

## COMMUNITY EVENTS

Come connect with your downtown community!  
Most community events are free and open to all.

### I COMMUNITY BREAKFAST

**Wednesday | June 5 | 8:30 – 11:30 AM**

Celebrate the start of summer with your East Village community! Enjoy delicious refreshments, available from 8:30 – 10:30 AM, learn about our exciting summer programs and events, and wish our Executive Director Rabbi Shira Koch Epstein a fond farewell.

[14StreetY.org/CommunityBreakfast](http://14StreetY.org/CommunityBreakfast)

### I THE SEASON OF JEWISH CULTURE

**Now through June 2019**

The 14th Street Y has partnered with Lab/Shul, Manny Cantor Center, East End Temple, Brotherhood Synagogue, CBST, Town & Village Synagogue, LABA: A Laboratory for Jewish Culture, and many more to bring you a mind-blowing Season of Jewish Culture — featuring nearly 20 performances and events throughout Downtown Manhattan.

[14StreetY.org/SOJC](http://14StreetY.org/SOJC)

### I PRIDE 2019: LIVE FREE, LOVE FIERCE

**A Series of PRIDE Events at Educational Alliance  
June 2019**

Join your downtown community for a celebration of diversity, love, acceptance, and most importantly PRIDE!

[14StreetY.org/Pride](http://14StreetY.org/Pride)

14TH STREET Y PRESENTS  
**LIVE FREE LOVE FIERCE**  
EVENTS RUN THROUGHOUT JUNE  
A SERIES OF PRIDE EVENTS AT EDUCATIONAL ALLIANCE

This is just a taste of all the 14th Street Y has to offer this summer and all year long.



## FIND YOUR COMMUNITY THIS SUMMER AT THE 14TH STREET Y

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

**Member Registration | Tuesday, May 7**  
**Open Registration | Tuesday, May 14**

Check out all the amazing classes, workshops, and programing coming this summer to the 14th Street Y at [14StreetY.org/SummerRegistration](http://14StreetY.org/SummerRegistration)

### SUMMER MEMBERSHIP DEAL

#### NOT A MEMBER YET?

Take advantage of our Summer Membership Deal. The perfect way to get fit sooner, so you're ready for summer! Enjoy all the perks of a full 14Y membership at a special summer rate. Check out our special rates below.

#### May 1 – August 31

Single Adult | \$285 (Save \$146)

Family: \$460 (Save \$235)

#### June 1 – August 31

Single Adult | \$225 (Save \$123)

Family | \$370 (Save \$176)

#### July 1 – August 31

Single Adult | \$155 (Save \$115)

Family | \$260 (Save \$137)

#### August 1 – August 31

Single Adult | \$80 (Save \$102)

Family | \$140 (Save \$108)

Summer membership includes a free personalized Welcome Workout with a 14Y staff member.

[14StreetY.org/SummerDeal](http://14StreetY.org/SummerDeal)

### 14Y MEMBERSHIP BENEFITS INCLUDE!

- Fitness Center: a full selection of cardio and weight equipment
- More than 50 fitness classes per week
- Pool Access: daily open, lap, and family swim
- Gym Access: daily basketball runs and Open Gym for members
- Affordable childcare, only \$5 per hour!
- Discounts on all 14Y programs!

14th Street Y  
344 East 14th Street (at 1st Ave)  
New York, NY 10003  
[14streetY.org](http://14streetY.org)

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

To learn more and register for our summer programs and events visit

[14StreetY.org/SummerRegistration](http://14StreetY.org/SummerRegistration)



#14YCommunity  
@14StreetY

# SUMMER 2019

## PREVIEW



# 14<sup>TH</sup> STREET Y

## ADULT PROGRAMS

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

### I 50+ CREATIVE WRITING / OUR OWN NARRATIVES

**Wednesdays | June 5, July 10, and Aug 7 | 1:15 – 2:45 PM**

Common is the expression, “I could write a story about my life!” This workshop, for those 50+, 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.

**M \$15, NM \$30**

### I DAYTIME KNITTING CIRCLE

**Mondays | June 3 – Aug 19 | 1:30 – 3:00 PM**

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

**M Free, NM \$40, single class \$5**

### I GREAT PLAYS WITH DAVID STALLINGS

**Tuesdays | July 3 – Aug 20 | 1:30 – 3:00 PM**

Led by award-winning playwright and 14Y’s Associate Artistic Director & 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!

**M Free, NM \$45, single class \$5**

### I LET’S DRAW TOGETHER WITH MONA ZAMDMER

**Thursdays | July 11 – Aug 22 | 1:00 – 2:30 PM**

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

**M Free, NM \$40, single class \$5**

### I MAH JONGG FOR ALL LEVELS WITH SANDY MAGESIS

**Wednesdays | July 3 – Aug 21 | 12:30 – 2:00 PM**

Let’s play Mah Jongg! This class is for all ages, all genders, and all levels—from beginner to advanced.

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



## STAY FIT THIS SUMMER

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.

### I SUNRISE BEASTANETICS

**12 Mondays | June 3 – July 10 | 6:30 – 7:15 AM**

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

**M \$120, NM \$180**

### I TAI CHI AT SUMMER IN THE SQUARE

**Thursdays | June 13 – Aug 8 | 9:00 – 9:45 AM**

*(no class July 4)*

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

**FREE FOR ALL!**

### I SUNRISE YOGA ON THE ROOF

**Thursdays | June 6 – Aug 29 | 7:00 – 8:00 AM**

*(no class July 4)*

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

**M Free, NM \$25**

### I SUMMER ROOFTOP DANCE PARTY

**Monday | July 1 | 6:00 – 7:00 PM**

Have fun in the sun at our Summer Rooftop Dance Party! An instructor led summer celebration set to everyone’s favorite party dance songs.

**M Free, NM \$25**

### I ROOFTOP TABATA

**Thursdays | June 6 – August 22 | 6:30 – 7:15 PM**

Tabata, a high-intensity interval training workout, focuses on 20 seconds of exercise followed by 10 seconds of rest, which is repeated 8 times per set.

**M Free, NM \$25**

## Aquatics

Dive in to the 14th Street Y’s full range of aquatics programs, including swim instruction for all ages, stages, and abilities, an inspiring variety of aqua exercise classes, and daily opportunities for family and adults-only open swim. We also offer private and semi-private swim lessons for children and adults.

### I CHILDREN’S LEARN TO SWIM GET YOUR CHILD READY FOR SUMMER

**For Children 6 Months to 12 Years**

Children learn the complex physical skills of swimming at different rates. Based upon age and ability, children will work to acquire the following Red Cross Swim Skills: water safety, breath and buoyancy control, front & back float, streamlining and basic stroke mechanics for all 4 competitive strokes.

### I ADULT LEARN TO SWIM

Choose from different levels of classes, from beginner’s swim to building and refining your swimming stroke technique. All swim classes are taught by certified water safety instructors.

### I AQUA FITNESS CLASSES

Looking for a low-impact, full-body workout? Check out our refreshing and fun aquatics fitness classes taught by expert instructors in aqua aerobics, cardio, and boot camp.



## SUMMER FUN FOR THE WHOLE FAMILY

Find your community here—one that every member of your family can count on, from child to caregiver to parent to grandparent.

## Summer Family Programs

Family programs include Drop-In Classes for those looking for flexible family-fun, adult and child classes offered as mini-semesters so you can connect with other parents and caregivers in a supportive environment, and Parenting Support Groups, an amazing resource for parents of young children.

### I MINI SEMESTER 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.

## I DROP-IN CLASSES

A perfect option for those who aren’t ready to commit to a whole season of classes. We offer Drop-In Classes for new parents, and fun activities for young families including sing-a-longs, and messy play that explores art using different textures and mediums. We also offer a variety of parent and baby fitness classes! Get a 5-class punch card or purchase a single session at the Service Desk in our Lobby to attend our Drop-In Classes.

## I PARENTING SUPPORT GROUPS

The 14th Street Y is rich with resources for parents of young children. Our discussion groups are open to all parents, regardless of where your child may be enrolled. Topics cover a range of parenting concerns, from limit setting to major transitions, sibling and peer relationships, and work/life balance.



## Summer Camps

At the 14th Street Y, your children get a true camp experience, recognized as a key to their development. No matter your child’s age, they’ll have the opportunity to explore new interests, grow their confidence, and make friends for life!

### I NEW COUNTRY DAY CAMP

**Our Outdoor Camp in Staten Island’s Henry Kaufmann Campgrounds For Rising Kindergarteners to 8th Graders**

At New Country Day Camp, your child will get to hike trails, swim twice a day in our 3 outdoor pools, explore open meadows, and go on daily adventures—all without leaving NYC.

### I NEW TOWN DAY CAMP - SOLD OUT!

**For Children 3 – 6 Years**

New Town Day Camp opens the 14Y’s facilities to campers ages 3 to 6 years. Daily fun includes supervised use of our pool, gym, plus fun activities in our air-conditioned classrooms, and playtime on our beautiful rooftop playground with sprinklers!

### I TODDLER CAMP

**Mini Camp (w/ parent/caregiver) | 17 Months – 3.5 Years  
On Our Way (separated program) | 2.4 – 3.5 Years**

**NEW! Junior Camp (separated program) | 2.4 – 3.5 Years**  
Our toddler camps give your little ones a sample of big-kid day camp, on a shortened schedule, right here at your East Village community center.