ages 11 – 14 | 4:15 – 5:15 pm

Rebounds Buckets Basketball

Mondays | Coed ages 5 – 7 | 3:30 – 4:15 pm
Tuesdays | Coed ages 8 – 10 | 4:15 – 5:15 pm

Super Stars Tennis: Mighty Mites

Thursdays | Ages 6.5 – 10 | 3:30 – 4:00 pm

Super Stars Tennis: Tiny Tots

Thursdays | Ages 4 – 6.5 | 4:15 – 5:00 pm



For class details and to register for youth sports, please visit 14StreetY.org/YouthSports

Tumbling & Gymnastics

Tuesdays | Ages 4.5 – 5.5 | 3:30 – 4:15 pm
Tuesdays | Ages 5.6 – 7 | 4:20 – 5:15 pm

Winter Youth Basketball League

Sundays | Ages 5 – 15 | 12:00 – 4:30 pm

→ **For more information** about basketball leagues and classes, please email Patrick Wise at PWise@14StreetY.org

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 for more details.



TEEN PROGRAMMING

The 14th Street Y truly has something to offer every teen of every interest in NYC. Below are only some of the teen initiatives we offer throughout the year.

→ **For more information** about our teen programs, email Teen Initiatives Coordinator, Gadi Paskoff at gpaskoff@14streety.org or call 646-395-4299. Learn more 14streety.org/Teens

Teen Theater Summer Camp

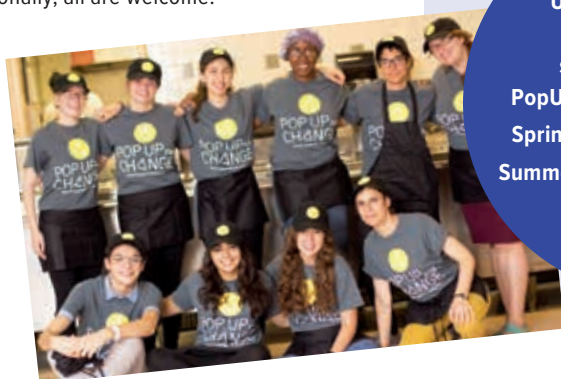
Teens entering 7th – 12th grade with a passion for theater are welcome at TTSC! Come to our off Broadway black box theater and learn with different professional and guest artists for a two week musical lab and/or a two week theater lab. Each session ends in a performance. Whether you have never performed in a play or have worked professionally, all are welcome!

PopUp for Change

PopUp for Change brings teens together to transform urban spaces into vibrant PopUp Hair Salons, food trucks, supper clubs, and fashion boutiques that tackle issues of social justice. Engaging with design thinking and Jewish values, our teens explore, listen, and respond to the needs of the community to make real change in the world.

→ **For more information** about PopUp for Change and to learn about free workshops that we offer throughout the year please contact us at 646-395-4299 or popupforchange@14StreetY.org.

UPCOMING POPUPS!
Apply now for our spring and summer PopUp for Change programs.
Spring PopUp: March 18 – 24
Summer PopUp: August 20 – 31



PORTRAITS OF THE 14TH STREET Y PHOTOGRAPHS BY BRIDGET BADORE

David Stallings | Associate Artistic Director & Theater Manager, 14th Street Y

“In my life, I find community on stage. When I tell a story to a room full of strangers, I hope it has impact on their lives and creates some change in this world.”

I first came to the 14th Street Y in 2011 to see a play in the Fringe Festival that a friend of mine was involved with. I walked through a basic community center—down a couple of hallways, around a few corners and into the most beautiful large black box theater the East Village had to offer. I got a show of mine in that theater within months.

My favorite memory at the 14th Street Y is when I married my husband in this theater on the set of a play I wrote (that he starred in). He and I had been artists in the building for four years and we exchanged our vows on that stage before our friends and community. We chose the 14th Street Y before I began working here, because it provided us a home as artists. We had nothing but amazing experiences here with the community.”

Portraits of the 14th Street Y is a photography project that tells the stories behind the many faces of the 14th Street Y community. Stop by the Lobby now through January 6 or visit 14StreetY.org to see the full gallery.

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.



It's not too early to start thinking about your summer plans. 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 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 KAUFMAN 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 Katie Walker at KWalker@14streety.org or 14StreetY.org/NewCountryDayCamp.

JOIN AN INFO
SESSION AT THE
14TH STREET Y

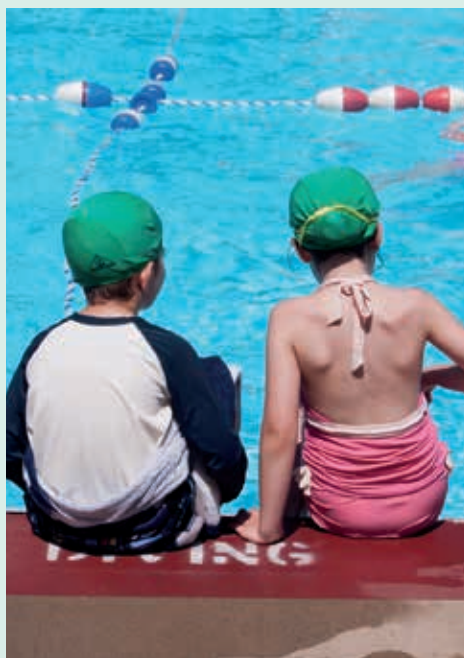
January 23: 6 pm
February 20: 6 pm
March 27: 6 pm

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. Toddler camp programs offer art activities, music, movement, splash and play, with and without parent/caregiver.

→ **For more information** please contact Maybelline Romero at 646-395-4326, email MRomero@14StreetY.org, or visit 14StreetY.org/camps



For more information including dates, times, and fees, please visit 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

Camp registration for Summer 2018 begins January, 2018.

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.

→ **For more information** please contact Dana Federbush at 646-395-4336, email DFederbush@14StreetY.org or visit 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

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 the 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.

Join us on select Saturdays
Nov. – March, 2:00 – 6:00 pm

Members are FREE!

NM Advance Tickets:

Children \$5 | Adults \$10

Family Ticket (up to 5 members) \$35

NM Day of 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 2, 2017

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!

January 6

Tu B'shvat (Going Green)

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!

February 3

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 17

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/Tikkun



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.

Donate Today!

Make a one-time donation online at 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 or contact Lauren Savage at LSavage@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 Lauren Savage at 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.

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 of LABA: A Laboratory for Jewish Culture. Our goal is to provide a big picture narrative focused on social awareness and change.



The Theater supports the creation of new art and culture by placing artists at the heart of the 14th Street Y community, by providing the space, time, and resources needed to create new work. We are inspired by works that welcome artists of all backgrounds, seeking to create an inclusive and open cultural experience for all.

We are presenting a season which merges our Independent Theater and Dance partners with our LABA Fellows into one larger conversation—a Talmudic kind of argument. One necessary theme, OTHER resonated with us in a world so divided, hostile and fragmented. In Hebrew we say *DAVKA* (exactly now or in spite of) which is the moment to find the most humane, ethical, and touching examples of bridging our differences. We are not afraid to present differences—join us in the dialogue.

→ For more information about our season, contact David Stallings,

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

Season of OTHER

All productions in our 2017–2018 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.*

UPCOMING SHOWS

Awake and Sing *New Yiddish Repertory*
November 20 – December 24 | Theater

Black Velvet *Shamel Pitts, Mirelle Martins, Lucca del Carlo*
January 8 – 14 | Dance

Hanna and the Moonlit Dress *LABA 2nd Stage*
January 20 – February 11 | Family Theater

One More Way Files Redux *video installation by Keren Moscovitch*
February 1 – 4 | LABA

Everything you have is yours? *LABA 2nd Stage*
February 8 – 11 | LABA

The Art of Loss *Bryn Cohn + Artists*
February 12 – 18 | Dance

Tap & Tom *Felipe Galgani*
February 21 – 25 | Dance

A Footnote in Ballet History *From the Horse's Mouth*
March 12 – 18 | Dance

Y Cabaret *Bearded Ladies Productions*
March 23 – 25 | Dance

We Are a Masterpiece *Retro Productions*
April 2 – 22 | Theater

In[heir]itance Project
April 23 – May 13 | Theater

LABALIVE SERIES

LABA: A Laboratory for Jewish Culture
March 22 and May 31 | LABA

For more information, visit LABAJournal.com



To purchase tickets, please visit
14StreetY.org/Theater or
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



Photo Credit: Al Foote III Theatrical Photography

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 2017–2018 Theme: War & Peace

LABA'S 2017–2018 Theme: War & Peace. Conflict is part of who we are, it is not an external force that we can aspire to exorcise and be permanently free of. Conflict defines the individual, the social and the cultural self. It is not accidental that our civilization's foundation myth, the Bible, specifies the brutal and indeed fatal quarrel between Cain and Abel as humanity's first step in emerging from the wholeness and innocence of Eden. This year at LABA will study a large selection of ancient texts dealing with conflict and its resolution. Using the story of Cain and Abel as our core text, we will also study the Biblical rules and regulations of war, and of the limitation these rules set on the triumphant party. We will study various epic tales of victory and defeat, focusing on the wonderful storytelling of the books of Judges and Samuel, and see how our ancient sources can identify with both victor and loser. We will also examine some interesting stories about peace—such as the clever peacemaking tactics of Aaron the Priest as they are told in the Talmud, and the prophetic visions of the end of days.

ADULT STUDIES

Monday Book Club

This book club is led by Lorraine Lamazor-Kwest, a trained and certified NY Public Library Group Leader.

6 Mondays, Jan. 15, Feb. 12, Mar. 19, Apr. 16, May 21, and June 18 | 10:30 – 11:45 am
M free, NM \$15, single class \$5



For titles of book club reads, please visit
14StreetY.org/Adult-Studies

Daytime Knitting Circle

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

Mondays, Jan. 8 – June 18 | 1:30 – 3:00 pm
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, Jan. 2 – June 19 | 1:30 – 2:30 pm
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.

Space is limited so please register early.

8 Wednesdays, March 7 – April 25 | 12:40 – 2:10 pm
M \$40, NM \$80

NEW Music for Breath

This fun workshop uses music therapy to support respiratory health. Led by Joanne V. Loewy DA, LCAT, MT-BC; Director, The Louis Armstrong Center for Music & Medicine Mount Sinai Beth Israel

Tuesday, Jan. 16 | 12:30 – 2:00 pm | M \$5, NM \$10

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

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, March 8 – April 26 | No class 11/23
1:00 – 2:30 pm | M free, NM \$35

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.

9 Wednesdays, March 14 – May 2
10:30 am – 12:00 pm | No class 11/22
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.

6 Wednesdays, Jan. 3, Feb. 7, March 7, April 4, May 2, and June 6
1:15 – 2:45 pm | M \$5, NM \$10

Saturday Pause/Play Chair Yoga

A great overall stretch and breathing practice perfect for people who would like an alternative to being on a mat. Increase flexibility, find balance, improve muscle tone, reduce stress, and increase body awareness. For novices to experienced yogis, and especially for anyone with hip/knee/foot/joint challenges or balance issue.

Saturdays, Jan. 6, Feb. 3, and March 17
2:00 – 2:45 pm



DISCOUNTS FOR SENIORS

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

Visit the Whitney!

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.

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.

Date and time TBD. Space is limited.

→ **For more information** about Senior & Adult Studies events, contact Julie GayerKris at 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.

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