

FALL 2018

Theater Partners celebrating their upcoming productions at the 2018-2019 Season Kick Off Party on the 14th Street Y rooftop.

14

TH

STREET

Y

WE ARE COMMUNITY



A Special Message from Rabbi Shira Koch Epstein

Part of what led me to move from being a congregational rabbi to becoming the Executive Director of the 14th Street Y was seeing the power of New Yorkers coming together to care for each other and act on our values. After Hurricane Sandy, I saw the community I was then leading in Brooklyn organize together to care for thousands of neighbors—saving lives, alleviating suffering, and helping each other.

Seeing how much positive impact volunteer-led efforts had on my life and on the lives of my neighbors taught me how important it is to provide space for our community to engage with each other and organize around the issues that matter most to us.

From this work, I've seen productive discourse among groups of people from different backgrounds, community leaders emerge, and government officials collaborate with the community in new ways towards positive action.

I'm truly inspired by what I've seen this past summer with #14YMobilize. Many of you asked how you could help as children separated from their parents at the US border were sheltered in our city. Members have stepped forward to volunteer and lead us in efforts to mobilize our 14th Street Y community to action in partnership with our elected officials and local Jewish and other faith-based communities.

We'll continue this journey together, and the 14th Street Y will continue to provide a safe, welcoming environment in which our community can activate volunteer leadership to create the change they'd like to see. If you haven't already, we welcome you to join one, or all, of our volunteer-led action groups.

To learn more visit 14StreetY.org/14YMobilize.

Thank you for your ongoing commitment to making this community the best it can be.

Read Shira's blog on coming together to help families separated at our borders.
14StreetY.org/HelpingSeparatedFamilies.



Membership Includes

FITNESS, AQUATICS, & BASKETBALL

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



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

CHILDCARE

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

SUSTAINABILITY

Composting, clothes recycling, and CSA available on Tuesdays for more information, visit:

14StreetY.org/Sustainability

DISCOUNTS

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



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

For policies, code of conduct, and more information about your membership visit
14StreetY.org/Policies

HOURS

HOURS OF OPERATION

Monday – Friday | 6:00 am – 10:00 pm

Saturday and Sunday | 7:00 am – 9:00 pm

SERVICE DESK HOURS

Monday – Friday | 8:00 am – 10:00 pm

Saturday and Sunday | 9:00 am – 5:00 pm

CHILDCARE

Every day | 8:45 am – 2:00 pm

HOLIDAY SCHEDULE

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

Mon. 09/03/18	Labor Day	closed
Sun. 09/09/18	Rosh Hashanah Eve	closed @ 6
Mon. 09/10/18	Rosh Hashanah	closed
Tue. 09/11/18	Rosh Hashanah	closed
Tue. 09/18/18	Yom Kippur Eve	closed @ 6
Wed. 09/19/18	Yom Kippur	closed
Thurs. 11/22/18	Thanksgiving	closed
Tue. 12/25/18	Christmas	open 9 am – 5 pm <i>Service Desk closed</i>
Mon. 12/31/18	New Year's Eve	closed @ 6
Tue. 1/1/19	New Years Day	closed

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ILLUSTRATOR: Walter Barnett

PRINTING: Beehive Press

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

Printed on recycled paper (10% post-consumer). The 14th Street Y is not responsible for misprints in this catalog or in any of its publications. Prices are subject to change. Email us at info@14StreetY.org

DONATE

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

Donate Today!

Make a one-time donation online at 14StreetY.org/Donate or send a check made payable to “The 14th Street Y”. Send checks to:

**344 E. 14th Street
New York, NY 10003
Attn: Development**

Become a Monthly Donor

Join a special group of monthly donors that help us keep the lights on and provide quality programming every day to our community. Make your recurring donation online at 14StreetY.org/Donate or contact Lauren Savage at LSavage@14StreetY.org.

Double Your Impact

Did you know you can double or even triple the impact of your gift? Please check with your employer to see if your company has a matching gifts program, or contact Lauren Savage at LSavage@14StreetY.org and we'll be happy to look into it.

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

HEALTH + FITNESS

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

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

ONGOING FITNESS CLASSES

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

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

FALL POP-UPS

Flow and Flair: Flagging Exercise Workshop (All Levels)

A fun workshop using dance, fitness, and flagging. Appropriate for all levels and beneficial for people with limited mobility.

Sunday | Sept. 30 | 2:15 – 3:15 pm

M/NM Free

Pilates for Strong Bones

A terrific Pilates workout for all bodies, and safe for anyone diagnosed with osteoporosis or osteopenia. The program includes special work to help stimulate bone growth in key areas. Handouts will be provided with information on safe movements. This is an exercise class, please dress in exercise clothes. You must be able to get down and up off the floor to participate in this workshop.

Saturday | Oct. 13 | 2:00 – 3:00 pm

M Free, NM \$25

Caribbean Dance Fitness

Caribbean Fit for Dance is a combination of dance, fitness, yoga, PIYO, weighted exercises, and cardio. You will learn how to move like a Caribbean!

Saturday | Nov. 10 | 2:45 – 3:45 pm

M Free, NM \$25

SPECIAL CLASSES*

Renewal for Women with Breast Cancer: Gentle Exercises, Relaxation & Aquatics 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, PhD, LCSW-R, OSW-C
(212) 844-6022, or email
Alison.Snow@MountSinai.org

Tuesdays | 8:30 – 10:00 am

Sept. 4 – Dec. 18

No Class 9/11

Fall Sunrise Beastanetics

Make a 6 week commitment to improve your fitness level and get ripped in the process. 12 classes of high intensity, back-to-basics, no-nonsense interval training. If you attend 100% of the workouts within Session 1, Session 2 will be free!

6 Mondays and 6 Wednesdays

Session I | Sept. 17 – Oct. 24 | 6:30 – 7:15 am

Session II | Nov. 5 – Dec. 12 | 6:30 – 7:15 am

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

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

Winter Sunrise Beastanetics

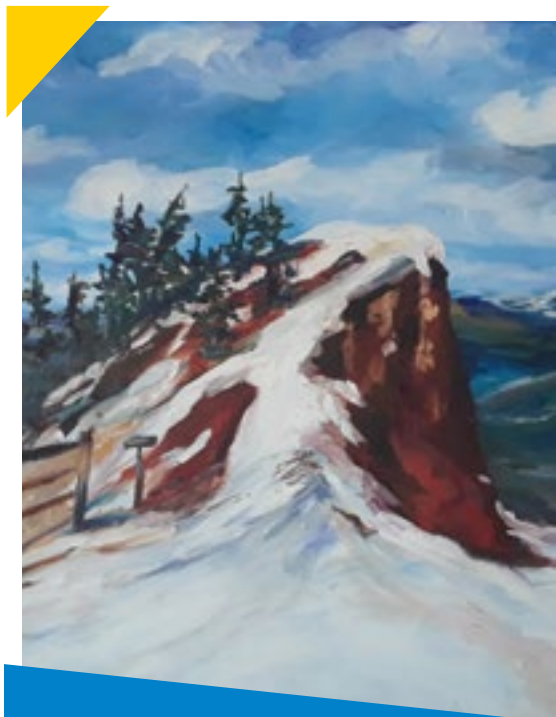
6 Mondays and 6 Wednesdays

Jan. 2 – Feb. 11 | 6:30 – 7:15 am

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

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

** Registration Required*



**Jessica Boughton,
Painting Class Participant at
Manny Cantor Center
Colorado, 2018**

"This piece is about the excitement of experiencing all of America that a brief stint living in NYC is allowing my husband and I to enjoy. We have relocated to NYC for six months from London. To us, the city is exciting – not only for its own vibrancy through the week – but also the gateway it provides us with to explore the many different parts of America. I'm always surprised about how much New Yorkers travel on weekends, and how lucky Americans are to be able to live anywhere in such a diverse country. This landscape is about the freedom you feel at the top of a mountain, and the inspiring beauty that can be found in North American nature."

14Y Artists Group Show

This summer we filled the 14th Street Y Gallery walls with art from our very own community! We were overwhelmed with submissions from a wide variety of artists—from members, volunteers and staff to program participants and patrons of The 4th Street Y and Manny Cantor Center arts and culture programs. This vibrant collection of artwork showcases our incredible community and will be on view through September 4, 2018.

For more information, visit 14StreetY.org/Gallery

GO GREEN AT THE 14TH STREET Y

Compost Drop Off

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

Clothing Recycling

Cleaning out your closet? Recycle your clean clothes, textiles, and shoes at the 14th Street Y! Drop off is available on Tuesdays next to the Fitness Center.

Community Supported Agriculture (CSA)

Pick up fresh, local, organic produce at the 14th Street Y every other Tuesday. The 14th Street Y CSA, in partnership with Mountain View Farm, is a biweekly distributions of fresh, organic produce.

→ For more information or to join our next cycle beginning Fall 2018, please visit 14StreetY.org/CSA



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

—Alice Bosveld

CSA Distribution Volunteer Coordinator shares how she supports the environment through the 14th Street Y's CSA

BASKETBALL

Pickup basketball games happen every day at the 14th Street Y. Swing by your East Village community center for a drop-in dribble-and-shoot or an impromptu game in our indoor court. Our gymnasium schedule includes dedicated times for adult members and for teens as well as our men's and women's leagues.

Visit 14StreetY.org/Schedules for more info.

BASKETBALL LEAGUES

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

For more information about basketball leagues, please contact: [Gil Pagan at GPagan@14StreetY.org](mailto:GPagan@14StreetY.org)

Men's Basketball League

Open Scrimmage

Sunday | Sept. 23 | 7:00 – 10:00 pm

First Game | Sunday | Oct. 7 | Time TBD

Individual Registration: **M \$130, NM \$150**

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

Women's Basketball League

Open Scrimmage

Wednesday | Sept. 12 | 7:00 – 10:00 pm

First Game | Wednesday | Sept. 26 | Time TBD

Individual Registration: **M \$120, NM \$140**

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



PERSONAL TRAINING: PRIVATE OR PARTNERED

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

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

Our pledge to you: you'll get results and enjoy your workout. That's your friendly East Village community center where grit meets gritty and anything is possible.

New Members – Get a Jump Start!
4 sessions for \$170

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

Personal Training

One hour sessions | Single Session: \$70

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

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

*Includes 1 BONUS session

30-minute sessions | Single Session: \$45

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

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

*Includes 1 BONUS session

Partner Training

Partner training sessions are one hour.

Partner Training Single Session:

\$40/person

Five Partner Training Session Package:

\$185 (\$37/session)

Ten Partner Training Session Package*:

\$400 (\$36/session)

*Includes 1 BONUS session



AQUATICS

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

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

ADULTS

Details on sessions, times, and no class dates refer to the aquatics schedule on next page 7.

ADULT BEGINNER SWIM

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

M \$336, NM \$378 (Sun., Wed., Thurs.)

M \$312, NM \$351 (Tue.)

ADULT ADVANCED BEGINNER SWIM

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

M \$366, NM \$378 (Sun., Wed.)

AQUA AEROBICS

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

M \$231, NM \$301 (Mon., Wed., Fri.)

AQUA BOOT CAMP

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

M \$231, NM \$301 (Mon.)

AQUA EXERCISE

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

M \$231, NM \$301 (Wed.)

KIDS

WITH PARENT/CAREGIVER

BABY BELUGAS | 6 – 16 MONTHS

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

LITTLE DIPPERS | 17 – 24 MONTHS

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

BIG FISH | 25 – 35 MONTHS

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

Swim schedule on page 7.

13 Classes: M \$234, NM \$312 (Tuesdays only)

14 Classes: M \$252, NM \$336

KIDS

DROP-OFF SWIM CLASSES FOR AGES 3+

LEARN TO SWIM PROGRAM

presented by 

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

TADPOLES | 3 – 4 YEARS (FIRST DROP-OFF CLASS)

SEA HORSES | 4 – 5 YEARS

OTTERS | 6 – 7 YEARS

DOLPHINS | 8 – 9 YEARS

SHARKS | 10 – 12 YEARS

Swim schedule on page 7.

13 Classes: M \$234, NM \$312 (Tuesdays only)

14 Classes: M \$252, NM \$336



KIDS WITH SPECIAL NEEDS SWIM CLASS | 4 – 12 YEARS

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

M \$252, NM \$336

AQUA JETS SWIM TEAM | 6 – 17 YEARS

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

M \$312, NM \$351 (Tue.)

M \$336, NM \$378 (Thurs.)

PRIVATE SWIM LESSONS

Private Swim Lessons | 30 Minutes

M \$45, NM \$60/person

Package | Buy ten lessons and get one free

M \$450, NM \$600/person

Semi-Private Swim Lessons | 30 Minutes

M \$40, NM \$55/person

Package | Buy ten lessons and get one free

M \$400, NM \$550/person

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



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

POOL RULES

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

POOL SCHEDULES are available at the Service Desk or online at 14StreetY.org/Schedules

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



SEPT. 13 - DEC. 20, 2018 | AQUATICS SCHEDULE

ADULTS

KIDS

SUNDAYS (14)	MONDAYS (14)	TUESDAYS (12)	WEDNESDAYS (14)	THURSDAYS (14)	FRIDAYS (14)	SATURDAYS (14)
ADULT BEGINNER 2:30 - 3:30PM ADULT ADV. BEGINNER SWIM 2:30 - 3:30PM	AQUA AEROBICS 11:00AM - 12:00PM AQUA BOOT CAMP 6:00 - 7:00PM	ADULT BEGINNER 6:30 - 7:30PM	AQUA AEROBICS 11:00AM - 12:00PM AQUA EXERCISE 6:00 - 7:00PM ADULT BEGINNER 8:00 - 9:00PM ADULT ADV. BEGINNER SWIM 8:00 - 9:00PM	ADULT BEGINNER 6:30 - 7:30PM	AQUA AEROBICS 11:00AM - 12:00PM	
BABY BELUGAS 9:00 - 9:30AM LITTLE DIPPERS 9:30 - 10:00AM BIG FISH 10:00 - 10:30AM SEAHORSES 12:00 - 12:30PM TADPOLES 12:00 - 12:30PM TADPOLES 12:30 - 1:00PM OTTERS 12:30 - 1:00PM DOLPHINS 1:00 - 1:30PM SHARKS 1:00 - 1:30PM BABY BELUGAS 1:30 - 2:00PM LITTLE DIPPERS 2:00 - 2:30PM	BABY BELUGAS 2:30 - 3:00PM LITTLE DIPPERS 3:00 - 3:30PM SEA HORSES 3:30 - 4:00PM TADPOLES 3:30 - 4:00PM KIDS WITH SPECIAL NEEDS 4:00 - 4:30PM TADPOLES 4:00 - 4:30PM	BABY BELUGAS 9:00 - 9:30AM LITTLE DIPPERS 10:00 - 10:30AM BIG FISH 10:30 - 11:00AM TADPOLES 2:00 - 2:30PM BIG FISH 2:30 - 3:00PM TADPOLES 3:00 - 3:30PM SEA HORSES 3:30 - 4:00PM TADPOLES 3:30 - 4:00PM OTTERS 4:00 - 4:30PM SEA HORSES 4:00 - 4:30PM AQUA JETS SWIM TEAM 4:30 - 5:30PM	BIG FISH 2:00 - 2:30PM BABY BELUGAS 2:30 - 3:00PM LITTLE DIPPERS 3:00 - 3:30PM SEA HORSES 3:30 - 4:00PM TADPOLES 3:30 - 4:00PM OTTERS 4:00 - 4:30PM SEA HORSES 4:00 - 4:30PM	BABY BELUGAS 9:00 - 9:30AM LITTLE DIPPERS 9:30 - 10:00AM BIG FISH 10:00 - 10:30AM TADPOLES 10:30 - 11AM BABY BELUGAS 2:00 - 2:30PM TADPOLES 3:00 - 3:30PM OTTERS 3:30 - 4:00PM SEA HORSES 3:30 - 4:00PM DOLPHINS 4:00PM - 4:30PM SHARKS 4:00 - 4:30PM AQUA JETS SWIM TEAM 4:30 - 5:30PM	LITTLE DIPPERS 2:00 - 2:30PM BIG FISH 2:30 - 3:00PM TADPOLES 3:00 - 3:30PM	BABY BELUGAS 9:00 - 9:30AM LITTLE DIPPERS 9:30 - 10:00AM BIG FISH 10:00 - 10:30AM BIG FISH 11:30AM - 12:00PM OTTERS 12:00 - 12:30PM SEA HORSES 12:00 - 12:30PM TADPOLES 12:30 - 1:00PM BABY BELUGAS 1:00 - 1:30PM LITTLE DIPPERS 1:30 - 2:00PM KIDS WITH SPECIAL NEEDS 4:00 - 4:30PM KIDS WITH SPECIAL NEEDS 4:30 - 5:00PM
NO CLASS: 9/2, 9/9,	NO CLASS: 9/3, 9/10	NO CLASS: 9/4, 9/11, 9/18	NO CLASS: 9/5, 9/19	NO CLASS: 9/6, 11/22	NO CLASS: 9/7	NO CLASS: 9/1, 9/8, 9/22, 9/29

EARLY CHILDHOOD

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

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

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

Now accepting applications for
2019 – 2020 School Year

Open to Children 2 – 4 Years Old

Age 2 | 9:00 am – 1:00 pm
3 and 5 day options available
Age 3 – 4 | 9:00 am – 3:00 pm
1:00 pm early dismissal available

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

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

→ To learn more and book a tour of our Early Childhood Programs: 14StreetY.org/Preschool

Preschool

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

The 14th Street Y Preschool provides a family-centered early childhood education. Our philosophy is that young children learn through active involvement in a warm and nurturing environment that builds self-confidence, and fosters curiosity and enthusiasm for learning.

Our curriculum, inspired by the Reggio approach, stimulates children's natural curiosity to make meaning of their world, and negotiate the environments and contests in which they live and play. Our nurturing and professional staff engage families in a learning partnership to benefit the growth and development of your child.

Prelude to Preschool

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

Two x Two

Ages 18 – 34 months (grouped by age)

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

September – June session:

- Monday/Wednesday 9:15 am
- Tuesday/Thursday 9:15 am
- Tuesday/Thursday 11:15 am
- Monday/Wednesday/Friday 9:15 am

January – June session:

Ages 18 – 25 months by January 2019

- Tuesday/Thursday 9:15 am
- Tuesday/Thursday 11:15 am

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

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

Two x Two: Parent or Caregiver Present

September – June session:

Ages 18 – 28 months in September

Monday/Wednesday 11:15 am options available

Sharing the overall structure, content and goals of our other sections, in this section children enjoy time with their teachers and new friends on one side of the room while adults enjoy the support of their peers and our discussion leader on the other side, giving your child opportunities to socialize and practice being independent. Adults remain in the classroom for the full school year, while children continue to develop their autonomy with their grown-ups present.

Now accepting applications for
2018 -2019 and
2019 – 2020 School Years



EARLY CHILDHOOD DROP-IN CLASSES

NEW PARENT DROP-INS

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

New Parents Stroll-In

Ages birth – crawling

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

4 Tuesdays | 9/4, 10/2, 11/6, 12/4

1:15 – 2:45 pm

Sunday New Parents Stroll-In

Ages birth – early walkers

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

2 Sundays | 10/14, 11/18

1:00 – 2:30 pm

Breastfeeding Support Group

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

10 Thursdays, 12:45 – 2:15 pm

9/6, 9/20, 10/4, 10/18, 11/1, 11/15,

11/29, 12/13, 1/3/19, and 1/17/19

MUSIC DROP-INS

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

Sing Along

Ages 2 months – 3 years

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

3:15 – 4:00 pm and 4:15 – 5:00 pm

Sundays - Thursdays

**No Class 10/7, 10/8, 11/6, 11/25,
12/23 – 1/1/19, 1/20/19 – 1/22/19**

BananaJam Music & Movement

Ages 2 months – 3 years

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

Fridays, 12:45 – 1:30 pm

Sept. 21 – February 1

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

DEVELOPMENTAL MOVEMENT

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

Lap Babies and Crawlers

Ages 2 – 12 months

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

16 Mondays, 1:15 – 2:00 pm

Sept. 17 – Jan. 28

No class 10/8, 12/24, 12/31, 1/21

Walkers, Runners and Jumpers

Ages 12 – 24 months

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

18 Thursdays, 11:15 – 12:00 pm

Sept. 20 – Jan. 31

No class 12/27

ART, LITERACY, AND PLAY

Messy Play

Ages 18 – 36 months

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

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.

Sept. 17 – Feb. 1

Mondays, 11:00 am – 12:00 pm

Fridays, 11:00 am – 12:00 pm

No class 10/8, 12/24, 12/31, 1/21/19

Indoor Playground

Ages 6 months – 3 years

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

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

Nov. 4 – Jan. 27

9 Sundays, 9:30 – 11:00 am and 11:00 am – 12:30 pm

No class 11/25, 12/23, 12/30, 1/20/19

PARENT AND BABY FITNESS DROP-INS

▶ **FREE FOR ALL MEMBERS**

NM \$100 for 5 Class Punch Card or \$25 per class

New Baby, New Body!

New Mom's Fitness Class

Ages 6 weeks – pre-crawling

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

Thursdays, 1:00 – 2:00 pm | No class 11/22

Baby & Me Barre

Ages 6 weeks – pre-crawling

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

Wednesdays, 1:00 – 1:45 pm | No class 9/19

Baby & Me Yoga

Ages 6 weeks – pre-crawling

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

Fridays, 12:45 – 1:45 pm

Postpartum Pilates with Baby

Ages 6 weeks – pre-crawling

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

Tuesdays, 11:00 am – 12:00 pm

No class 9/11, 12/25, 1/1/19



→ For more information about our early childhood classes, please contact **Dana Federbush** at DFederbush@14StreetY.org or **646-395-4336**.

EARLY CHILDHOOD CLASSES

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

EXPECTANT AND NEW PARENTS

Baby Care Workshop (ongoing)

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

4 Wednesdays, 6:30 – 8:30 pm

9/5, 10/3, 11/7, 12/5

M \$52 per workshop (per couple)

NM \$58 per workshop (per couple)

NEW PARENTS

Infant/Child/Adult CPR

with/without AED Certification

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

4 Mondays, 6:30 – 8:30 pm

9/17, 10/15, 11/19, 12/3

M \$90, NM \$100 per workshop (per individual)

For certification, there is an additional \$10 fee when you register.

Yarn Babies! Mommy and Me Knitting

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 14Y. Participants will then have the option to bring their own materials or purchase them from the instructor for an additional fee.

4 Fridays, 2:30 – 4:00 pm

10/26, 11/2, 11/9, 11/16

M \$95, NM \$105

ART, LITERACY & PLAY

Playday | Ages 18 – 36 months

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

8 Mondays, 9:15 – 10:45 am

Section I | Sept. 17 – Nov. 12

Section II | Nov. 19 – Jan. 28

No Class 12/24, 12/31, 1/21

M \$325, NM \$350

8 Wednesdays, 10:30 am – 12:00 pm

Section III | Sept. 26 – Nov. 14

M \$325, NM \$350

9 Wednesdays, 10:30 am – 12:00 pm

Section IV | Nov. 28 – Jan. 30

No Class 12/26

M \$365, NM \$395

9 Fridays, 9:15 – 10:45 am

Section V | Sept. 21 – Nov. 16

Section VI | Nov. 30 – Feb. 1

No Class 12/28

M \$365, NM \$395

MUSIC

Magical Movement with Mik

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

Ages 18 – 24 months

Tuesdays | 9:15 – 10:00 am

Section I | 8 Tuesdays | Sept. 18 – Nov. 13

Section II | 8 Tuesdays | Nov. 20 – Jan. 29

Ages 24 – 36 months

Tuesdays | 10:00 – 10:45 am

Section III | 8 Tuesdays | Sept. 18 – Nov. 13

Section IV | 8 Tuesdays | Nov. 20 – Jan. 29

No Class 11/6, 12/25, 1/19, 1/22/19

M \$295, NM \$315

Lynn Goodman, Ceramics Student at Educational Alliance

Navy Pitcher, 2018

"This is a piece that showcases the idea that We Are Community. It's a pitcher that you pull out when you've got a group coming over. You could make any kind of fun drinks for a party, a family gathering, or any kind of celebration."

This work is part of the 14Y Artists Group Show on display in the 14th Street Y Gallery through September 4, 2018. For more information, visit 14StreetY.org/Gallery



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

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

8 Wednesdays | Sept. 26 – Nov. 14

10:00 – 10:45 am

M \$330, NM \$360

9 Wednesdays | Nov. 28 – Jan. 30

10:00 – 10:45 am

No Class 12/26

M \$370, NM \$405

For more information and to register, please contact Jane Kornbluh at 646-395-4337 or JKornbluh@14StreetY.org

"My training as an actor/mime has helped in using the instrument of my body and facial expression to capture the imagination of my students, and to encourage them to risk being seen and heard. The use of body percussion and simple instruments, full-bodied movement, speech rhythms and singing, as well as projecting oneself into a character or imaginary situation are essential in capturing the entire creative mind of the child."

—Mik Manenti

Magical Movement with Mik and Preschool instructor

Read Mik's full blog at 14StreetY.org/MusicalMagic

KIDS SPORTS AND FITNESS

Toddler Sports

with Caregiver or Parent

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

Ages 12 – 24 months

9 Thursdays | 9:15 – 10:00 am

Session I | Sept. 20 – Nov. 15

Session II | Nov. 29 – Jan. 31

No class 12/27

9 Fridays | 9:15 – 10:00 am

Session I | Sept. 21 – Nov. 16

Session II | Nov. 30 – Feb. 1

No class 12/28

Ages 24 – 36 months

9 Thursdays | 10:00 – 10:45 am

Session I | Sept. 20 – Nov. 15

Session II | Nov. 29 – Jan. 31

No class 12/27

9 Fridays | 10:15 – 11:00 am

Session I | Sept. 21 – Nov. 16

Session II | Nov. 30 – Feb. 1

No class 12/28

M \$345, NM \$370

DROP-OFF CLASSES

Learning Through Literacy

Ages 3 – 5 years

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

6 Mondays, 3:30 – 5:00 pm

Section I | Oct. 22 – Nov. 26

Section II | Dec. 3 – Jan. 28

No Class 12/24, 12/31, 1/21

M \$260, NM \$275

Little Scientists

Ages 3 – 5 years

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

Wednesdays, 2:00 – 3:30 pm

Session I | Oct. 24 – Dec. 5 | No Class 11/21

Session II | Dec. 12 – Jan. 30 | No Class 12/26

Wednesdays, 3:30 – 5:00 pm

Session III | Oct. 24 – Dec. 5 | No Class 11/21

Session IV | Dec. 12 – Jan. 30 | No Class 12/26

Session I, III | M \$260, NM \$275 (6 Wednesdays)

Session II, IV | M \$300, NM \$315 (7 Wednesdays)



For more information and to register, please contact

Dana Federbush at

646-395-4336 or

DFederbush@14StreetY.org

Little Bookworms

Ages 2.5 – 3.5 years

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

10 Fridays | 11:15 am – 12:45 pm

Oct. 26 – Jan. 11 | No Class 11/23, 12/28

M \$425, NM \$450

Parenting Support Groups

Parenting Your Preschooler

Ages 2.9 – 5 years

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

10 Fridays | Oct. 5 – Dec. 14

Section I (Morning Session) | 9:15 – 10:45 am

No class 11/23

M \$270, NM \$300

8 Wednesdays | Call for dates

Section II (Evening Session) | 6:30 – 8:00 pm

M \$215, NM \$240

Parenting Your 6 to 9 Year Old

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

8 Wednesdays | Call for dates

6:30 – 8:00 pm

M \$215, NM \$240



For more information and to register, please contact **Jane Kornbluh** at **646-395-4337** or **JKornbluh@14StreetY.org**



YOUTH PROGRAMS

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

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

Grades K – 5

The philosophy at the 14th Street Y After School is that programming should center on engaging heads, hands, and hearts. Each day includes snack and homework help, plus swimming in our indoor pool on Monday and Friday afternoons. Your after schooler will engage in an age-appropriate class of their choosing (3–4 choices per day) that centers on movement, the arts, or exercising their brain.

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

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

Pre-K After School

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

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

Weekdays from 2:30 – 6:00 pm.



→ For more information or to register please contact, AfterSchool@14StreetY.org or call 646-395-4356.

Holiday Camps with After School

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

Holiday Camp Schedule | Ages 4 – 12

Columbus Day | Mon., Oct. 8 | 8:30 am – 6:00 pm

Election Day | Tue., Nov. 6 | 8:30 am – 6:00 pm

Veteran's Day | Mon., Nov. 12 | 8:30 am – 6:00 pm

Half Day Schedule

We also cover most school half days. To learn more, visit 14StreetY.org/HolidayCamps

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

KOL: Programs for Young People with Special Needs at The 14th Street Y

The KOL Program is a school year Saturday recreational program for children and adolescents, ages 4 – 17, who are on the high functioning end of the autistic spectrum or have related developmental differences, such as ADHD and language delays. KOL cultivates a supportive community among parents and caregivers who have a space to come together and share resources and advice. We offer activities ranging from soccer and capoeira to music and art all while promoting social skills development and relationship building.

KOL FALL SEMESTER BEGINS IN OCTOBER

→ For more information please email KOL@14StreetY.org or visit 14StreetY.org/KOL.

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



YOUTH SPORTS

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



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

Ballet | Ages 3.4 – 7

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

14 Mondays | Sept. 17 – Jan. 14

Session I | Ages 3.4 – 5 | 3:30 – 4:45 pm

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

No class 10/8, 11/12, 12/24, 12/31

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

NEW! KP for Kids Karate | Ages 3 – 10

KP for Kids offers a goal-oriented traditional belt karate program with the addition of incorporating healthy Pilates exercises to promote core strength for all activities. KP for Kids is a professional karate program staffed with well-trained instructors that demonstrate respectful behavior in an active, physical, fun-loving environment. It is our philosophy that all children must be treated respectfully in order to emulate that behavior towards others.

17 Thursdays | Sept. 20 – Jan. 24

Ages 3 – 5 | 3:30 – 4:15 pm

Ages 5 – 10 | 4:15 – 5:15 pm

No class 11/22, 12/27

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

Dribble Thrill Basketball | Ages 5 – 7

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. 17 – Jan. 28

4:15 – 5:15 pm

No class 10/8, 11/12, 12/24, 12/31, 1/21/19

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

Rebounds and Buckets | Ages 8 – 9

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

16 Tuesdays | Sept. 25 – Jan. 29

4:15 – 5:15 pm

No class 9/18, 11/6, 12/25, 1/1/19

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

Girls Only Basketball | Ages 6 – 14

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

18 Wednesdays | Sept. 19 – Jan. 23

4:15 – 5:15 pm

No class 12/26

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

Hard to Guard Basketball | Ages 9 – 14

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

15 Wednesdays | Sept. 19 – Jan. 23

4:15 – 5:15 pm

No class 12/26

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

Flag Football* | Ages 5 – 15

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 two 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.

8 Sundays | Sept. 16 – Nov. 4

4:15 – 5:15 pm

M \$180, NM \$200

***Flag Football takes place at Baruch Field.**

Aqua Jet Swim Team

Aqua Jet Swim Team, see the Aquatics section or visit 14StreetY.org/Aquatics for more details.

Tumbling & Gymnastics

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

16 Tuesdays

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

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

Sept. 18 – Jan. 22, 2019

4:15 – 5:15 pm

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

No Classes: 11/6, 12/25, 1/1/2019

Meghan Farrell, 14th Street Y Member She, 2014

"She is a piece that represents the awakening of girlhood, the feminist movement and the rise to equality. More than that, She is representative of anyone facing adversity, the creative process, and our future. The water is a reminder of the power of community: the support that we are all in this together to lift us to a new place."

This work is part of the 14Y Artists Group Show on display in the 14th Street Y Gallery through September 4, 2018. For more information, visit 14StreetY.org/Gallery



ARTS + CULTURE

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

THE THEATER AT THE 14TH STREET Y

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

2018 – 2019: A Season of War & Peace

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

— Micah, Chapter 4

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

— Ronit Muszkatblit,

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

THE 2018 – 2019 SEASON SCHEDULE

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

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

SEPTEMBER

Hoaxocaust! | Questing Beast Productions
By Barry Levy | THEATER

The Other Day | Loretta Michael Productions
By Mark Jason Williams | THEATER

Soldiers and Other Living Things
AAG Productions | By Michael Boyd | THEATER

OCTOBER

...it's time... | Freemove Dance
Choreography | By Jenn Freeman | DANCE

The Hearing | LABA 2nd Stage
Conceived by Renana Raz | THEATER

The Not so Spooky Ghost | WonderSpark Puppets
By Chad Williams | TYA*

NOVEMBER

Fox Fables | WonderSpark Puppets
By Chad Williams | TYA*

Layer the Walls Created by Liz Parker & Rachel Sullivan | TYA*

#NastyWomen
A Night of Female Resistance Comedy | COMEDY

Drunk
LABA: A Laboratory for Jewish Culture | LABA

The Baby Monitor Different Translation
By David Stallings | THEATER

The Fantastical Dangerous Journey of Q
Rebel Playhouse
By Ric Averill, Music by Dax Dupuy | TYA*

DECEMBER

Waiting for Godot in Yiddish | New Yiddish Rep
By Samuel Beckett | THEATER

JANUARY

Till We Meet Again | Planet Connections Theatre Festivity | By Glory Kadigan | THEATER

#NastyWomen
A Night of Female Resistance Comedy | COMEDY

FEBRUARY

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

Salesman 之死 | Gung Ho Projects, LABA 2nd Stage
By Jeremy Tiang | THEATER

MARCH

A Celebration of Deborah Jowitt
From the Horse's Mouth | DANCE

The Sinless | New Roman Theatre Group
By Judah Skoff | THEATER

M. Beth | M. Beth Productions
By William Shakespeare | THEATER

APRIL

Valentina
Ballet Nepantla | DANCE

/we/
MICHIIYAYA Dance | DANCE

MAY

Friendly's Fire
Rising Sun Performance Company
By John Patrick Bray | THEATER

Old Turtle and the Broken Truth
Rebel Playhouse | TYA*

#NastyWomen
A Night of Female Resistance Comedy | COMEDY

TIFERET | LABA 2nd Stage | THEATER, DANCE

* TYA – Theater for Young Audiences



➔ To purchase tickets, please visit
14StreetY.org/Theater or
14StreetY.org/BoxOffice
or call 646-395-4310.

FLEX PASS

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

Valentina

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.

PAUSE/PLAY: Shabbat (Saturday) Afternoons at the 14th Street Y

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

Upcoming PAUSE/PLAYS:

December 2018 | January 2019 | February 2019



→ For information on these exciting Jewish events and other family-fun activities, please visit 14StreetY.org/JewishLife

LABA A LABORATORY FOR JEWISH CULTURE

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

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

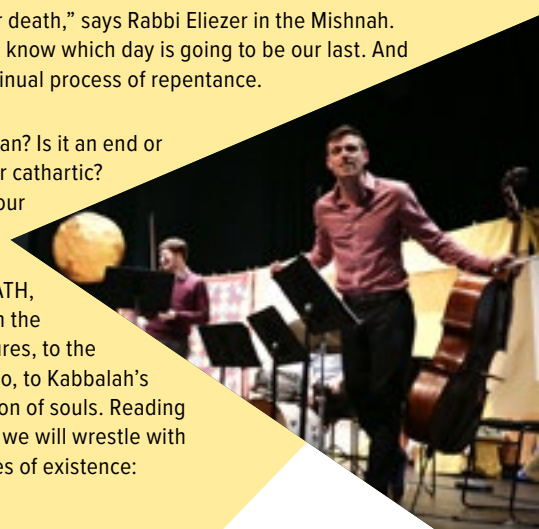
The LABA program is supported, in part, by public funds from the NYC Department of Cultural Affairs in partnership with the City Council.

LABA'S 2018 – 2019 Theme: Life + Death

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

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

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



→ For more information, visit LABAJournal.com



Javier Cruz Winnik, 14th Street Y Member *A Reason to Smile!: Volume 1, 2014*

"This art is the cover for my first book that was self published in 2014. It has sold over 2,300 copies to date. The book follows Luiza Brillante, who is a big city girl that loves to people watch! With so many people and places to see, there are always new adventures to find. Every once in a while, she gets to help someone out too! While the problems don't go away, they learn that together, they can find an easier way to deal with them! Walk with Luiza and see how she always finds a reason to smile!"

This work is part of the 14Y Artists Group Show on display in the 14th Street Y Gallery through September 4, 2018. For more information, visit 14StreetY.org/Gallery

CAMPS

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

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

NEW COUNTRY DAY CAMP

Our Outdoor Camp in Staten Island's Henry Kaufmann Campground.

For rising kindergarteners to 8th graders

New Country Day Camp provides a summer experience that fosters the development of the whole person through the exploration of Jewish values. Amidst the peace one can only find in nature and a close-knit camp community, we celebrate the essence of summer through back-to-basics fun in a totally outdoor, diverse, and inclusive environment!

Transportation is provided to Staten Island's 75-acre Henry Kaufmann Campground, where swimming pools, hiking trails, and open meadows set the scene for a summer of adventure and enrichment for kids K-8th grade. A non-religious program, NCDC kids jump into new ideas and embrace universal concepts through cultural Jewish sensibilities and storytelling.

For more information please contact

NewCountry@14StreetY.org call 646-395-4357 or visit 14StreetY.org/NewCountryDayCamp

TODDLER SUMMER CAMPS

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

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

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

On Our Way | Ages 2.4 – 3.5 years

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

For more information

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



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

NEW TOWN DAY CAMP

Ages 3 – 6 years

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

For more information

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

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ADULT STUDIES

Monday Book Club

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

Classes occur once per month

4 Mondays | 10:30 – 11:45 am
9/17, 10/15, 11/19, 1/14/19

No class in December

M free, NM \$20, Single class \$5

Daytime Knitting Circle

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

14 Mondays | 1:30 – 3:00 pm | Sept. 17 – Dec. 17

M free, NM \$45, Single class M/NM \$5

Great Plays with David Stallings

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

14 Tuesdays | 1:30 – 2:30 pm | Sept. 4 – Dec. 18

No class 9/11, 9/18

M free, NM \$45, Single class \$5

Mah Jongg for All Levels

with Sandy Magesis

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

Space is limited so please register early.

8 Wednesdays | 12:40 – 2:10 pm | Oct. 3 – Nov. 28

No class 11/21

M \$40, NM \$80

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

DISCOUNTS FOR SENIORS

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

Visit 14StreetY.org or call

646-395-4310 to learn more about our senior-friendly fitness classes.

Let's Draw Together

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

8 Thursdays | 1:00 – 2:30 pm | Oct. 4 – Nov. 29

No Class 11/22

M free, NM \$40, Single class M/NM \$5

World of Yiddish

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

8 Wednesdays | 10:30 am – 12:00 pm | Oct. 3 - Nov. 28

No Class 11/21

M free, NM \$40, Single class M/NM \$5

Whitney Partnership

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

2 times annually; Date and time TBD.

Space is limited.

Slide Talk with The Whitney Museum

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

Wed., Dec. 12 | 12:30 – 1:30 pm. Space is limited.

M/NM free

THE BOARD OF THE 14TH STREET Y

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

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

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→ For more information about Senior & Adult Studies events, contact **Julie Gayer Kris** at **JGayerkris@14StreetY.org** or **646-395-4359**.



WORD SEARCH

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

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

AQUATICS
BABIES
BALLET
BANANAJAM
BASKETBALL
BELUGAS
BOOKWORMS
CAMP
CARIBBEAN
CELEBRATION
CLASS

COMPOST
DANCING
DOLPHINS
EDUCATION
FISH
FITNESS
FOX
GHOST
GYMNASTICS
JEWISH
KARATE

KIDS
KNITTING
LITERACY
MUSIC
OTTERS
PILATES
PLAYGROUND
PRESCHOOL
PUPPETS
RECYCLING
SCIENTISTS

SEAHORSES
SHARKS
SPOOKY
SWIMMING
TADPOLES
THEATER
TODDLER
TURTLE
YIDDISH
YOGA

Color in the 14th Street Y and submit your amazing creation to the Service Desk. We'll be displaying our community's artwork throughout the building during the fall semester. Remember to add your name!



Name: _____



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

**FIND
14**



See if you can
find all 14 fall
leaves hidden
inside!

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

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