



# 14TH STREET Y FALL 2017

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



344 East 14th Street (at 1st Ave)  
212.780.0800 • 14StreetY.org

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*The 14th Street Y of The Educational Alliance offers a wide range of programs and classes for all ages. There's something for everyone here – all in a warm, friendly, and welcoming environment. Take a look inside our fall catalog to learn more!*

LETTER FROM THE EXECUTIVE DIRECTOR

Dear Members and Friends,

It shouldn't have to be said, but these days it bears repeating: Each and every one of you is valued, and we work to ensure that every neighbor, member, and person in our community receives and feels the respect that they deserve.

I hope that you have noticed the signs that we have posted in and outside our building proclaiming "Everyone is Welcome Here."

And we mean that. We hope that people of every identity, race, religion, gender, ethnicity, immigration status, political perspective can feel a sense of belonging here.

Yet, just saying it doesn't make it so. Creating a place where everyone feels welcome necessitates a partnership between you, as a person in our neighborhood, and us, the staff who build and run the 14th Street Y.

At the start of summer, I was inspired by an article from Wendy Verba, who wrote in eJewishPhilanthropy about the power of belonging and creating a culture of connection in the Bay Area of California. She asks the important question; "How can we structure this activity to ensure that everyone feels like they belong, that they matter, and that they are part of something greater?"

This is the question at the heart of our work, as we try to help each person who walks through our doors with the opportunity to live a life of meaningful action, connected to others with a sense of belonging, well-being, and purpose. To do this, we're continuously honing and advancing our programming to fit your changing needs, and the evolving needs of our community.

As a Jewish organization, we are building a community based on a heritage of values that promote equity, welcome all who wish to come in, and inspire us to work together towards a better world for all. But here is where you can help us create such a space. By bringing all of yourself to our community, making yourself seen and heard, and by meeting, respecting, and welcoming others that you meet here, you can be our partners in making the 14th Street Y such a home for everyone who wants to belong here. In relationship, we can support each other, express our hopes and concerns, and then work together towards a better community, society, and world.

At the 14th Street Y, we hope that you will find a place where you feel that you belong, where you can share your voice. Together we can create a community that radiates the values of equity, warmth, and inclusion.

Warmly,

Rabbi Shira Koch Epstein



Rabbi Shira Koch Epstein  
EXECUTIVE DIRECTOR



HOLIDAY SCHEDULE

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

- MONDAY 9/4 • LABOR DAY**  
CLOSED
- WEDNESDAY 9/20 • ROSH HASHANAH**  
EARLY CLOSING 6 PM
- THURSDAY 9/21 • ROSH HASHANAH**  
CLOSED
- FRIDAY 9/22 • ROSH HASHANAH**  
CLOSED
- FRIDAY 9/29 • YOM KIPPUR**  
EARLY CLOSING 6 PM
- SATURDAY 9/30 • YOM KIPPUR**  
CLOSED
- THURSDAY 11/23 • THANKSGIVING**  
CLOSED
- SUNDAY 12/24 • CHRISTMAS EVE**  
EARLY CLOSING 6 PM
- MONDAY 12/25 • CHRISTMAS**  
SERVICE DESK CLOSED
- SUNDAY 12/31 • NEW YEAR'S EVE**  
EARLY CLOSING 6 PM
- MONDAY 1/1/18 • NEW YEAR'S DAY**  
CLOSED

HOURS OF OPERATION

- MONDAY - FRIDAY**  
6 AM - 10 PM
- SATURDAY AND SUNDAY**  
7 AM - 9 PM

CHILDCARE

- EVERY DAY**  
8:45 AM - 2:00 PM

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



# MEMBERSHIP



## BUILDING HOURS

- 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

## GREAT VALUE!

Our membership plans are among the most affordable in New York City. For more information about membership, please call us at 646-395-4307 or email [Join@14StreetY.org](mailto:Join@14StreetY.org)

## OUR PHILOSOPHY

The 14th Street Y is your East Village fitness connection and so much more! At the 14th Street Y, we believe that moving often, eating well, being inspired by new classes/programs and building community are the basics of a healthy and happy life. You will find what you need here and so much more.

As your downtown JCC we value the importance of integrity, respectful communication, fair play and a welcoming community. Membership is available month to month or annually. Please call us at 646-395-4307 or email [Join@14StreetY.org](mailto:Join@14StreetY.org) to discuss the membership type that's best for you and/or your family.

## MEMBERSHIP INCLUDES

### Fitness, Aquatics, & Basketball

- Fitness Center: A full selection of cardio and weight equipment
- More than 50 fitness classes per week (See page 6–7 for class descriptions, and visit [14StreetY.org/Schedules](http://14StreetY.org/Schedules) for full schedule)
- Free Welcome Workout: A free welcome workout with one of our personal trainers.
- Daily open, lap and family swim (See page 11 for full schedule)
- Daily basketball runs and Open Gym for members (Visit [14StreetY.org/Schedules](http://14StreetY.org/Schedules) for full schedule)

### 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.

### 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

**Composting, clothes recycling, and CSA available on Tuesdays (see page 9)**

# FITNESS

## SATURDAY FITNESS POP-UPS

FREE for members, our monthly Fitness Pop Ups give you a chance to stretch a little farther, get a little stronger and learn a lot more!

### OCTOBER

#### Masala Bhangra

An Indian based fitness program designed for people of all ages and fitness levels who love to stay physically active through dance. You will be introduced to high energy Bhangra and Bollywood dance movements in an easy to follow fitness format.

*With Cloe Andrade*

SATURDAYS, OCT. 14, OCT. 21, OCT. 28

12:30 – 1:30 PM

M FREE, NM \$20

### NOVEMBER

#### African Dance for All Ages

Join instructor Johari Mayfield for a soul jumping, heart pumping experience in a fun, interactive and high energy dance class that is geared towards all ages. All participants will be introduced to the energy, style and movements of the African continent while building mind/body awareness and cardiovascular strength. Come and get your bliss on!

*With Johari Mayfield*

SATURDAY, NOVEMBER 4, 4:00 – 4:45 PM

M FREE, NM \$20

#### Yoga 101: Tadasana / Mountain Pose

The study of Yoga begins with Tadasana, Mountain Pose. This basic standing posture awakens the practitioner to the body. B.K.S. Iyengar has said all of yoga can be learned through Tadasana.

*With Brina Gehry*

SATURDAY, NOVEMBER 18, 4:00 – 4:45 PM

M FREE, NM \$20

### DECEMBER

#### Family Yoga

Have fun bonding and practicing yoga together! Stand like a mountain, fly like a butterfly, and stretch like a dog! Enjoy breathing and quiet moments together in this well rounded yoga practice, suitable and beneficial for all ages.

*With Julie Gayer Kris*

SATURDAY, DECEMBER 2, 4:00 – 4:45 PM

M FREE, NM \$20 OR INCLUDED WITH PAUSE PLAY ADMISSION (SEE P. 22 FOR MORE DETAILS)

#### Kundalini Workshop

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.

*With Paola Dattner*

SATURDAY, DECEMBER 9, 12:30 – 2:00 PM

M FREE, NM \$20



#### PAUSE/PLAY

Join us on select Saturdays from November through March for PAUSE/PLAY, 12:30 – 2:00 pm. For more info see page p. 22 or visit [14StreetY.org/PausePlay](http://14StreetY.org/PausePlay).

**MEMBERSHIP EXTRAS**  
Enhance your membership experience with personal training, special leagues, clubs and classes.



## SPECIALIZED CLASSES

FREE for members, our specialized classes offer a chance to try something totally new and unique. No matter what your fitness path or goal is, we welcome you to try something new!

### Juggling

Develop new brain cells while improving hand/eye coordination and having a ball. Begin with balls and rings, balance and flexibility.

**WEDNESDAYS, SEPT. 24 - DEC. 31, 2:00 - 3:00 PM**  
**M FREE, NM \$20**

### Punk Rope Pop Ups

Join us for 2 special Monday nights of Punk Rope! Punk Rope feels like recess with its blend of jump rope, relay races, tag and other schoolyard staples—all set to a rocking soundtrack.

**OCT. 30 AND DEC. 4, 7:00 - 8:00 PM**  
**M FREE, NM \$15/CLASS**

### Renewal for Women with Breast Cancer: Gentle Exercise, Relaxation and Aquatic Program with Ai Chi

This Program is for those currently or recently receiving treatment for cancer and is limited to one year from the time of enrollment. a physician's note is required for participation.

*For information and registration call Alison Snow, PH, LCSW-R, OSWOC, 212-844-6022, or email [Alison.Snow@mountsinai.org](mailto:Alison.Snow@mountsinai.org). Facilitated by Teri Dupuy, BSEd, WSI, Ai Chi Certified*

**TUESDAYS, SEPT. 4 - DEC. 31**  
**8:30 AM - 10:00 AM**  
**FREE**



## FITNESS CLASS DESCRIPTIONS

It's all here. The 14th Street Y's carefully curated fitness class list features a deep inventory of all the popular categories, tailored for gym-goers of every age and fitness level, as well as a host of special offerings. So whether you're ready to sign up for lyengar or chair yoga, total body challenge or mommy & me barre, you can find it right here at the 14th Street Y, your attitude-free East Village fitness connection. Please visit [14StreetY.org/Schedules](https://14StreetY.org/Schedules) for more information.

**AEROBICS WITH STRENGTH TRAINING** Low impact cardiovascular workout. Strength training with weights to support muscle and bone health. Increase strength, cardio, balance, and flexibility.

**BARRE** Dance exercises increase strength, balance, coordination, and works all major muscle groups. Get your mind & body conditioned. Class uses modern and ballet principles- matt work, barre work & center floor exercises.

**BOXING** Fun and interactive boxing class focused on self-defense, along with an intense whole body workout. The class will consist of core work, footwork drills, pad work and learning punch combinations. Bring your own gloves; some available for purchase. \*Gloves available for purchase at Service Desk

**CHAIR CHALLENGE** Chair Yoga and Sit + Be Fit will alternate weeks so you can balance your chair workouts with two brain building and body conditioning exercise programs. Build strength, balance, coordination, and good posture.

**CINCH PILATES** Re-balance your spine while building strength and muscle tone. Release tension and learn how to support your spine in daily life.

**FUNCTIONAL TRAINING** Full body workout designed to improve strength, balance, flexibility and muscle definition.

**GROOVE: YOUNG AT HEART + WEIGHTS** is a fun and easy dance class inspired by the music. Tune into bones and joints. Dance with small weights for added strength training. You can't get it wrong

**HATHA YOGA** Gentle yoga class designed to condition your body, improve your health, and calm your mind. Detailed instructions help prevent injuries and create a welcoming atmosphere for beginners and more studied practitioners alike!

**IYENGAR YOGA** Alignment based yoga class with an emphasis on precision that supports joint mobility, bone density, balance and flexibility.

**JUGGLING** Develop new brain cells while improving hand/eye coordination and having a ball. Begin with balls and rings, progress at your own rate.

**LOW IMPACT CARDIO AND CONDITIONING** Low impact, varied and high energy class with resistance equipment and weights that helps build cardio health and coordination, as well as bone density and muscle strength.

**LUNCH CRUNCH ABS** 15 minutes of pure abdominal focus ending with a final stretch.

**LUNCH CRUNCH BOOT CAMP** A combination of strength, cardio, endurance, flexibility, core, and functional movement patterns. The action packed high intensity class will get you EVERYTHING you need!

**LUNCH CRUNCH BOX, TONE AND STRETCH** High intensity workout that blends kickboxing with Pilates based conditioning exercises.

**LUNCH CRUNCH FUSION WORKOUT** This intense workout targets muscles from head to toe to build strength and endurance. Resistance provided by free weights, sandbells and other light equipment shapes and tones while also improving body alignment and posture.

**LUNCH CRUNCH PILATES** High intensity Pilates class that helps build strength, flexibility and muscle tone as well as a look that is long and lean. All classes include the six principles that make up Pilates: concentration, centering, control, breathing, precision, and flow.

**LUNCH CRUNCH STRENGTH** This class begins with a low impact cardio warm up and progresses into a series of squats, weights and a push-up series to condition legs, arms, and back. Intense, yet intelligent exercise!

**LUNCH CRUNCH ZUMBA** Zumba is a mix of different styles of dance with a latin twist mixed with moderate to high cardio moves and high energy. It gives you a great workout while having fun (and you don't need to have any dance experience!).

**MOMMY & ME BARRE** The perfect blend of yoga, barre, and Pilates that helps you work at your level to strengthen and stretch with a zen vibe and just enough intensity.

**MOMMY & ME YOGA** Combining postures and breath to stretch, strengthen, and release tension, this class will help bring awareness to key areas of your body that are affected by having a new baby. Guide your baby through gentle postures designed to enhance infant development.

**MR.GU** Develop balance, body and breath control, strength, and posture. All levels welcome.

**NEW BABY, NEW BODY** The class incorporates aerobics, strength training, and toning for a great overall workout.

**NIA DANCE AND NIA JAZZ** NIA Dance and NIA Jazz are both fun and easy dance classes for all ages, shapes and sizes. Draws from dance arts, martial arts, healing arts, and with a focus on jazz dance! Move your body's way—you can't get it wrong!

**PILATES FLOW** Dive deeper into the Pilates method and learn the more advanced exercises and routines.

**PILATES FUNDAMENTALS** Learn the basic concepts of Pilates, designed to strengthen and align your entire body. A mind-body workout that develops the core, creates long, lean muscles, and increases flexibility.

**POSTPARTUM PILATES W/BABY** Focus on rebuilding strength and toning the whole body with Pilates exercises adapted for this special time. Bond with baby as you work out!

**PRE-NATAL YOGA** This class will help you prepare your body and mind for the challenge of labor, delivery, and life with a new baby.

**RENEWAL** This program is for those currently or recently receiving treatment for cancer and is limited to one year from the time of enrollment. A physician's note is required for participation. For information and registration call Alison Snow, PhD, LCSW-R, OSW-C, 212-844-6022, or email [Alison.Snow@mountsinai.org](mailto:Alison.Snow@mountsinai.org)

**SATURDAY PILATES** This is an energizing Pilates class that will help you develop core strength and integration, improve posture and alignment—and have fun while doing it! Upbeat music and a positive environment helps keep us moving, and everyone can work at their own pace. Challenges will be offered to those who want more. Resistance bands and Pilates rings are used to build muscle and bone and spice up the routines. All levels are welcome, and modifications are offered for injuries and conditions, including back injuries and osteoporosis.

**SILVERSNEAKERS CIRCUIT** Low-impact cardio as well as standing upper-body strength work with weights and other resistance equipment.

**SILVERSNEAKERS CLASSIC** Varied exercises to increase overall range of motion and fitness to support daily activities. A chair, as well as resistance equipment, is used for some of the workout.

**SIT + BE FIT** Get an amazing workout in a chair! Align and strengthen, increase mobility and stability, build concentration, balance and coordination. If you have limited mobility or are recovering from an injury, but you don't want to give up on exercise, this class is for you!

**SUNDAY HIITS** Sunday HIITs will start your Sunday off with a bang! The full body workout is based on the principles of high intensity interval training and will definitely push you to your edge but is accessible for ALL fitness levels. Come prepared to work.

**SUNDAY PILATES** Strengthen and tone the whole body to create a long and lean look. The vibe is chill, but the work is challenging!

**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! *M \$120/session & NM \$180/session.*

**WAKE UP YOGA** An invigorating practice to start the day incorporating Vinyasa and Kundalini yoga techniques.

**TABATA** An exercise protocol where you perform an exercise for 20 seconds followed by 10 seconds of rest. This is repeated for 8 rounds for one exercise. The class comprises of multiple exercises, each repeated for 8 rounds. This protocol has been found to be very effective for improving strength and cardiovascular health.

**TAI CHI** Develop balance, body and breath control, strength, and posture. All levels welcome.

**TOTAL BODY BURN** High intensity interval total body workout. Strength/cardio/core/balance/challenging and fun. Open to all levels.

**TOTAL BODY CHALLENGE** In this intense, high energy class, challenge every muscle group using weights, other equipment and creative positions to get everything pumping! You will work up a sweat and have a great time!

**TOTAL BODY CONDITIONING: CARDIO SCULPT** Intervals of cardio conditioning that alternates the use of rhythmic low impact step and floor exercises, followed by compound upper and lower body toning using weights and bands. The class ends with core conditioning exercises and stretch.

**VINYASA OPEN YOGA** Athletic style of flow yoga with longer posture holds, breathe focus, and an emphasis on building awareness.

**VINYASA YOGA** offers variety in sequencing, providing variations in each pose for all ability levels. This practice increases athleticism by combining hard work and deep relaxation to build strength, flexibility, and balance.

**YAMUNA BODY ROLLING** Using balls of different sizes, Yamuna Body Rolling helps to release tension and realign muscles while freeing up natural energy from within. Following intelligent sequences, this practice is appropriate for many different people with different levels of flexibility. Plus it feels like a massage! Participants should be comfortable practicing on a mat on the floor.

**YOGA BASICS** Based in Viniyoga, this class focuses on postures and breath practices that are suitable for all levels and all bodies!

**ZUMBA** Zumba is a mix of different styles of dance with latin twist mixed with moderate to high cardio moves and high energy. It gives you a great workout while having fun (and you don't need to have any dance experience).

**ZUMBA GOLD** Zumba Gold is designed for the older active adult. It is a lower intensity version of the popular Zumba Dance Fitness program that uses easy to follow choreography based mostly on Latin rhythms. The focus of the classwork is on cardiovascular conditioning, with special attention to coordination, balanced and flexibility. Come prepared to sweat, and leave feeling rejuvenated and empowered.



# PERSONAL TRAINING

MEMBERSHIP  
EXTRAS

Our certified personal trainers inspire, teach, coach and move you out of any fitness rut. Work with a trainer today to have more energy, reach your weight goal, relieve stress and increase strength and flexibility.

Contact [PT@14StreetY.org](mailto:PT@14StreetY.org) to schedule.

## Personal Training: Private or Partnered

**NEW MEMBERS:** Get a “jump start” on fitness with 4 single sessions for \$170. Must be purchased within the first 30 days of membership. Sessions have a 60 day expiration date. Learn more about personal training at [14StreetY.org/Trainers](https://14StreetY.org/Trainers)

**SINGLE SESSION:** \$70

**FIVE SESSION PACKAGE:** \$330 (\$66/PER SESSION)

**TEN SESSION PACKAGE + 1 BONUS SESSION:** \$700

**PARTNER TRAINING SINGLE SESSION:**

\$40/PER PERSON

**FIVE PARTNER TRAINING SESSION PACKAGE:**

\$185

**TEN PARTNER TRAINING SESSION PACKAGE +**

**BONUS PARTNER TRAINING SESSION:** \$400

**SINGLE 30-MIN SESSION:** \$45

**FIVE 30-MIN SESSION PACKAGE:** \$215

**TEN 30-MIN SESSION PACKAGE+ 1 BONUS 30 MIN  
SESSION:** \$450

## Childcare While You Train

One of the many benefits we offer our members is affordable childcare. While you workout with one of our trainers to focus on your fitness goals, know that your child is in caring, warm and qualified hands. Learn more at [14StreetY.org/Trainers](https://14StreetY.org/Trainers) and [14StreetY.org/Childcare](https://14StreetY.org/Childcare) contact [PT@14StreetY.org](mailto:PT@14StreetY.org)



# BASKETBALL LEAGUES

Prices include regular season, playoffs, championship game, team shirt, and referee fees.  
For more information about basketball leagues, please contact: Gil Pagan at [gilpagan@gmail.com](mailto:gilpagan@gmail.com) or visit [14StreetY.org/basketball](http://14StreetY.org/basketball). *\*Basketball league games are subject to change.*

## Fall 14th St Y Draft Basketball League

**MONDAYS**  
**OPEN SCRIMMAGE:** OCTOBER 9, 7:00 PM\*  
**FIRST GAME:** OCTOBER 23  
**INDIVIDUAL:** M \$130/PLAYER, NM \$150/PLAYER  
**\*ALL PLAYERS MUST BE REGISTERED BY OCTOBER 9 TO BE ELIGIBLE FOR DRAFT**

**Women’s Basketball League**  
**12 WEDNESDAYS, SEPTEMBER 13 – DECEMBER 20**  
**NO BASKETBALL LEAGUE ON 9/20, 11/22**  
**6:30 – 10:00 PM**  
**OPEN SCRIMMAGE:** SEPTEMBER 13, 7:00 PM  
**FIRST GAME:** SEPTEMBER 27  
**TEAM:** \$900  
**INDIVIDUAL:** M \$120/PLAYER, NM \$140/PLAYER



### MEMBER BASKETBALL FULL COURT GAME RULES:

- Made basket = 2 point
- Made basket from beyond the 3 point line = 3 points
- First game: First team to 21 points wins
- All other games: First team to 20 points wins

#### CLOCK

- More than 10 people are waiting to play, games must be clocked.
- Games are limited to 12 minutes with no clock stoppages
- If a game is tied at the final buzzer, go to a 3 minute overtime
- If a game is tied at the end of overtime, game is over, 10 new players
- Freezing the ball = turnover



# GO GREEN AT THE Y!

Every Tuesday\* the 14th Street Y offers members and patrons the opportunity to Go Green!

## Compost Drop Off\*\*

Available to all our members and patrons.

*To find drop off locations for all other days of the week, please visit NYC Department of Sanitation ([nyc.gov/sanitation](http://nyc.gov/sanitation)).*

### ACCEPTED ITEMS

- ✓ Fruit and vegetable scraps
- ✓ Coffee grounds, filters, and paper tea bags
- ✓ Bread and grains
- ✓ Egg shells
- ✓ Nutshells
- ✓ Corncobs
- ✓ Food-soiled paper towels and napkins
- ✓ Shredded newspaper
- ✓ Sawdust and wood shavings from untreated wood
- ✓ Stale beans, flour, and spices
- ✓ Cut or dried flowers
- ✓ Houseplants and potting soil
- ✓ Feathers

### PLEASE DON'T BRING

- ✗ Meat or fish scraps
- ✗ Cheese or dairy products
- ✗ Fats, grease, oil, or oily foods
- ✗ Cat or dog waste
- ✗ Kitty litter
- ✗ Colored or glossy paper
- ✗ Sawdust made from pressure-treated plywood or lumber
- ✗ Coal or charcoal ashes
- ✗ Non-compostable materials like plastic, metals, or glass
- ✗ Diseased or insect-infested houseplants and soil
- ✗ Biodegradable or compostable plastics

*\*Please check our website for full schedule and closures.*

*\*\*Compost accepted at the 14th Street Y on Tuesdays, Thursdays, and Sundays in order to align with the NYC Department of Sanitation collection schedule. For more information, visit [nyc.gov/sanitation](http://nyc.gov/sanitation).*

## Recycle Your Clothes

Cleaning out your closet? Drop off your clothes at the Y drop off location next to the Fitness Center.

### WHAT WE ACCEPT

- ✓ Clean Clothes, Textiles, & Shoes

### WE DON'T ACCEPT

- ✗ Wet Clothes, Toys, Books, Appliances

*Wearable Collections keeps textiles out of landfills, while raising funds for various charities.*

*For more information on Wearable Collections, visit [wearablecollections.com](http://wearablecollections.com)*

## Community Supported Agriculture (CSA)

Roots & Shoots & Leaves. What's on your table?

Get real food with the 14th Street Y CSA. The 14th Street Y is delighted to offer our 7th year of Community-Supported Agriculture (CSA) program, this year in collaboration with Mountain View Farms!

### EVERY TUESDAY AT THE Y

*For more information or to join please visit*

**14StreetY.org/CSA** *or speak with the Service Desk.*



# AQUATICS



Take the plunge! We offer swim classes and water activities for all skill levels. Private swim lessons are also available.

**NO CLASS ON THESE DATES:**  
9/20, 9/21, 9/22, 9/23, 9/30, 10/09,  
10/31, 11/23, 11/24, 11/25, 11/26

## Adult Beginner Swim

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

**13 SUNDAYS, SEPT. 10 - DEC. 10, 2:30 - 3:30 PM**  
**13 TUESDAYS, SEPT. 12 - DEC. 12, 6:30 - 7:30 PM**  
**13 WEDNESDAYS, SEPT. 13 - DEC. 13, 8:00 - 9:00 PM**  
**13 THURSDAYS, SEPT. 7 - DEC. 14, 6:30 - 7:30 PM**  
*SEE BOX AT TOP OF PAGE FOR CLASS CANCELLATION DAYS*  
**M \$312, NM \$350**

## 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 of front crawl, backstroke, breaststroke, breath control, flotation, arm stroke, and kicking.

**13 SUNDAYS, SEPT. 10 - DEC. 10, 2:30 - 3:30 PM**  
**13 WEDNESDAYS, SEPT. 13 - DEC. 13, 8:00 - 9:00 PM**  
*SEE BOX AT TOP OF PAGE FOR CLASS CANCELLATION DAYS*  
**M \$312, NM \$350**

## 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.

**13 MONDAYS, SEPT. 11 - DEC. 11, 11:00 - 12:00 PM**  
**13 WEDNESDAYS, SEPT. 13 - DEC. 13, 11:00 - 12:00 PM**  
**13 FRIDAYS, SEPT. 8 - DEC. 15, 11:00 - 12:00 PM**  
*SEE BOX AT TOP OF PAGE FOR CLASS CANCELLATION DAYS*  
**M \$215, NM \$280**

## 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.

**13 MONDAYS, SEPT. 11 - DEC. 11, 6:00 - 7:00 PM**  
*SEE BOX AT TOP OF PAGE FOR CLASS CANCELLATION DAYS*  
**M \$215, NM \$280**

## Aqua Cardio

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

**13 WEDNESDAYS, SEPT. 13 - DEC. 13, 6:00 - 7:00 PM**  
*SEE BOX AT TOP OF PAGE FOR CLASS CANCELLATION DAYS*  
**M \$215, NM \$280**

FOR  
MORE  
INFO

...about our aquatics programs, please contact [MPagan@14StreetY.org](mailto:MPagan@14StreetY.org) and [JMercado@14StreetY.org](mailto:JMercado@14StreetY.org) or visit [14StreetY.org/Aquatics](https://14StreetY.org/Aquatics)

# MEMBER AQUATICS SCHEDULE

Swim sessions listed below are open to members:

**ADULT** = ADULT ONLY SWIM

**FAMILY** = FAMILY SWIM TIME

**WOMEN** = WOMEN ONLY SWIM

For a full list of Aquatics Classes and lessons for children and adults visit [14StreetY.org/Aquatics](https://14StreetY.org/Aquatics).

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 – 10:00 AM ADULT EARLY BIRD (4 LAP LANES)	6:00 – 9:00 AM ADULT EARLY BIRD (4 LAP LANES)	6:00 – 9:30 AM ADULT EARLY BIRD (4 LAP LANES)	6:00 – 9:00 AM ADULT EARLY BIRD (4 LAP LANES)	6:00 – 10:00 AM ADULT EARLY BIRD (4 LAP LANES)
10:00 – 11:00 AM ADULT OPEN ADULT SWIM (2 LAP LANES)	11:00 AM – 12:00 PM WOMEN SWIM (2 LAP LANES)	9:30 – 10:30 AM ADULT OPEN ADULT SWIM (2 LAP LANES)	11:00 AM – 12:00 PM WOMEN SWIM (2 LAP LANES)	10:00 – 11:00 AM ADULT OPEN ADULT SWIM (2 LAP LANES)
12:00 – 2:00 PM ADULT LUNCH TIME LAP SWIM (4 LAP LANES)	12:00 – 2:00 PM ADULT LUNCH TIME LAP SWIM (4 LAP LANES)	12:00 – 2:00 PM ADULT LUNCH TIME LAP SWIM (4 LAP LANES)	12:00 – 2:00 PM ADULT LUNCH TIME LAP SWIM (4 LAP LANES)	12:00 – 2:00 PM ADULT LUNCH TIME LAP SWIM (4 LAP LANES)
4:30 – 5:30 PM FAMILY SWIM	5:30 – 6:30 PM FAMILY SWIM	4:30 – 6:00 PM FAMILY SWIM	5:30 – 6:30 PM FAMILY SWIM	3:30 – 5:00 PM FAMILY SWIM
7:00 – 8:00 PM FAMILY SWIM	7:30 – 9:30 PM ADULT SWIM (4 LAP LANES)	7:00 – 8:00 PM FAMILY SWIM	7:30 – 9:30 PM ADULT SWIM (4 LAP LANES)	6:00 – 8:00 PM ADULT SWIM (4 LAP LANES)
8:00 – 9:30 PM ADULT SWIM (4 LAP LANES)		9:00 – 9:30 PM ADULT SWIM (4 LAP LANES)		
POOL GUIDELINES				
<ul style="list-style-type: none"><li>• Clients must shower before entering the swimming pool.</li><li>• Swim caps are required at all times.</li><li>• Children under the age of 13 must be accompanied by an adult in the pool.</li><li>• Street shoes are not permitted on the pool deck, shower area and drying area.</li><li>• No diving or running on the pool deck.</li></ul>		<ul style="list-style-type: none"><li>• No food or glass bottles on the pool deck or locker rooms.</li><li>• Backpacks and noodles are allowed during Family Swim. Kickboards, buoys, barbells, and dumbbells may not be used during Family Swim.</li><li>• All Early Bird, Lap Swim, Adult Swim, and Women’s Only Swim will utilize circle swimming.</li><li>• Schedule subject to change without notice. Please check <b>14StreetY.org</b> for the most up-to-date information.</li></ul>		
			SATURDAY	SUNDAY
			7:00 – 9:00 AM ADULT EARLY BIRD (4 LAP LANES)	7:00 – 9:00 AM ADULT EARLY BIRD (4 LAP LANES)
			10:30 – 11:30 AM ADULT SWIM (4 LAP LANES)	10:30 – 12:00 PM FAMILY SWIM
			2:00 – 4:00 PM FAMILY SWIM	4:30 – 6:30 PM FAMILY SWIM
			5:00 – 7:00 PM FAMILY SWIM	6:30 – 7:30 PM WOMEN SWIM (2 LAP LANES)
			7:00 – 8:00 PM ADULT SWIM (4 LAP LANES)	7:30 – 9:00 PM ADULT SWIM (4 LAP LANES)

## POOL GUIDELINES

- Clients must shower before entering the swimming pool.
- Swim caps are required at all times.
- Children under the age of 13 must be accompanied by an adult in the pool.
- Street shoes are not permitted on the pool deck, shower area and drying area.
- No diving or running on the pool deck.
- No food or glass bottles on the pool deck or locker rooms.
- Backpacks and noodles are allowed during Family Swim. Kickboards, buoys, barbells, and dumbbells may not be used during Family Swim.
- All Early Bird, Lap Swim, Adult Swim, and Women's Only Swim will utilize circle swimming.
- Schedule subject to change without notice. Please check [14StreetY.org](https://14StreetY.org) for the most up-to-date information.

## ADULT LAP SWIM

We offer adult lap swim throughout the day for members. One lap lane is also available during family swim time.

## FAMILY SWIM

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. Everyone must wear a swim cap. Swim caps can be purchased at the Service Desk.

## POOL SCHEDULES

Pool schedules are available at the Service Desk or online at [14StreetY.org/Aquatics](https://14StreetY.org/Aquatics)



# AQUATICS FOR KIDS

## Ages 6 months – 35 months

Got a little splasher on your hands? Bring them to the 14th Street Y pool! Our classes are designed to help your little one become comfortable in and around water so when the time comes, they are ready to learn how to swim.



### Baby Belugas Ages 6 months – 16 months

A swim class designed to help your baby become accustom 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.

SEE SIDEBAR FOR NO CLASSES DATES

13 SUNDAYS	9:00 – 9:30 AM	SEPT. 10 – DEC. 10
13 SUNDAYS	1:30 – 2:00 PM	SEPT. 10 – DEC. 10
13 MONDAYS	2:30 – 3:00 PM	SEPT. 11 – DEC. 11
13 TUESDAYS	9:00 – 9:30 AM	SEPT. 12 – DEC. 12
13 WEDNESDAYS	2:30 – 3:00 PM	SEPT. 13 – DEC. 13
13 THURSDAYS	9:00 – 9:30 AM	SEPT. 7 – DEC. 14
13 THURSDAYS	2:00 – 2:30 PM	SEPT. 7 – DEC. 14
12 SATURDAYS	9:00 – 9:30 AM	SEPT. 9 – DEC. 16
12 SATURDAYS	1:00 – 1:30 PM	SEPT. 9 – DEC. 16

13 SESSIONS: M \$234, NM \$312; 12 SESSIONS: M \$216, NM \$288

#### NO CLASS ON THESE DATES:

9/20, 9/21,  
9/22, 9/23,  
9/30, 10/09,  
10/31, 11/23,  
11/24, 11/25,  
11/26

### Little Dippers Ages 17 months – 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.

SEE SIDEBAR FOR NO CLASSES DATES

13 SUNDAYS	9:30 – 10:00 AM	SEPT. 10 – DEC. 10
13 SUNDAYS	2:00 – 2:30 PM	SEPT. 10 – DEC. 10
13 MONDAYS	3:00 – 3:30 PM	SEPT. 11 – DEC. 11
13 TUESDAYS	10:00 – 10:30 AM	SEPT. 12 – DEC. 12
13 WEDNESDAYS	3:00 – 3:30 PM	SEPT. 13 – DEC. 13
13 THURSDAYS	9:30 – 10:00 AM	SEPT. 7 – DEC. 14
13 FRIDAYS	2:00 – 2:30 PM	SEPT. 8 – DEC. 15
12 SATURDAYS	9:30 – 10:00 AM	SEPT. 9 – DEC. 16
12 SATURDAYS	1:30 – 2:00 PM	SEPT. 9 – DEC. 16

13 SESSIONS: M \$234, NM \$312; 12 SESSIONS: M \$216, NM \$288

#### NO CLASS ON THESE DATES:

9/20, 9/21,  
9/22, 9/23,  
9/30, 10/09,  
10/31, 11/23,  
11/24, 11/25,  
11/26





**Big Fish Ages 25 months – 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.

SEE SIDEBAR FOR NO CLASSES DATES

13 SUNDAYS	10:00 – 10:30 AM	SEPT. 10 – DEC. 10
13 TUESDAYS	10:30 – 11:00 AM	SEPT. 12 – DEC. 12
13 TUESDAYS	2:30 – 3:00 PM	SEPT. 12 – DEC. 12
13 WEDNESDAYS	2:00 – 2:30 PM	SEPT. 13 – DEC. 13
13 THURSDAYS	10:00 – 10:30 AM	SEPT. 7 – DEC. 14
13 FRIDAYS	2:30 – 3:00 PM	SEPT. 8 – DEC. 15
12 SATURDAYS	10:00 – 10:30 AM	SEPT. 9 – DEC. 16
12 SATURDAYS	11:30 AM – 12:00 PM	SEPT. 9 – DEC. 16

13 SESSIONS: M \$234, NM \$312; 12 SESSIONS: M \$216, NM \$288

**NO CLASS  
ON THESE  
DATES:**

9/20, 9/21,  
9/22, 9/23,  
9/30, 10/09,  
10/31, 11/23,  
11/24, 11/25,  
11/26



# AQUATICS 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.

## WHICH CLASS IS RIGHT FOR MY KID?

Sign your child up for their age appropriate class. We'll assess their skills and place them in a group equal to their skill level.

### Tadpoles *Ages 3 – 4 years (first drop-off swim class)*

SEE SIDEBAR FOR NO CLASSES DATES

13 SUNDAYS	12:00 – 12:30 PM	SEPT. 10 – DEC. 10
13 SUNDAYS	12:30 – 1:00 PM	SEPT. 10 – DEC. 10
13 MONDAYS	3:30 – 4:00 PM	SEPT. 11 – DEC. 11
13 MONDAYS	4:00 – 4:30 PM	SEPT. 11 – DEC. 11
13 TUESDAYS	2:00 – 2:30 PM	SEPT. 12 – DEC. 12
13 TUESDAYS	3:00 – 3:30 PM	SEPT. 12 – DEC. 12
13 TUESDAYS	3:30 – 4:00 PM	SEPT. 12 – DEC. 12
13 WEDNESDAYS	3:30 – 4:00 PM	SEPT. 13 – DEC. 13
13 THURSDAYS	10:30 – 11:00 AM	SEPT. 7 – DEC. 14
13 THURSDAYS	3:00 – 3:30 PM	SEPT. 7 – DEC. 14
13 FRIDAYS	3:00 – 3:30 PM	SEPT. 8 – DEC. 15
12 SATURDAYS	12:30 – 1:00 PM	SEPT. 9 – DEC. 16
13 SESSIONS: M \$234, NM \$312; 12 SESSIONS: M \$216, NM \$288		

#### NO CLASS ON THESE DATES:

9/20, 9/21,  
9/22, 9/23,  
9/30, 10/09,  
10/31, 11/23,  
11/24, 11/25,  
11/26

### Sea Horses *Ages 4 – 5 years*

SEE SIDEBAR FOR NO CLASSES DATES

13 SUNDAYS	12:00 – 12:30 PM	SEPT. 10 – DEC. 10
13 MONDAYS	3:30 – 4:00 PM	SEPT. 11 – DEC. 11
13 TUESDAYS	3:30 – 4:00 PM	SEPT. 12 – DEC. 12
13 TUESDAYS	4:00 – 4:30 PM	SEPT. 12 – DEC. 12
13 WEDNESDAYS	3:30 – 4:00 PM	SEPT. 13 – DEC. 13
13 WEDNESDAYS	4:00 – 4:30 PM	SEPT. 13 – DEC. 13
13 THURSDAYS	3:30 – 4:00 PM	SEPT. 7 – DEC. 14
12 SATURDAYS	12:00 – 12:30 PM	SEPT. 9 – DEC. 16
13 SESSIONS: M \$234, NM \$312; 12 SESSIONS: M \$216, NM \$288		

#### NO CLASS ON THESE DATES:

9/20, 9/21,  
9/22, 9/23,  
9/30, 10/09,  
10/31, 11/23,  
11/24, 11/25,  
11/26



## Otters Ages 6 – 7 years

SEE SIDEBAR FOR NO CLASSES DATES

<b>13 SUNDAYS</b>	<b>12:30 – 1:00 PM</b>	<b>SEPT. 10 – DEC. 10</b>
<b>13 TUESDAYS</b>	<b>4:00 – 4:30 PM</b>	<b>SEPT. 12 – DEC. 12</b>
<b>13 WEDNESDAYS</b>	<b>4:00 – 4:30 PM</b>	<b>SEPT. 13 – DEC. 13</b>
<b>13 THURSDAYS</b>	<b>3:30 – 4:00 PM</b>	<b>SEPT. 7 – DEC. 14</b>
<b>12 SATURDAYS</b>	<b>12:00 – 12:30 PM</b>	<b>SEPT. 9 – DEC. 16</b>
<b>13 SESSIONS: M \$234, NM \$312; 12 SESSIONS: M \$216, NM \$288</b>		

### NO CLASS ON THESE DATES:

9/20, 9/21,  
9/22, 9/23,  
9/30, 10/09,  
10/31, 11/23,  
11/24, 11/25,  
11/26

## Dolphins Ages 8 – 9 years

SEE SIDEBAR FOR NO CLASSES DATES

<b>13 SUNDAYS</b>	<b>1:00 – 1:30 PM</b>	<b>SEPT. 10 – DEC. 10</b>
<b>13 THURSDAYS</b>	<b>4:00 – 4:30 PM</b>	<b>SEPT. 7 – DEC. 14</b>

**13 SESSIONS: M \$234, NM \$312**

### NO CLASS ON THESE DATES:

9/20, 9/21,  
9/22, 9/23,  
9/30, 10/09,  
10/31, 11/23,  
11/24, 11/25,  
11/26

## Sharks Ages 10 – 12 years

SEE SIDEBAR FOR NO CLASSES DATES

<b>SUNDAYS</b>	<b>1:00 – 1:30 PM</b>	<b>SEPT. 10 – DEC. 10</b>
<b>THURSDAYS</b>	<b>4:00 – 4:30 PM</b>	<b>SEPT. 7 – DEC. 14</b>

**13 SESSIONS: M \$234, NM \$312**



## PRIVATE/SEMI-PRIVATE SWIM LESSONS

*Ages 3 – adult*

### PRIVATE SWIM LESSONS

HALF-HOUR: M \$40,  
NM \$55/PERSON  
**PACKAGE: TEN LESSONS AND  
GET ONE FREE (HALF-HOUR):  
M \$400, NM \$550/PERSON**

### SEMI-PRIVATE SWIM LESSONS

HALF-HOUR: M \$35,  
NM \$50/PERSON  
**PACKAGE: TEN LESSONS AND  
GET ONE FREE (HALF-HOUR):  
M \$350, NM \$500/PERSON**

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



## Special Needs Swim Class *Ages 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.

**13 MONDAYS, SEPT. 11 – DEC. 11, 4:00 – 4:30 PM (AGES 4 – 12)**

**12 SATURDAYS, SEPT. 9 – DEC. 9, 4:00 – 4:30 PM (AGES 4 – 7)**

**12 SATURDAYS, SEPT. 9 – DEC. 9, 4:30 – 5:00 PM (AGES 8 – 12)**

**13 SESSIONS: M \$234, NM \$312; 12 SESSIONS: M \$216, NM \$288**

## Aqua Jet Swim Team *Ages 6 – 17 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.

**13 TUESDAYS, SEPT. 12 – DEC. 12, 4:30 – 5:30 PM**

**13 THURSDAYS, SEPT. 7 – DEC. 14, 4:30 – 5:30 PM**

**M \$312, NM \$350**

## POOL SCHEDULES

Pool schedules are available at the Service Desk or online at [14StreetY.org/Aquatics](http://14StreetY.org/Aquatics)

## FAMILY SWIM

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. Everyone must wear a swim cap. Swim caps can be purchased at the Service Desk.

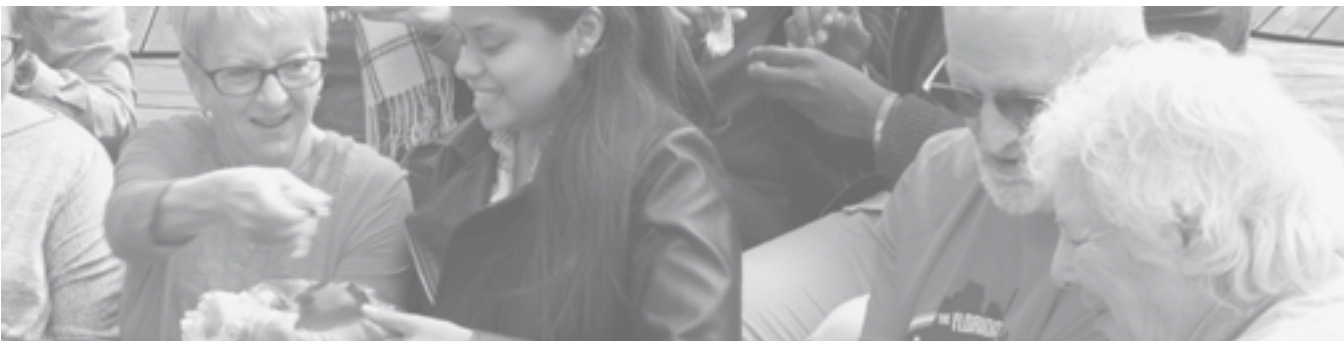
FOR  
MORE  
INFO

...about our Aquatics programs, please contact [MPagan@14StreetY.org](mailto:MPagan@14StreetY.org) or [JMercado@14StreetY.org](mailto:JMercado@14StreetY.org) or visit [14StreetY.org/Aquatics](http://14StreetY.org/Aquatics)





# SENIOR AND ADULT STUDIES



If you're a senior, 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. This class will discuss:

**SEPTEMBER 18:** *The Underground Railroad* by Colson Whitehead

**OCTOBER 23:** *The Return: Fathers, Sons and the Land In Between* by Hisham Matar

**NOVEMBER 20:** *The Plot Against America* by Philip Roth

**3 MONDAYS, 10:30 – 11:45 AM**

**M FREE, NM \$15, SINGLE CLASS \$5**

## Daytime Knitting Circle

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

**MONDAYS, SEPT. 11 – DEC. 18**

**1:30 – 3:00 PM**

**M FREE, NM \$45, SINGLE CLASS \$5**

## Great Plays

*with David Stallings*

Led by award-winning playwright and 14th Street Y Associate Artistic Director and Theater Manager David Stallings, this class is dedicated to readings of significant plays of the 20th Century. The class features special guests from the Golden Age of Broadway!

**TUESDAYS, SEPT. 5 – DEC. 19**

**1:30 – 2:30 PM**

**M FREE, NM \$45, SINGLE CLASS \$5**

## 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.

## Mah Jongg for All Levels

*with Sandy Magesis*

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

*Space is limited so please register early.*

**8 WEDNESDAYS, OCT. 4 – NOV. 22**

**12:30 – 2:00 PM**

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

## Mah Jongg Open Play

Join us for open play. All levels welcome.

*Space is limited. Please register in advance.*

**FRIDAY, DECEMBER 8**

**12:30 – 2:00 PM**

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

## 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, OCT. 5 – NOV. 30**

*NO CLASS 11/23*

**1:00 – 2:30 PM**

**M FREE, NM \$35**

## Wire the Wise

Have a smartphone, tablet, or laptop, but have questions about how they work? Join a cohort from the 'wired' generation for coffee, conversation, and tips on how to get the most out of your technology.

*Studio A/B. To register, visit: [wirethewise.org/join](http://wirethewise.org/join)*

**SUNDAY, NOVEMBER 12, 2:45 – 4:15 PM**

**M FREE, NM FREE**

## 50+ Creative Writing / Our Own Narratives

Common is the expression, "I could write a story about my life!" This workshop, for those 50 plus, will offer the opportunity to write about significant times when life gave you both lemons and lemonade.

No creative writing experience necessary.

Workshop facilitated by Heidi Mandel, PhD, LMSW from The Jewish Board.

**4 WEDNESDAYS, SEPT. 6, OCT. 4, NOV. 1, DEC. 6**

**1:15 – 2:45 PM**

**M FREE, NM FREE**



## SATURDAY PAUSE/PLAY CHAIR YOGA

*with Lisa Levine*

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 issues. Lisa's focus is making people at all levels of practice feel like this is the class for them!

**SATURDAY, NOV. 4, 2:00 – 2:45 PM**

**SATURDAY, DEC. 2, 2:00 – 2:45 PM**

**M FREE, NM \$20 OR INCLUDED WITH PAUSE  
PLAY ADMISSION (SEE P. 22 FOR MORE DETAILS)**

## 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, OCT. 11 – DEC. 13**

**10:30 AM – 12:00 PM**

*NO CLASS 11/22*

**M FREE, NM \$40, SINGLE CLASS \$5**

## 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 lectures 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](mailto:JGayerkris@14StreetY.org) or 646-395-4359.*

## SENIOR FRIENDLY FITNESS AND AQUATICS

Over 15 senior friendly fitness and aquatics classes per week, including Aqua Aerobics (see page 10).

FOR  
MORE  
INFO

... about our Senior Study Classes, please call or stop by the Service Desk. You can also visit **14StreetY.org**

# ARTS + CULTURE



## THEATER AND DANCE

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.

In July of 2016, the 14th Street Y launched its first ever fully curated theater/dance series, moving away from a strictly “rental” model and into an organization that co-presents work. The 14th Street Y endeavors to be a true incubator of artists and to reduce the financial strain NYC independent artists feel in producing their work.

We hope you will join us in supporting these innovative artists as we tackle the theme of OTHER through our 2017–18 Season. Each production addresses the question of OTHERNESS in a unique way, adding to the diversity of our community and hopefully inspiring discussion and action. Pick up a Theater brochure from the Service Desk to get a glimpse of our season and consider purchasing a Flex Pass for \$14 tickets to our performances! **14StreetY.org/FlexPass**

*Want to learn more about our season? Contact David Stallings, Associate Artistic Director & Theater Manager: [DStallings@14StreetY.org](mailto:DStallings@14StreetY.org) or 646-395-4323*

For the full Theater and Dance schedule see inside back cover of the catalog.

### TICKETS

For tickets, please visit **14StreetY.org/BoxOffice** or call 646-395-4310.

#### TRY OUR FLEX PASS! \$14 AT 14Y 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**



# 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.

In 2014, LABA was chosen as one of the most innovative Jewish organizations in North America by the Slingshot Guide.

## DRUNK

Join us for the annual kickoff event to the LABALive series featuring wine tasting, text exploration and more! For more in-depth reading about LABA, the LABALive series, the artists' work and our 10 Year Anniversary events please go to [labajournal.com](http://labajournal.com).

**SATURDAY, NOVEMBER 18**

## LABALive

A series of artistic events presenting premieres of new works and works in progress by our LABA Fellows inspired by our yearly theme. The 2017 – 2018 year's theme is **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. But acknowledging the inevitability of conflict does not mean that one is to succumb to it and turn it into a way of life. Our culture, all cultures really, work tirelessly to provide us with ways in which we can process conflict and resolve it. It is not by the presence of conflict in our life, but by the way we deal with it, that we are judged as individuals and societies.

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 seeing 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, when the wolf also shall dwell with the lamb, and the leopard shall lie down with the kid.

# 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

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.

There is an old saying about the Jewish experience: “Two Jews, three opinions.” It means there’s no one way to be Jewish. And with 30 Jewish organizations offering countless opinions on Jewish life, DJL can help you find the way that’s right for you.

Downtown Jewish Life (DJL) is a collective, made up of 30 downtown Jewish organizations and individuals, that seeks to build a connected, culturally engaged community that is open and welcoming to all. Our primary strategy for doing this is by co-creating events and experiences with community members that provide individuals the opportunity to build authentic relationships with one another and organizations across lower Manhattan. These events and experiences across downtown Manhattan are for people of all ages and backgrounds and include contributions from multiple partner organizations as well as events that these organizations produce independently.

### BIG NEWS! [DowntownJewishLife.org](http://DowntownJewishLife.org)

DJL has just launched a fresh new website that will allow you to curate your own Downtown Jewish Life experience using DJL’s calendar of events. Some of our events are hosted by multiple partners together, while some are hosted by individual organizations.

Together, DJL’s partner organizations are creating, renewing, and generating vibrant Jewish life and culture. Open to all people, our partners’ events are as unique and diverse as lower Manhattan itself.

Get updates about all things Jewish by signing up for our newsletter at [DowntownJewishLife.org](http://DowntownJewishLife.org) or like us on Facebook @DowntownJewishLife or join the conversation at #DJL2017 and #DJLNYC.





# 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 story-time to whiskey tastings and dance classes, these events feature activities for the whole family. Open to all in our diverse downtown community. Visit [14StreetY.org/PausePlay](http://14StreetY.org/PausePlay).



JOIN US ON SELECT SATURDAYS, NOVEMBER – MARCH, 2:00 PM – 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)

**NOVEMBER 4, 2017**

## Our Downtown Community

This November kicks off our Pause/Play series again with PJ Play!, Mini Family Yogis, NCDC arts activities, GAGA games, Family Swim and finishing with a community gathering on the roof.

**DECEMBER 2, 2017**

## Hanukkah

Re-imagine the holidays with us as we host special Downtown Jewish Life partnered events, PJ Play!, sugary jelly-filled treats, and Bling Your Own Dreidel. Of course you can also enjoy Family Swim and games in the gym all day as well!

**JANUARY 6, 2018**

## Family Fit Day

A bounce house and rock wall set up all afternoon in the gym, PJ Play!, Family Swim, and a disco dance party will make this the grooviest place to burn those holiday calories!

**FEBRUARY 3, 2018**

## Tu B'shvat

Celebrate the “New Year of the Trees” in our ecologically aware day of fun! Awareness of a greener world, art and learning opportunities combine for a deeper experience. There will be a wine tasting for adults and endless activities for the kids!

**MARCH 17, 2018**

## Welcome in the Spring!

This Pause/Play season ends with a blast. Come dressed in your favorite silly costume, enjoy concerts, story-times, mixology classes to make special punches for the grown-ups, all culminating into a fantastic Spring Carnival with balloons, face-painting and treats!

FOR  
MORE  
INFO

...about Downtown Jewish Life visit [14StreetY.org/DowntownJewishLife](http://14StreetY.org/DowntownJewishLife)

## RECEIVE A MONTHLY GIFT OF FREE JEWISH CHILDREN'S BOOKS AND MUSIC!

Visit [PJlibrary.org](http://PJlibrary.org) to sign up and learn more



# YOUTH PROGRAMS



## THE 14TH STREET Y AFTER SCHOOL PROGRAM

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

### GRADES K – 5TH

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. A full list of enrichment activities are posted on our website at [14StreetY.org/AfterSchool](https://14StreetY.org/AfterSchool). 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. For more information please contact, [AfterSchool@14StreetY.org](mailto:AfterSchool@14StreetY.org) or 646-395-4356. *Limited scholarships are available. Registration for full year and fall semester is now open.*

### NEW! PRE-K AFTER SCHOOL

We’re excited to announce an extension of our beloved After School program with the launch of Pre-K After School! 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!



FOR  
MORE  
INFO

...please contact  
[AfterSchool@14StreetY.org](mailto:AfterSchool@14StreetY.org),  
call 646-395-4356, or visit  
[14StreetY.org/AfterSchool](https://14StreetY.org/AfterSchool).

## HOLIDAY CAMPS

The 14th Street Y runs childcare and enrichment programs during most school holidays and teacher conference days. Your child will enjoy activities including swimming, arts, gym time and field trips. Some of our past trips have included: The Children's Museum of the Arts, The Museum of Natural History, and the Prospect Park Zoo.

*For more information please contact  
Patrick Wise at [PWise@14StreetY.org](mailto:PWise@14StreetY.org)*

## 2017 – 2018 HOLIDAY CAMP SCHEDULE

**OCT. 9: COLUMBUS DAY**

**NOV. 7: ELECTION DAY**

**JAN. 15: MLK JR. DAY**

**FEB. 16 – 23: MID-WINTER RECESS**

**APR. 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.**

## YOUTH SPORTS AGES 4–14

Our classes emphasize skill development in a supportive, non-pressured, non-competitive environment to help enhance your child's self-esteem. Before enrolling in a particular class, you can take a single session for \$35.

### Ballet

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

**15 MONDAYS, SEPT. 25 – JAN. 29, 2018**

*NO CLASS 10/9, 12/25, 1/1, 1/15*

**3.4 – 4.11 YEARS: 3:30 – 4:15 PM**

**5 – 7.4 YEARS: 4:15 – 5:00 PM**

**M \$315, NM \$375, AFTER SCHOOL \$295**

### Tumbling and Gymnastics

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

**16 TUESDAYS, SEPT. 19 – JAN. 16, 2018**

*NO CLASS 11/7, 12/26*

**4.5 – 5.5 YEARS: 3:30 – 4:15 PM**

**5.6 – 7 YEARS: 4:20 – 5:10 PM**

**M \$315, NM \$375, AFTER SCHOOL \$295**

### Julie's Groove Crew

**Ages 4 – 5.5 years**

Have fun creating new dance moves and developing rhythm, coordination, and body awareness. Your child will benefit from the Brain Dance, which integrates the primary reflexes—the foundation for healthy brain development. Great for all genders!

**17 WEDNESDAYS SEPT. 20 – JAN. 17, 2018**

*NO CLASS 12/27*

**3:30 – 4:15 PM**

**M \$315, NM \$375, AFTER SCHOOL \$295**

### Super Soccer Stars

**Ages 2.5 – 6 years**

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

**THURSDAYS, 3:00 – 5:00 PM**

**\*SPECIFIC TIME BLOCK BASED ON AGE**

*14th Street Y members receive a 10% discount!*

*To take advantage of this discount, see class*

*dates, and to register for programs please*

*call Super Soccer Stars at 212-877-7171 or visit [supersoccerstars.com](http://supersoccerstars.com), and mention that you are a 14th Street Y member.*

## Super Stars Tennis: Tiny Tots

**Ages 4 – 6.5 years**

Our fun Tiny Tots program uses our “quick start” format to teach children the fundamentals of tennis. Our kid friendly instructors teach the ground rules of tennis in a socially fun environment. Emphasis is placed on teaching the enjoyment of tennis with positive reinforcement while getting the kids ready for the next level of our program, Mighty Mites. Our goals are: 1) to develop the child’s athletic skill so he or she learns to enjoy the game 2) to teach the fundamentals of tennis and 3) to promote an attitude whereby the child has the desire and courage to learn something new.

**15 THURSDAYS, SEPT. 28 – JAN. 18, 2018**

**NO CLASS 11/23, 12/28**

**3:30 – 4:10 PM**

**M \$315, NM \$375, AFTER SCHOOL \$295**

## Super Stars Tennis: Mighty Mites

**Ages 6.5 – 10 years**

Our fun Mighty Mites program uses our “quick start” format to teach children the fundamentals of tennis. An introduction for junior novice players consisting of grip techniques, stroke production, enhancement of motor skills and racquet skills, tennis etiquette, and rules of the game. Tailored for junior players to reach the next level.

**15 THURSDAYS, SEPT. 28 – JAN. 18, 2018**

**NO CLASS 11/23, 12/28**

**4:15 – 5:10 PM**

**M \$315, NM \$375, AFTER SCHOOL \$295**

*For more information contact [P Wise@14StreetY.org](mailto:P Wise@14StreetY.org)*

## BASKETBALL

NOTE: First two weeks of basketball classes will include evaluations. Coaches may suggest a more appropriate session based on ability and experience.

### Dribble and Thrill Basketball

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

**15 MONDAYS, SEPT. 18 – JAN. 22, 2018**

**NO CLASS 10/9, 12/25, 1/1, 1/15**

**CO-ED 5 – 7 YEARS: 3:30 – 4:15 PM**

**M \$315, NM \$385, AFTER SCHOOL \$295**

**16 TUESDAYS, SEPT. 19 – JAN. 16, 2018**

**NO CLASS 11/7, 12/26**

**CO-ED 5 – 7 YEARS: 3:30 – 4:15 PM**

**M \$325, NM \$395, AFTER SCHOOL \$305**

## Flag Football

### League

**(Fall 2017)**

**Ages 5 – 14 years**

Another season of Flag Football in collaboration with the NFL

Youth Flag Football

League will be back for the Fall. A developmental league, players are evaluated during the first 2 sessions and are placed in appropriate competition groups. Players are taught proper technique in catching, throwing, running, and defending. All players play an equal amount of time to earn a chance to win either defensive player of the year, offensive player of the year, or MVP. Competition is taught in a nurturing environment.

**9 SUNDAYS, STARTING IN EARLY SEPTEMBER**

**9:00 AM – 1:00PM \*SPECIFIC TIME SLOT BASED ON AGE**

**M \$185, NM \$200**

**LOCATION: BARUCH FIELD (NEAR FDR DRIVE)**

*Registration opens in early July, please visit [14StreetY.org/youthsports](http://14StreetY.org/youthsports) for more information and to register. Final session dates and times will be confirmed at the close of registration. For more information about our flag football league, please email Marcus Hawthorne at [MHawthorne@14StreetY.org](mailto:MHawthorne@14StreetY.org).*



## Rebounds and Buckets Basketball

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

**15 MONDAYS, SEPT. 18 – JAN. 22, 2018**

*NO CLASS 10/9, 12/25, 1/1, 1/15*

**CO-ED 8 – 9 YEARS: 4:15 – 5:15 PM**

**M \$315, NM \$385, AFTER SCHOOL \$295**

**16 TUESDAYS, SEPT. 19 – JAN. 16, 2018**

*NO CLASS 11/7, 12/26*

**CO-ED 8 – 9 YEARS: 3:30 – 4:15 PM**

**M \$325, NM \$395, AFTER SCHOOL \$305**

## Hard to Guard Basketball

For players who have played basketball before and are looking to excel. Players in this class must have prior experience with us or be given an evaluation during the first class.

**17 WEDNESDAYS, SEPT. 20 – JAN. 17, 2018**

*NO CLASS 12/27*

**AGES 8 – 10: 3:30 – 4:15 PM**

**AGES 11 – 14: 4:15 – 5:15 PM**

**M \$325, NM \$395, AFTER SCHOOL \$305**

## Girls Only Basketball

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

**16 TUESDAYS, SEPT. 19 – JAN. 16, 2018**

*NO CLASS 11/7, 12/26*

**6 – 9 YEARS: 3:30 – 4:15 PM**

**10 – 14 YEARS: 4:15 – 5:15 PM**

**M \$325, NM \$395, AFTER SCHOOL \$305**

## Winter Basketball Clinic

Our clinic will address and develop individual skills of a basketball player (ball handling, shooting, and defending). This clinic is suggested for players who would like to strengthen their skills in a fun, non-pressured environment.

**3 SUNDAYS, DEC. 3, DEC. 10, AND DEC. 17**

**CO-ED 7-9 YEARS: 12:00 – 1:15 PM**

**CO-ED 10-14 YEARS: 1:15 – 2:15 PM**

**M \$70, NM \$90, AFTER SCHOOL \$60**

FOR  
MORE  
INFO

...about basketball leagues  
and classes, please email  
Marcus Hawthorne at  
MHawthorne@14StreetY.org

## YOUTH SPORTS AGES 10–18

The 14th Street Y is excited to offer NEW classes for ages 10–18. For a full list of classes and more information visit **14StreetY.org/Teens**

### Basketball

*Fall basketball classes for ages 10 – 14 will be open for registration in early August. Please visit **14StreetY.org/YouthSports** for more information and to register.*

### Aqua Jet Swim Team

See page 16 for more details.

### Teen Fitness Membership

Ask about our special low rates for teens ages 13 – 17! Membership includes use of the fitness center, the gymnasium, and the pool. For more information, stop in for a tour or please email [Join@14StreetY.org](mailto:Join@14StreetY.org).



### COMMUNITY SERVICE GRADES 6 – 12

For teens who need (or want) to do community service with us, please contact [PWise@14StreetY.org](mailto:PWise@14StreetY.org) for more information.

### LOOKING FOR A CAMP FOR TEENS?

See page 28.



# SUMMER CAMPS

**"BEST DAY CAMP  
IN NEW YORK CITY"**  
—Voted by Nickelodeon Parents Connect



Plan a summer your child will never forget. The 14th Street Y offers great summer camps for all ages, toddlers to teens! Whatever their age, your children will explore, learn and grow in a nurturing environment, and have a blast too.

## TODDLER SUMMER CAMPS

### Mini Camp (with Parent/Caregiver)

*Ages 17 months – 3.5 years*

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 AM - 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 (separated program)

*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, storytime, and snacks for two hours without adults.

**MONDAYS AND WEDNESDAYS**

**SECTION I: 9:30 AM - 12:00 PM**

**TUESDAYS AND THURSDAYS**

**SECTION II: 9:30 A, - 12:00 PM**

**CAMP REGISTRATION FOR SUMMER 2018 BEGINS JANUARY, 2018.**

FOR  
MORE  
INFO

...For Mini Camp and On Our Way, registration begins in January. **Check out our website in December for registration information.** For questions about Toddler Camps 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)



*"My son wanted to go to camp even on weekends, he couldn't wait to see his friends and the teachers."*

— TODDLER CAMP PARENT

# NEW TOWN DAY CAMP

*Ages 3.5 – 6 years*

## SUMMER FUN, SWIMMING, ART AND MUCH, MUCH MORE

NTDC was full of exciting activities including; swimming, art, and much, much more! Visit us online this fall for stories about summer camp and registration for 2018. Camp fills up fast, so check back late fall to get a head start on your summer 2018 plans.

### 2018 CAMP SEASON

**FULL SUMMER: JUNE 27 – AUGUST 14**

**NO CAMP 7/4**

**HALF DAY: MONDAY – FRIDAY,**

**8:00 AM – 1:00 PM**

**FULL DAY: MONDAY – FRIDAY,**

**8:00 AM – 4:00 PM**

FOR  
MORE  
INFO

...about the 2018 season,  
contact Maybelline Romero  
at 646-395-4326, email  
MRomero@14StreetY.org, or visit  
**14StreetY.org/camps**



## TEEN SUMMER PROGRAM: POPUP FOR CHANGE

PopUp for Change, a program of the 14th Street Y, brings teens together to transform urban spaces into vibrant PopUp food trucks, supper clubs and fashion boutiques that tackle issues of social justice. Engaging with design thinking and Jewish values of social justice, our teens explore, listen, and respond to the needs of the community to make real change in the world.

Every summer, PopUp transforms urban spaces to promote social good. This summer is no different.

The PopUp Hair Salon will take place end of August—providing a proper haircut and spa experience for seniors and other underserved members of the community. Our goal is to provide a sense of nurturing, connection and transformation. Follow us for stories and pics to see how it's going! @PopUpforChange.

**THIS SUMMER, JOIN US TO CREATE OUR  
NEXT POPUP FOR CHANGE PROJECT.  
DATES TBD.**

*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 a  
**popupforchange@14StreetY.org.***



# NEW COUNTRY DAY CAMP

**Ages entering kindergarten – 8th grade**

Less than 45 minutes from most of our bus pickup points, New Country Day Camp places your child in the midst of a beautiful, natural setting for a summer of fun.



## FROM NATURE WALKS TO COOKOUTS

Swimming pools, hiking trails, and open meadows provide the setting for this camp at the 75-acre Henry Kaufmann Campground, located on Staten Island. Healthy outdoor experiences are at the heart of New Country Day Camp, supporting a curriculum that promotes guided enrichment in a Jewish environment. Kids swim, play sports, and discover the world around them in an enriching, inclusive setting informed by Jewish values. Campers spend their mornings with their friends in groups of kids their age. In these groups, they'll have an opportunity to try all of our camp programs. In the afternoons, campers in 2nd grade and up spend time in program units which they choose independently on Mondays, and which last the week through Friday. The program units are: Sports, Gymnastics, Martial Arts, Performing Arts, Visual Arts, Science and Technology, Cooking Camping & Pioneering, and Photojournalism. Campers entering grades K-1 also have opportunities to make their own choice about programming within a structured, nurturing environment.

**2018 CAMP SEASON DATES TBD.**

*"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



**FOR  
MORE  
INFO**

...please contact  
[newcountry@14StreetY.org](mailto:newcountry@14StreetY.org)  
or visit [14StreetY.org/](http://14StreetY.org/)  
[NewCountryDayCamp](http://NewCountryDayCamp.org)

**NEW COUNTRY DAY CAMP  
GUIDED TOURS**

Guided tours of camp are available in spring. RSVP is required. If you are interested in a guided tour please email [NewCountry@14StreetY.org](mailto:NewCountry@14StreetY.org) or visit [NewCountryDayCamp.org](http://NewCountryDayCamp.org) for more information.

# PARENTING AND EARLY CHILDHOOD



## EXPECTANT PARENTS

Our classes for expectant parents keep you fit mentally, physically, and emotionally throughout pregnancy and beyond.

### Prenatal Yoga **DROP-IN**

Discover how yogic breathing and stretching can alleviate the physical discomforts of pregnancy, deepen your emotional connection to your child, and keep you energized, balanced, and active throughout all nine months. This class will help prepare your body and mind for the challenges of labor, delivery, and life with a new baby.

*Taught by Shahar Lion, a certified yoga teacher for all levels with a specialization in prenatal yoga instruction. She is also a certified Laban movement analyst. Please consult your doctor or midwife before enrolling.*

**THURSDAYS, ONGOING, 7:30 – 8:30 PM**  
**5-CLASS PUNCH CARD: M FREE, NM \$90**  
**SINGLE SESSION \$20**

### Baby Care Workshop

Come learn the ins and outs of caring for your new baby. Topics you'll cover in class 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, CIMA.*

*This workshop is offered four different times:*

**WEDNESDAYS, 6:30 – 8:30 PM**  
**ONCE A MONTH: SEPT. 6, OCT. 18, NOV. 1, DEC. 6**  
*(MORE OFFERED IN WINTER/SPRING)*  
**M \$50 PER WORKSHOP/COUPLE,**  
**NM \$55 PER WORKSHOP/COUPLE**

## NEW PARENTS

### New Parents Stroll-In **DROP-IN**

*Ages birth – crawling*

Come meet other parents and babies in a relaxed environment. Group facilitator, Hope Baker, Psy. D., leads discussions to guide you through the joys and challenges of parenting. New parents can start this class at any time.

**TUESDAYS, ONGOING**  
**SEPTEMBER 19 – JANUARY 30, 2018**  
*NO CLASS 11/7, 12/26*  
**1:15 – 2:45 PM**  
**5 CLASS PUNCH CARD M \$75/NM \$90**  
**SINGLE SESSION \$20**

### Sunday New Parents Stroll-In

**DROP-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.*

**SUNDAYS, SEPT. 17, OCT. 15, NOV. 19, DEC. 17**  
*(MORE OFFERED IN WINTER/SPRING)*  
**11:00 AM – 12:30 PM**  
**5 CLASS PUNCH CARD M \$75/NM \$90**  
**SINGLE SESSION \$20**



# PARENTING DROP-IN SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1:15 – 2:00 PM</b> <b>LAP BABIES AND CRAWLERS</b> 2 – 12 months <i>NO CLASS 10/9, 12/25, 1/1, 1/15</i>	<b>11:00 AM – 12:00 PM</b> <b>POSTPARTUM PILATES WITH BABY</b> Ages 2 – 12 months <i>NO CLASS 11/7, 12/26, 1/2</i> <i>* FREE FOR MEMBERS</i>	<b>1:00 – 1:45 PM</b> <b>MOMMY &amp; ME BARRE FITNESS</b> Ages 8 weeks – pre-crawling <i>NO CLASS 11/22, 12/27</i> <i>* FREE FOR MEMBERS</i>	<b>10:45 – 11:30 AM</b> <b>CRUISERS AND WALKERS</b> 12 – 18 months <i>NO CLASS 11/23, 12/28</i>	<b>10:30 – 11:15 AM</b> <b>NEW! CARE GIVER AND ME</b> 9 - 24 months <i>NO CLASS 11/24, 12/29</i>
<b>3:15 – 4:00 PM</b> <b>SING ALONG</b> 2 months – 3 years <i>NO CLASS 10/9, 12/25, 1/1, 1/15</i>	<b>1:15 – 2:45 PM</b> <b>NEW PARENTS STROLL-IN</b> Ages Birth – Crawling <i>NO CLASS 11/7, 12/26, 1/2</i>	<b>3:15 – 4:00 PM</b> <b>SING ALONG</b> 2 months – 3 years <i>NO CLASS 11/22, 12/27</i>	<b>11:30 – 12:15 PM</b> <b>RUNNERS AND JUMPERS</b> 18 – 24 months <i>NO CLASS 11/23, 12/28</i>	<b>11:00 AM – 12:00 PM</b> <b>MESSY PLAY!</b> 18 – 36 months <i>NO CLASS 11/24, 12/29</i>
<b>4:15 – 5:00 PM</b> <b>SING ALONG</b> 2 months – 5 years <i>NO CLASS 10/9, 12/25, 1/1, 1/15</i>	<b>3:15 – 4:00 PM</b> <b>SING ALONG</b> 2 months – 3 years <i>NO CLASS 11/7, 12/26, 1/2</i>	<b>4:15 – 5:00 PM</b> <b>SING ALONG</b> 2 months – 3 years <i>NO CLASS 11/22, 12/27</i>	<b>1:00 – 2:00 PM</b> <b>NEW BABY, NEW BODY!</b> Ages 6 weeks – 8 months <i>NO CLASS 11/23, 12/28</i> <i>* FREE FOR MEMBERS</i>	<b>12:15 – 1:15 PM</b> <b>MOMMY AND ME YOGA</b> Ages 2 – 12 months <i>NO CLASS 11/24, 12/29</i> <i>* FREE FOR MEMBERS</i>
	<b>4:15 – 5:00 PM</b> <b>SING ALONG</b> 2 months – 3 years <i>NO CLASS 11/7, 12/26, 1/2</i>		<b>3:15 – 4:00 PM</b> <b>SING ALONG</b> 2 months – 3 years <i>NO CLASS 11/23, 12/28</i>	<b>12:45 – 1:30 PM</b> <b>BANANAJAM MUSIC AND MOVEMENT</b> 3 months – 3 years <i>NO CLASS 11/24, 12/29</i>
			<b>4:15 – 5:00 PM</b> <b>SING ALONG</b> 2 months – 3 years <i>NO CLASS 11/23, 12/28</i>	
			<b>7:30 – 8:30 PM</b> <b>PRE-NATAL YOGA</b> For expecting Moms <i>NO CLASS 11/23, 12/28</i> <i>* FREE FOR MEMBERS</i>	

## SUNDAY

<b>9:30 – 11:00 AM</b> <b>INDOOR PLAYGROUND</b> 6 months – 3 years <i>BEGINS ON 11/5</i> <i>NO CLASS 11/26, 12/24, 12/31, 1/14</i>	<b>11:00 AM – 12:30 PM</b> <b>INDOOR PLAYGROUND</b> 6 months – 3 years <i>BEGINS ON 11/5</i> <i>NO CLASS 11/26, 12/24, 12/31, 1/14</i>	<b>11:00 AM – 12:30 PM</b> <b>SUNDAY STROLL-IN</b> <i>Check website for dates</i>	<b>3:15 – 4:00 PM</b> <b>SING ALONG</b> 2 months – 3 years <i>NO CLASS 9/24, 11/26, 12/24, 12/31, 1/14, 1/28</i>	<b>4:15 – 5:00 PM</b> <b>SING ALONG</b> 2 months – 3 years <i>NO CLASS 9/24, 11/26, 12/24, 12/31, 1/14, 1/28</i>
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Drop-In classes are ongoing unless otherwise noted.  
Please check [14StreetY.org/parenting](http://14StreetY.org/parenting) for more information  
or call the Service Desk at 646-395-4310.

- ☐ = FREE FOR MEMBERS, \$20 Single Session or 5 class punch card M \$75, NM \$90
- ☐ = \$20 Single Session or 5 class punch card M \$75, NM \$90
- ☐ = MESSY PLAY: \$35 Single Session or 5 class punch card M \$155, NM \$170
- ☐ = BANANAJAM: \$33 Single Session or 5 class punch card M \$145, NM \$160
- ☐ = SING ALONGS: \$24 Single Session or 5 class punch card M \$95, NM \$110
- ☐ = LAP BABIES AND CRAWLERS, CRUISERS AND WALKERS, RUNNERS AND JUMPERS: \$28 Single Session or 5 class punch card M \$120, NM \$135

## ALL INCLUSIVE PUNCH CARD

Get your all-inclusive parenting punch card and drop-in any of these classes:

- Prenatal Yoga
- New Parents Stroll-In
- Breastfeeding Support Group
- Mommy & Me Yoga

- Caregiver & Me
- Indoor Playground
- New Baby, New Body! New Mom's Fitness Class\*
- Postpartum Pilates with Baby\*
- Mommy and Me Barre\*

**ATTEND 5 SINGLE CLASSES IN ANY COMBINATION**  
**M \$75, NM \$90, SINGLE SESSION \$20**  
*\*These classes are free for members (no punch card required).*



## Breastfeeding Support Group

### DROP-IN

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, SEPT. 14, SEPT. 28, OCT. 12, OCT. 26,  
NOV. 9, NOV. 30, DEC. 14, JAN. 4, JAN. 18**

*(MORE OFFERED IN WINTER/SPRING)*

**12:45 – 2:15 PM**

**5 CLASS PUNCH CARD M \$75/NM \$90**

**SINGLE SESSION \$20**

## Infant/Child/Adult CPR with AED Certification

Taught by an American Heart Association and EMS Safety Service Instructor. This class is for parents, caregivers and anyone who needs CPR certification for work. Learn how to recognize and respond to life-threatening emergencies. Learn how to perform CPR and use an AED on infants (0 – 12 months) and children/adults (1 and over). You will also learn what to do if someone is choking. Participants will receive a book and a 2 year AHA certification card at the end of the class. Babies under 8 months are welcome.

**MONDAYS, SEPT. 25, OCT. 16, NOV. 13, DEC. 4**

**6:30 – 8:30 PM**

**SUNDAY, OCT. 29**

**1:00 – 3:00 PM**

*(MORE OFFERED IN WINTER/SPRING)*

**M \$100, NM \$110/PERSON**

## Caregiver and Me **DROP-IN**

**Ages 9 – 24 months**

Calling all caregivers! This weekly drop-in group will focus on topics such as learning self-care strategies that benefit physical and emotional well-being, and building community with others who share the same commitment and passion for this important and challenging work. A happy, healthy, well-cared-for caregiver makes a happy, healthy, well-cared-for baby! Led by Hope Baker, PsyD.

**17 FRIDAYS, SEPT. 29 – FEB. 2, 2018**

*NO CLASS 11/24, 12/29*

**10:30 – 11:15 AM**

**5 CLASS PUNCH CARD M \$75/NM \$90**

**SINGLE SESSION \$20**



## 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: knitting! Held Friday afternoons in our sunny, comfy, infant-friendly playroom, this 4-part series will teach you all the basics—the knit stitch, gauge, casting on and off, seaming and pom pom making—as you craft a custom-made hat for your baby. Come join us for this relaxing and rewarding activity! Experienced knitters and expectant mommies welcome, too.

*All materials needed for the first class will be provided by the Y. Participants will then have the option to bring their own materials or purchase them from the instructor for an additional fee. For more information or to register, please contact Jane Kornbluh at 646-395-4337 or JKornbluh@14StreetY.org.*

**4 FRIDAYS**

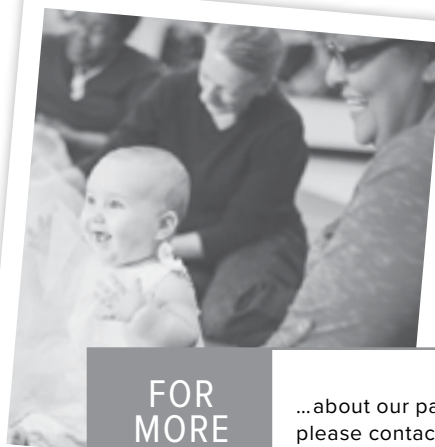
**2:45 – 4:15 PM**

**SESSION I: 11/3 – 12/1**

**SESSION II: 12/8 – 1/5 NO CLASS 12/29**

**SESSION III: 1/19 – 2/9**

**M \$90/NM \$100**



**FOR  
MORE  
INFO**

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

# MOMMY & ME FITNESS

## Postpartum Pilates with Baby

**DROP-IN**

*Ages 2 – 12 months*

Postpartum Pilates with Baby 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, ONGOING**

**11:00 AM – 12:00 PM**

**5-CLASS PUNCH CARD: M FREE, NM \$90**

**SINGLE SESSION \$20**

## Mommy and Me Barre **DROP-IN**

*Ages 2 – 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.

**WEDNESDAYS, ONGOING, 1:00 – 1:45 PM**

**5-CLASS PUNCH CARD: M FREE, NM \$90**

**SINGLE SESSION \$20**

## New Baby, New Body! New Mom's Fitness Class **DROP-IN**

*Ages 6 weeks – 8 months*

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

**THURSDAYS, ONGOING, 1:00 – 2:00 PM**

**5-CLASS PUNCH CARD: M FREE, NM \$90**

**SINGLE SESSION \$20**

Please consult with your doctor or midwife before enrolling in any of the Mommy & Me Fitness classes and/or Personal Training.

## Mommy and Me Yoga **DROP-IN**

*Ages 2 – 12 months*

Come to Mommy and Me Yoga as soon as your doctor/midwife gives you the go-ahead. This class 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 by having a new baby. Guide your baby through gentle postures designed to enhance infant development. Babies can also interact with each other.

**FRIDAYS, ONGOING, 12:15 – 1:15 PM**

**5-CLASS PUNCH CARD: M FREE, NM \$90**

**SINGLE SESSION \$20**

## PERSONAL TRAINING FOR NEW MOMS

Workout with one of our trainers who specialize in postpartum fitness and reach your fitness goals while your child is at babysitting or a class. Purchase an 11-session package and receive a free babysitting card. Learn more about personal training at [14StreetY.org/trainers](http://14StreetY.org/trainers) or contact [PT@14StreetY.org](mailto:PT@14StreetY.org).



# YOUNG FAMILIES: DEVELOPMENTAL MOVEMENT CLASSES

A moving body is a learning body. As the latest brain research shows, exercise and movement greatly impact babies' neurological development and are nutrients that feed babies' growing bodies and minds. The following developmental movement classes utilize movement patterns and brain-building exercises designed to encourage, strengthen, and challenge body awareness, core support, alignment, and early learning. Led by Parenting Center staff member Meredith Wright.

## Lap Babies and Crawlers **DROP-IN**

*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.

**16 MONDAYS, SEPT. 18 – JAN. 29, 2018**

*NO CLASS 10/9, 12/25, 1/1, 1/15*

**1:15 – 2:00 PM**

**5-CLASS PUNCH CARD M \$120/NM \$135**

**SINGLE SESSION \$28**



## Cruisers and Walkers **DROP-IN**

*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.

**17 THURSDAYS, SEPT. 28 – FEB. 1, 2018**

*NO CLASS 11/23, 12/28*

**10:45 – 11:30 AM**

**5-CLASS PUNCH CARD: M \$120, NM \$135**

**SINGLE SESSION \$28**

## Runners and Jumpers **DROP-IN**

*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, body awareness, and coordination as well as focused listening and imaginative themes.

**17 THURSDAYS, SEPT. 28 – FEB. 1, 2018**

*NO CLASS 11/23, 12/28*

**11:30 AM – 12:15 PM**

**5-CLASS PUNCH CARD: M \$120, NM \$135**

**SINGLE SESSION \$28**

# KID'S SPORTS AND FITNESS

## Kids in Sports **WITH PARENT/CAREGIVER**

*Ages 12 – 24 months*

*and 24 – 36 months*

Children engage in a variety of sports related movements during free play and structured exercises to improve their fine and gross motor skills. Throwing, catching, kicking, running, and balance are practiced in each class, with maximum success coming from work done through close supervision and encouragement of their attending adult.



**17 THURSDAYS**

**SEPT. 28 – FEB. 1, 2018**

*NO CLASS 11/23, 12/28*

**24 – 36 MONTHS:**

**10:00 – 10:45 AM**

**12 – 24 MONTHS:**

**11:00 – 11:45 AM**

**17 FRIDAYS**

**SEPT. 29 – FEB. 2, 2018**

*NO CLASS 11/24, 12/29*

**12 – 24 MONTHS: 9:15 – 10:00 AM**

**24 – 36 MONTHS: 10:15 – 11:00 AM**

**M \$625, NM \$670**



## Indoor Playground **DROP-IN**

**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.

**9 SUNDAYS, NOV. 5 – JAN. 28, 2018**

*NO CLASS 11/26, 12/24, 12/31, 1/14*

**9:30 – 11:00 AM, 11:00 AM – 12:30 PM**

**5 CLASS PUNCH CARD M \$75/NM \$90**

**SINGLE SESSION \$20**

## MUSIC CLASSES

### Magical Movement with Mik

**Ages 18 – 24 months and 25 – 36 months**

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 theatrical props to captivate both you and your child.

**18 TUESDAYS, SEPT. 19 – JAN. 30, 2018**

*NO CLASS 11/7, 12/26*

**SECTION I: AGES 18 – 24 MONTHS**

**9:15 – 10:00 AM**

**SECTION II: AGES 25 – 36 MONTHS**

**10:00 – 10:45 AM**

**M \$625, NM \$680**

### Rock-a-Baby

**Ages 2 – 18 months and 1 – 3.5 years**

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

**AGES 12 MONTHS – 3.5 YEARS**

**9 WEDNESDAYS, 10:00 – 10:45 AM**

**SESSION I: SEPT. 20 – NOV. 15**

**SESSION II: NOV. 29 – JAN. 31 NO CLASS 12/27**

**M \$360/NM \$395**

**AGES 2 – 18 MONTHS**

**9 WEDNESDAYS, 11:00 – 11:45 AM**

**SESSION I: SEPT. 20 – NOV. 15**

**SESSION II: NOV. 29 – JAN. 31 NO CLASS 12/27**

**M \$360/NM \$395**

FOR  
MORE  
INFO

...about Kids Sports classes,  
please contact Dana Federbush  
at [DFederbush@14StreetY.org](mailto:DFederbush@14StreetY.org)



### BananaJam Music & Movement

**DROP-IN**

**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.

**17 FRIDAYS, SEPT. 29 – FEB. 2, 2018**

*NO CLASS 11/24, 12/29*

**12:45 – 1:30 PM**

**5-CLASS PUNCH CARD M \$145/NM \$160**

**SINGLE SESSION \$33**

### 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!

**SESSION I: 8 MONDAYS, SEPT. 18 – NOV. 13**

*NO CLASS 10/9*

**SESSION II: 8 MONDAYS, NOV. 20 – JAN. 29**

*NO CLASS 12/25, 1/1, 1/15*

**4:15 – 5:00 PM**

**M \$255/NM \$285**

## Sing Along **DROP-IN**

**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!

**ALL SECTIONS MEET ON THE FOLLOWING DAYS, AT TWO DIFFERENT TIMES:**

**3:15 – 4:00 PM, 4:15 – 5:00 PM**

**15 SUNDAYS, SEPT. 24 – JAN. 28, 2018**

*NO CLASS 11/26, 12/24, 12/31, 1/14*

**16 MONDAYS, SEPT. 18 – JAN. 29, 2018**

*NO CLASS 10/9, 12/25, 1/1, 1/15*

**18 TUESDAYS, SEPT. 19 – JAN. 30, 2018**

*NO CLASS 11/7, 12/26*

**18 WEDNESDAYS, SEPT. 20 – JAN. 31, 2018**

*NO CLASS 11/22, 12/27*

**17 THURSDAYS, SEPT. 28 – FEB. 1, 2018**

*NO CLASS 11/23, 12/28*

**5-CLASS PUNCH CARD M \$95/NM \$110**

**SINGLE SESSION \$24**

FOR  
MORE  
INFO

...about our music classes,  
please contact Dana Federbush  
at [DFederbush@14StreetY.org](mailto:DFederbush@14StreetY.org)

## JAPANESE PARENTING CLASSES

### 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 playroom.

**17 FRIDAYS, SEPT. 29 – FEB. 2, 2018**

*NO CLASS 11/24, 12/29*

**10:30 AM – 12:00 PM**

**M \$635, NM \$695**

FOR  
MORE  
INFO

...about our Japanese  
parenting classes please contact  
Michiyo Kigawa at  
[MKigawa@14StreetY.org](mailto:MKigawa@14StreetY.org)

### 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.*

**17 FRIDAYS, SEPT. 29 – FEB. 2, 2018**

*NO CLASS 11/24, 12/29*

**1:30 – 2:30 PM**

**M \$500, NM \$550**

## ART, LITERACY, & SCIENCE

### Messy Play **DROP-IN**

**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.

**17 FRIDAYS, SEPT. 29 – FEB. 2, 2018**

*NO CLASS 11/24, 12/29*

**5-CLASS PUNCH CARD M \$155/NM \$170**

**SINGLE SESSION \$35**





## Playday

**Ages 18 – 36 months**

Playday offers a learning-through-play group for you and your child. Children are introduced to blocks, puzzles, art materials, music, and movement, while you'll have the opportunity to meet new friends. There will be 30 minutes of gross motor activities in the playroom. Snack will be provided.

**16 MONDAYS, SEPT. 18 – JAN. 29, 2018**

*NO CLASS 10/9, 12/25, 1/1, 1/15*

**9:15 – 10:45 AM, 10:50 AM – 12:20 PM**

**M \$625, NM \$680**

**18 WEDNESDAYS, SEPT. 20 – JAN. 31, 2018**

*NO CLASS 11/22, 12/27*

**10:30 AM – 12:00 PM**

**M \$700, NM \$760**

**17 FRIDAYS, SEPT. 29 – FEB. 2, 2018**

*NO CLASS 11/24, 12/29*

**9:15 – 10:45 AM**

**M \$665, NM \$720**



## DROP-OFF AFTERNOON CLASSES

### Little Scientists **SEPARATED CLASS**

**Ages 3 – 5 years**

Drop off your future Nobel Prize winner for after school fun! Children explore the world of science through creative classroom activities.

**18 WEDNESDAYS, SEPT. 20 – JAN. 31, 2018**

*NO CLASS 11/22, 12/27*

**2:00 – 3:30 PM, 3:30 – 5:00 PM**

**M \$740, NM \$790**

### Learning Through Literacy

**SEPARATED CLASS**

**Ages 3 – 5 years**

This drop-off class brings books to life through cooking, art, and science.

**16 MONDAYS, SEPT. 18 – JAN. 29, 2018**

*NO CLASS 10/9, 12/25, 1/1, 1/15*

**3:30 – 5:00 PM**

**M \$660, NM \$700**

### Little Bookworms **SEPARATED CLASS**

**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.

*For registration information contact Jane Kornbluh at 646-395-4337 or JKornbluh@14StreetY.org.*

**14 FRIDAYS, OCT. 20 – FEB. 2, 2018**

*NO CLASS 11/24, 12/29*

**11:15 AM – 12:45 PM**

**M \$575, NM \$615**

### Bigger Bookworms **SEPARATED CLASS**

**Ages 3.5 – 5 years**

This class will explore a different book each week using art, creative movement, and drama to deepen children's understanding of narrative while building vocabulary, pre-writing, and literacy skills.

*For registration information contact Jane Kornbluh at 646-395-4337 or JKornbluh@14StreetY.org.*

**17 TUESDAYS, SEPT. 19 – JAN. 30, 2018**

*NO CLASS 11/7, 12/26, 1/2*

**3:30 – 5:00 PM**

**M \$700, NM \$745**

FOR  
MORE  
INFO

...about our Art, Play, Learn  
classes or our Drop-off  
Afternoon classes please  
contact Dana Federbush at  
DFederbush@14StreetY.org

## PARENTING SUPPORT GROUPS

### Parenting Your Preschooler

*Ages 2.9 – 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.*

**10 FRIDAYS, OCT. 6 – DEC. 15**

**NO CLASS 11/24**

**9:15 – 10:45 AM**

**M \$260, NM \$285**

### 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 1 ¼ hours.

*Led by Nancy Weinrib, LMSW.*

**GROUPS FORM AS NEEDED**

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

### Parenting Your Child with Special Needs: 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.*

**GROUPS FORM AS NEEDED**

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

## SPECIAL NEEDS

### KOL (Kindness, Openness, Love) Program: A Weekend Program for Children with Special Needs and their Families

*Ages 4 – 17 years*

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.

*If you are interested in learning more 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.*

**FOR  
MORE  
INFO**

...about our classes for children with special needs, please contact Blair Davis at BDavis@14StreetY.org

## Super Soccer Stars

This program helps children incorporate into their lives notions of structure and task completion through entertaining and engaging soccer activities. Each child learns the foundations of soccer, builds self-confidence, enhances social skills, and has a blast!

**12 SATURDAYS, OCT. 21 – FEB. 3, 2018**

*NO CLASS 11/25, 12/23, 12/30, 1/13/18*

**AGES 4 – 6 YEARS: 9:00 – 9:50 AM**

**AGES 7 – 11 YEARS: 9:55 – 10:45 AM**

**AGES 12 – 17 YEARS: 10:50 – 11:40 AM**

## Play Capoeira

Capoeira is fun! It is a Brazilian form of “karate” that involves practice with music. Capoeira helps to develop motor coordination, balance, flexibility, and an awareness of space. Students gain confidence in their physical abilities. Skills developed include focusing, communication, and socialization.

**12 SATURDAYS, OCT. 21 – FEB. 3, 2018**

*NO CLASS 11/25, 12/23, 12/30, 1/13/18*

**AGES 4 – 6 YEARS: 9:55 – 10:40 AM**

**AGES 7 – 11 YEARS: 10:50 – 11:35 AM**

**AGES 12 – 17 YEARS: 11:45 AM – 12:30 PM**

## Musicworks

Exposure to various styles of music, sounds, rhythm, and song provides a therapeutic environment and allows children to explore different cognitive modalities. It encourages creativity; helps increase a child’s confidence, focus, leadership and learning through playing instruments, singing, and improvisation.

**12 SATURDAYS, OCT. 21 – FEB. 3, 2018**

*NO CLASS 11/25, 12/23, 12/30, 1/13/18*

**AGES 4 – 6 YEARS: 10:45 AM – 11:15 AM**

**AGES 7 – 11 YEARS: 11:40 AM – 12:25 PM**

**AGES 12 – 17 YEARS: 12:35 PM – 1:20 PM**

## Creative Movement – ARTS Rx

Movement therapy focuses on the emotional, cognitive, physical, and social integration of the individual. It helps a child to express and deal with emotions, enhances communication and further develops social integration.

**12 SATURDAYS, OCT. 21 – FEB. 3, 2018**

*NO CLASS 11/25, 12/23, 12/30, 1/13/18*

**AGES 4 – 6 YEARS: 11:20 AM – 11:50 AM**

**AGES 7 – 11 YEARS: 12:30 PM – 1:15 PM**

**AGES 12 – 17 YEARS: 1:25 PM – 2:10 PM**

## Art – ARTS Rx

Art therapy is the therapeutic use of art making as a form of expression which can open doors to communication. It provides a framework for increased self-awareness and emotional expression.

**12 SATURDAYS, OCT. 21 – FEB. 3, 2018**

*NO CLASS 11/25, 12/23, 12/30, 1/13/18*

**AGES 4 – 6 YEARS: 12:00 – 12:30 PM**

**AGES 7 – 11 YEARS: 1:20 PM – 2:05 PM**

**AGES 12 – 17 YEARS: 2:10 PM – 2:55 PM**

## Special Needs Swim Class

*Ages 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.

**13 MONDAYS, SEPT. 11 – DEC. 11, 4:00 – 4:30 PM**

**12 SATURDAYS, SEPT. 9 – DEC. 9, 4:00 – 4:30 PM**

**12 SATURDAYS, SEPT. 9 – DEC. 9, 4:30 – 5:00 PM**

**13 SESSIONS: M \$234, NM \$312; 12 SESSIONS:**

**M \$216, NM \$288**

## PRELUDE TO PRESCHOOL

Our signature Two x Two and Now We Are Three school year programs help children develop confidence, community and independence during their first experience of school!

9:15 AM classes include healthy snack time; 11:15 AM classes allow time for children to eat a packed lunch together, brought from home. All sections enjoy time on our rooftop play yard in the fall and spring, and gym time in our indoor playground in the winter months. While these programs are not prerequisites for admission to the 14th St Y Preschool, Two x Two and Now We Are Three families will receive priority consideration during the preschool admissions process.



### Two x Two: Gradually Separating

*Ages 21 – 34 months (grouped by age)*

A perfect prelude to preschool, our Two x Two program helps toddlers develop friendships, master the routines, materials and activities of an early childhood classroom, and discover the joys of being independent! A lively mix of art, music, yoga, cooking, story-telling, imaginative play, gym and choice time in our classroom learning centers, this program meets from September–June. Children are grouped within a developmentally–appropriate age range. Small class size and high teacher-to-student ratios ensure plenty of individualized attention and offer children the support and comfort they need as the adults are phased out of the room. Grownups will also enjoy the camaraderie and support our discussion groups and evening parenting workshops offer!

**SEPTEMBER 2017 – JUNE 2018**

**\*MONDAYS & WEDNESDAYS**

**SECTION I: 9:15 – 10:55 AM**

**SECTION II: 11:15 AM – 12:55 PM**

**\*TUESDAYS & THURSDAYS**

**SECTION I: 9:15 – 10:55 AM**

**SECTION II: 11:15 AM – 12:55 PM**

*\*Please note all Gradually Separating sections meet 1.5 hours until November when class lengthens*

### Two x Two: Non-Separating

*Ages 21 – 29 months*

Your child is exploding with energy and an ever-growing curiosity about the world and everything in it, while you're just trying to keep up with this dynamo! Two x Two: Non-Separating will channel that energy and satisfy that unbounded curiosity through a lively mix of music, dance, gym, art, story time, cooking and creative play activities. While children enjoy choice time with their teachers and new 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. Our discussion leaders and evening workshops serve as additional child development resources for parents and caregivers in the program.

**SEPTEMBER 2017 – JUNE 2018**

**MONDAYS & WEDNESDAYS, 11:15 AM – 12:45 PM**

FOR  
MORE  
INFO

...for 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)



## PARENTS' NIGHT OUT

Save the Date for Parents' Night Out, our annual benefit and silent auction supporting the Parenting Center scholarship fund!

**THURSDAY, NOVEMBER 16**

## Young Twos: Winter/Spring Gradually Separating Two x Two

*Ages 20 – 26 months (in January 2018)*

Our Young Twos Two x Two is tailor-made for children who won't be ready or quite old enough to begin Two x Two in September, but as they approach their second birthday will need new challenges. For children 20–26 months in January, this class provides a variety of activities such as art, music, creative movement, dramatic play, gym, yoga, story and choice time in our learning centers while supporting these Young Twos through the process of separation and socialization. Grownups will also find camaraderie and resources for dealing with this energetic and eventful age in our discussion groups and evening parenting workshops.

**JANUARY – JUNE 2018**

**TUESDAYS & THURSDAYS, 11:15 AM – 12:55 PM**

**MONDAYS & WEDNESDAYS, 11:15 AM – 12:55 PM**

## Now We Are Three

*Ages 34 – 42 months*

Now We Are Three is a separated, year-long preschool alternative program for 34 – 42 month-olds that introduces children to the structure and content of a preschool setting. Through a combination of individual and group projects, art, music, creative movement, storytelling and outdoor play, Now We Are Three promotes independence, creativity, socialization and confidence within an educational setting, while preparing children for a longer preschool day the following year.

**SEPTEMBER 2017 – JUNE 2018**

**TUESDAYS & THURSDAYS, 11:15 AM – 1:30 PM**

FOR  
MORE  
INFO

...and for 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).





# PRESCHOOL



The 14th Street Y Preschool is more than a preschool; it is a home for growing children and families in the heart of the East Village. Our children are given great respect and valued as competent, intelligent, capable people with rights to quality relationships, communication, education and care. Guided by this view and inspired by the Reggio Emilia and Bank Street approaches, we fill our classrooms with the rich and varied materials children need to do their daily jobs and deeper investigations.

## WE OFFER:

- time for children to wonder, explore, touch, sense and solve in many ways
- individualized play and group collaborations
- a dedicated art studio
- sunny, spacious classrooms
- large rooftop playground
- use of our indoor full-sized gym
- community-based field trips
- intergenerational community events
- swimming for our oldest children and those in our extended day program
- ongoing school placement advisement for private and public schools

Our certified professional, enthusiastic and nurturing staff engages children in stimulating learning partnerships. Curriculum is facilitated through choice and through project work as they experiment in science, linguistic and mathematical literacy. Children's explorations are further enriched by art, movement, music, and storytelling led by the 14th Street Y's LABAkids professional teaching artists. Weaving together Jewish values and traditions within an age-appropriate and all-inclusive setting, the 14th Street Y Preschool welcomes families from all backgrounds and reflects the community in which we live.

SEPTEMBER 2017 - JUNE 2018

FOR THE 2018-2019 SCHOOL  
YEAR, THE APPLICATION  
DEADLINE IS DECEMBER 1, 2017.



FOR  
MORE  
INFO

... about our Preschool, to see a sample schedule, and ask questions about our curriculum and philosophy, please visit [14StreetY.org/Preschool](http://14StreetY.org/Preschool) or contact Michael Luft, Preschool Director, at [MLuft@14StreetY.org](mailto:MLuft@14StreetY.org) or at 646-395-4325.

# ABOUT THE 14TH STREET Y



## UJA-FEDERATION

The UJA-Federation of New York provides critical support to Educational Alliance and the Alliance’s 14th Street Y through general operating funding and program grants, volunteers, training, and advocacy. With the support of UJA, Educational Alliance is able to provide services to Jewish New Yorkers who are homeless and hungry, as well as resources for older adults, scholarships for our Jewish preschool program and summer camps, and Jewish cultural programming. Their help is invaluable in enabling the Alliance, including the 14th Street Y, to continue vital community services that help the needy and foster Jewish life in Lower Manhattan.

*For more information about the UJA-Federation of New York, visit [ujafedny.org](http://ujafedny.org).*

## BOYS & GIRLS CLUB OF AMERICA

Educational Alliance has been a chartered member organization of the Boys & Girls Club of America since 2003. This partnership has led to funding for 7 clubhouses, allowing Educational Alliance to expand its services at 5 schools and 2 community centers. Boys & Girls Clubs of America comprises a national network of more than 3,700 neighborhood based facilities, serving more than 4.4 million young people annually by providing a safe place to learn and grow, and enabling young people to realize their full potential as productive, responsible and caring citizens.

*For more information about the Boys & Girls Club of America, visit [bgca.org](http://bgca.org).*

## GENERAL INFORMATION

### Where is the 14th Street Y?

The 14th Street Y is located at 344 East 14th Street between First and Second Avenues and can be reached by taking the L Train to First Avenue, the 4, 5, 6, Q, N, or R trains to Union Square, or the M14, M9, or M15 bus.

### Building Security Procedures

Visitors to the Y must adhere to security procedures. Visitors will be asked to show a picture ID and sign in. You may be asked to open your bags and you may be subject to search upon entering the building. You will be asked to scan your member ID card or show your class card. No one will be admitted without a proper ID card. Smoking, skateboards, bikes, in-line skates, scooters, radios, inappropriate clothing or behavior, and pets are not permitted. Strollers must be folded and hung on the first floor stroller racks. The 14th Street Y is not responsible for personal property.

## 14th Street Y Code of Conduct

The 14th Street Y reserves the right to suspend or revoke membership and/or program attendance privileges to clients whose behavior is deemed inappropriate or detrimental to the well-being of the 14th Street Y, its members, program participants, or staff. Boisterous and/or profane language or gestures are not permitted on 14th Street Y property. Abusive treatment of members, program participants, and/or staff members will not be tolerated under any condition. Should a person, at any time, have due concern for the conduct of a staff member or patron, he/she should contact Mike Meehan, General Manager, at [MMeehan@14StreetY.org](mailto:MMeehan@14StreetY.org).

## Class Policies

The policies for Two x Two, 14th Street Y Preschool, After School, New Town Day Camp and New Country Day Camp accompany each program contract and differ from the class policies listed below.

**CLASS REGISTRATION** You may register for a class online at [14StreetY.org](http://14StreetY.org), in person or by phone. To register at the member rate, your membership must be active for the duration of the class, and you must present your membership card at the time of registration. To register at the member rate for children's classes, you must have a family or single parent membership. Full payment must accompany registration for classes.

**CLASS SCHEDULES** Class schedules are subject to change based on registration.

**PRO-RATING FOR LATE STARTERS** When space permits, we will pro-rate the number of classes remaining for some classes. Aquatics registration closes after the 2nd week of any session. Therefore, there is no pro-rating of any aquatics class.

**TRANSFER OF CLASSES** Spaces for transfers are subject to availability.

**SINGLE CLASSES AND SINGLE SESSIONS** You may pay a single class price for some Parenting classes, pending availability. There is no limit on single classes. Aquatics Single Sessions may be purchased in the first 2 weeks of any session, for \$20 pending availability. You may only take one Single Session per semester.

**DAY PASSES** Non-members can purchase a Day Pass for \$20 to be a member for the day and attend a fitness class, work out in the Fitness Center, use babysitting services, or swim during Open Swim.



**SCHOLARSHIPS** Limited scholarships are available for the 14th Street Y Preschool, After School, Parenting programs, and New Town and New Country Day Camps. To receive a scholarship application, please contact the Director of each program. All requests are strictly confidential. Presently, the 14th Street Y is unable to offer financial scholarships for membership.

**LOCKER RENTALS** of medium and box sized lockers are available for members only. Large lockers are for day use only. Rentals are annual only, non refundable, and are prorated based on the date of rental. Day use lockers may not be used for overnight storage. Both non-rented and day use lockers are periodically clipped during the year.

**REGISTRATION CLASS REFUND & CREDIT POLICY\*** There are no refunds or credits issued for classes or workshops that meet fewer than three times per semester. There are no refunds issued when withdrawing from a class. Eligibility for program credit is determined by the director of that program. To receive a 100% credit, written requests must be received at least one week prior to the first session. Credits will only be granted at the discretion of the program director. Class withdrawal requests must be submitted in writing to the program director of the appropriate department.

The 14th Street Y is not responsible for providing makeup classes or issuing credits or refunds for programs missed as a result of client illness, scheduling conflicts, emergencies, or other events beyond our control. All 14th Street Y programs are subject to change or cancelation. We reserve the right to combine classes. If the 14th Street Y cancels a program, refunds will be issued.

*\* All fees for 14th Street Y Preschool, Two x Two Program, Now We Are Three Program, and Summer Camps are nonrefundable.*

## Freezes and Extensions

Membership may be frozen one time each year for a minimum of one month and a maximum of three months. Members can freeze their membership for medical reasons with a note from a doctor or hospital. Freeze forms are available at the Service Desk.

## Cancellation Policy

**MONTH TO MONTH MEMBERSHIPS** We hope you'll never have to cancel! If you do need to go, please stop by our Service Desk by the last day of your final month and fill out a cancellation form. You'll also need to turn in your Member ID. You can cancel anytime within your final month to avoid being charged for the following month. (For example, let us know by September 30 in order to avoid an October charge.) Cancellations may not be valid during a Membership Freeze, or prior to the 2 full month minimum commitment.

**ANNUAL MEMBERSHIPS** are only sold with a one year agreement, and cannot be canceled.

## Silver Sneakers

Members of the Silver Sneakers program are eligible for free membership to the 14th Street Y and access to other participating gyms. If you are 65 or older and have Oxford, Secure Horizons or Empire Blue Cross/Blue Shield, check with your insurance company to see if you are eligible. Ask at the service desk about classes that are specifically designed for Silver Sneakers. To find out if you are eligible for Silver Sneakers, please call Healthways Service Desk at 866-456-3065.

## Photo Releases

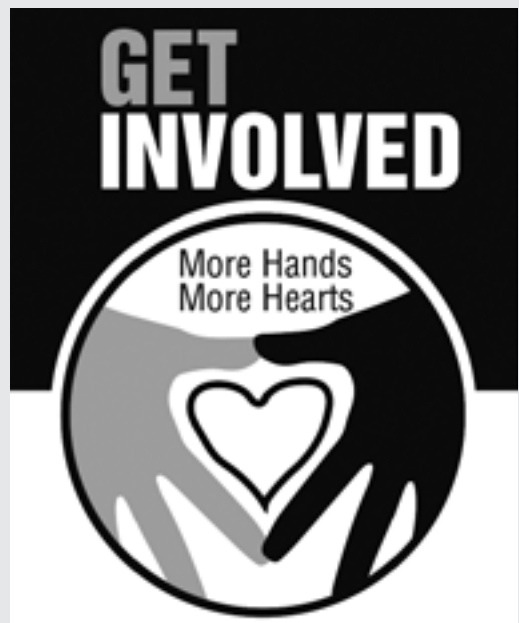
The 14th Street Y or its agents may record and/or photograph programs and use such images for publicity at their discretion. Your attendance and/or participation is deemed your consent to appear in such programs, photographs, recordings, print, website and social media without compensation or notification.

## VOLUNTEER OPPORTUNITIES

### MORE HANDS, MORE HEARTS

Educational Alliance's Service Enterprise certified volunteer program creates meaningful and mission-aligned volunteer opportunities that empower committed and skilled volunteers to serve our community. Volunteers do everything from staffing member service desks at our senior centers to helping prep food in our kitchens to tutoring students in our after-school programs to providing strategic support to our Marketing & Communications team. We believe everyone has the ability to serve and encourage each individual to share their time and skills in the way that best fits them and the needs of our community.

*To get involved by volunteering visit [edalliance.org/volunteer](http://edalliance.org/volunteer).*



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To learn more about leadership opportunities at the 14th Street Y, contact Carolyn Cohen, Director of Development, at 646-395-4333.

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# EDUCATIONAL ALLIANCE



## THE AMERICAN DREAM STARTS HERE

**THE 14TH STREET Y IS A PART OF EDUCATIONAL ALLIANCE’S FAMILY OF COMMUNITY CENTERS THROUGHOUT LOWER MANHATTAN.**

Educational Alliance starts with community. Our work is grounded in the understanding that people are better able to thrive when they have deep and lasting connections with their neighbors. We take a Community Center approach to empowering individuals and families from the diverse Lower East Side and East Village, integrating a myriad of programs that intentionally draw people together from every point of the socio-economic spectrum and across every stage of life. Our programs build upon the inherent power of a connected community. Through services including early childhood education, arts programming, employment services, substance abuse prevention and treatment, health and wellness programs, and older adult services, we make it possible for people to achieve their dreams.

At Educational Alliance, we celebrate both big accomplishments and incremental steps. New Yorkers walk through our doors to learn, to grow, to make connections, and to take steps towards attaining their goals.

In over a century serving the Lower East Side and East Village, we have seen our community change dramatically. We continually innovate to better serve our neighbors with groundbreaking programs, testing new ideas in the face of evolving challenges. This has been our approach since our founding, and it will continue to inspire us into the future.

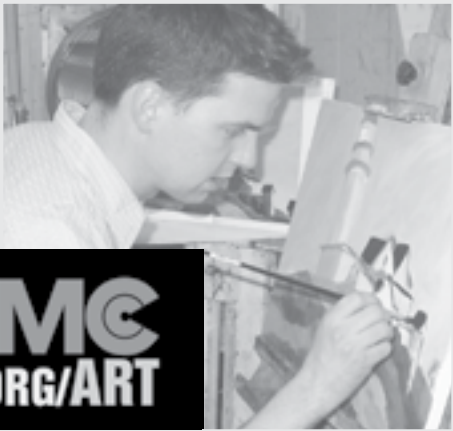


FOR  
MORE  
INFO

...about Educational Alliance and to learn about our 18 locations throughout the East Village and Lower East Side, please visit [edalliance.org](http://edalliance.org).

### EDUCATIONAL ALLIANCE ART SCHOOL

The historic Educational Alliance Art School offers classes and workshops in ceramics, painting, drawing and more. For nearly a century, the school has provided opportunity for creative expression, skill acquisition, and arts appreciation for New Yorkers of all backgrounds and ages. Located in the newly renovated Manny Cantor Center, the School offers an exceptional facility with best-in-class programming. Learn more at [MannyCantor.org/ART](http://MannyCantor.org/ART).



# Theater at the 14th Street Y | Season 2017/18

*All productions in our 2017-2018 season are co-presented with the 14th Street Y and are curated by our Artistic team.*

August 28–Sept 24 **CHILDREN'S THEATER**  
Addy & Uno / Realabilities

August 28–Sept 24 **THEATER**  
Committed / Altruistic Theater Company

September 25–September 28 **THEATER**  
The Curly Monologues / Presented by Jonathan Pillot and Project Curly

October 2–October 22 **THEATER**  
Am I Dead? The Untrue Narrative of Anatomical Lewis, the Slave / A Flux Theatre Ensemble

October 23–November 12 **THEATER**  
House on Poe Street / Yonder Window Theatre Company

November 18 **LABA**  
DRUNK! / LABA: A Laboratory for Jewish Culture

November 20–December 24 **THEATER**  
Awake and Sing / New Yiddish Repertory

January 8–14 **DANCE**  
Black Velvet / Shamel Pitts, Mirelle Martins, Lucca del Carlo

January 18 **LABA**  
LABA Live I / LABA: A Laboratory for Jewish Culture

January 19–January 21 **DANCE**  
Y Cabaret / Bearded Ladies Productions

January 22–February 11 **CHILDREN'S THEATER**  
The Invisible Book / LABA 2nd Stage

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

February 12–February 18 **DANCE**  
The Art of Loss / Bryn Cohn + Artists

February 21–February 25 **DANCE**  
Tap & Tom / Felipe Galgani

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

March 22 **LABA**  
LABA Live II / LABA: A Laboratory for Jewish Culture

March 23–March 25 **DANCE**  
Y Cabaret / Bearded Ladies Productions

April 2–April 22 **THEATER**  
We Are a Masterpiece / Retro Productions

April 23–May 13 **THEATER**  
In[heir]itance Project

May 31 **LABA**  
LABA Live III / LABA: A Laboratory for Jewish Culture







**Educational  
Alliance**

