

Theater at the 14th Street Y

National Winner of the 2019 Jewish Playwriting Contest | Theater

September 5 – 7
#JewishStories

Recovery | Dance

September 12 – 15
#StrongWomen

...it's time... | Dance

September 19 – 22
#StrongWomen

Бабушка | BAb(oo)shka | Theater

September 26 – October 5
#StrongWomen #JewishStories
#Heritage #Puppets

The Stray | Family Theater

September 28 – October 6
#TheaterForFamilies

The Pink Hulk: One Woman's Journey to Find the Superhero Within | Theater

October 10 – 13
#StrongWomen

Ominous Men | Theater

October 19 – November 3
#StrongWomen #GhostStories

75th Anniversary of the Jerome Robbins Dance Division | Dance

November 6 – 10
#DanceStories

Riyaaz/Practice | Dance

November 15 – 16
#DanceStories #Heritage

State of the Jews | Opera

December 5 – 8
#JewishStories #Heritage

Straight Faced Lies | Theater

December 12 – 22
#LGBTQStories

A Golem from Buenos Aires | Family Theater and Dance

December 14 – 22
#TheaterForFamilies #JewishStories

#NastyWomen - A Night of Female Resistance Comedy | Comedy

November 18, January 27, May 11, and June 15
#StrongWomen
#ComedyIsTheResistance

14th Street Y Talks Back

Our theater season for 2019-2020 will deep dive into the bold themes of Life and Death. Join us for our Talkback Series where we find hope, sorrow, humor, strength and ways to support the in between in an ever changing world order, with tangible engagement and activism tools to continue the conversation.

Learn more at 14StreetY.org/14YTalksBack

FIND YOUR COMMUNITY THIS FALL 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, August 6 | 9:00 AM
Open Registration | Tuesday, August 13 | 9:00 AM

Check out all the amazing classes, workshops, programs, and events coming this fall to the 14th Street Y at 14StreetY.org/FallRegistration

NOT A MEMBER YET? TAKE ADVANTAGE OF OUR FALL MEMBERSHIP DEAL.

Sign up on or after August 15 and get the remainder of the month free! That's up to two weeks of 14Y membership absolutely free.

Plus, we'll waive the \$99 initiation fee. That's up to **\$168 in savings!**

Learn more about this and other membership specials at 14StreetY.org/MembershipDeals

MEMBERSHIP INCLUDES A WELCOME WORKOUT!

14Y MEMBERSHIP BENEFITS!

- 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
- Family-Friendly Benefits: family swim, family gym-time, and affordable childcare
- Discounts on all 14Y programs!

COMMUNITY EVENTS

COME CONNECT WITH YOUR DOWNTOWN COMMUNITY! MOST COMMUNITY EVENTS ARE FREE AND OPEN TO ALL.

FALL OPEN HOUSE

Sunday | Sept. 8 | 9:00 AM – 2:00 PM

Grab a friend and experience the best of what 14Y membership has to offer at our Fall Open House! This fun-filled day features special fitness classes taught by 14Y instructors including Zumba and HIIT, family swim, basketball, and lots of tasty drinks and treats for all to enjoy. Other highlights include neighborhood partners and raffles for amazing prizes including a free yearly membership for individuals and families, plus so much more!

COMMUNITY BREAKFAST

Wednesday | Oct. 16 | 8:30 – 10:30 AM

Celebrate fall with your East Village community! Enjoy delicious refreshments, learn about our wonderful fall programs and events, and connect with friends and neighbors.

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



14th Street Y
344 East 14th Street (at 1st Ave)
New York, NY 10003
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 fall programs and events visit 14StreetY.org/FallRegistration

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:

MONDAY 9/2/19

Labor Day | Closed

SUNDAY 9/29/19

Rosh Hashanah | Closed @ 6 pm

MONDAY 9/30/19

Rosh Hashanah | Closed

TUESDAY 10/1/19

Rosh Hashanah | Closed

TUESDAY 10/8/19

Yom Kippur | Closed @ 6 pm

WEDNESDAY 10/9/19

Yom Kippur | Closed

THURSDAY 11/28/19

Thanksgiving | Closed

TUESDAY 12/24/19

Christmas Eve | Closed @ 6 pm

WEDNESDAY 12/25/19

Christmas Day | Open 9 am – 5 pm

Service Desk closed

TUESDAY 12/31/19

New Year's Eve | Closed @ 6 pm

WEDNESDAY 1/1/20

New Year's Day | Closed



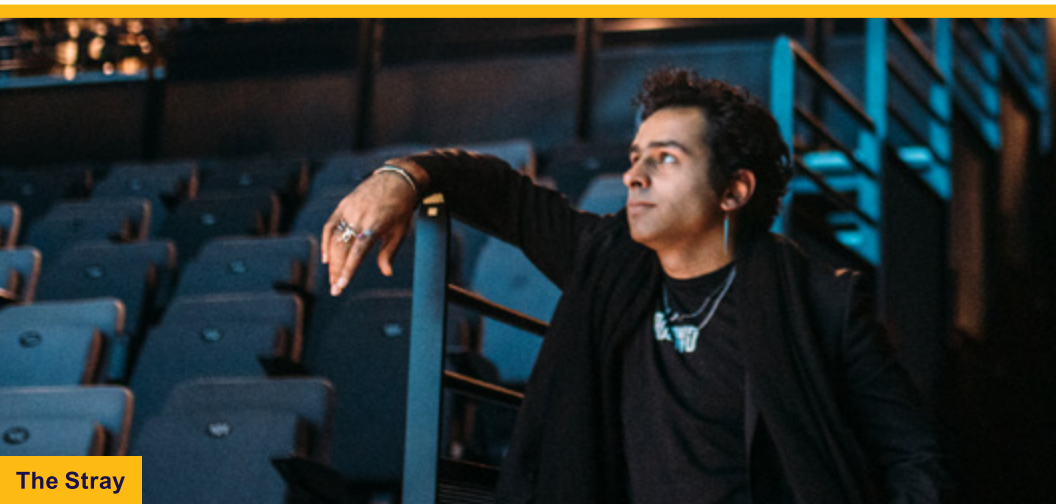
#14YCommunity
@14StreetY

FALL 2019



14TH STREET Y

344 East 14th Street, New York, NY 10003
14StreetY.org | (212) 780-0800



The Stray

HEALTH AND WELLNESS

Our facility is home to a 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.

SUNRISE BEASTANETICS SESSION 1 Mondays & Wednesdays | Sept. 9 – Oct. 28 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 session 1, then session 2 will be free!
M \$120, NM \$180

AFRO CARDIO JAM WITH JOHARI Wednesday, Sept. 18 | 7:30 – 8:30 PM

This fun, interactive and high energy dance class is geared towards adult movers new to African dance. All participants will be introduced to the energy, style, and movements of the African continent while building mind and body awareness and cardiovascular strength. Come and get your bliss on!
M Free, NM \$25

For more information on fitness classes, visit [14StreetY.org/Fitness](https://14streety.org/Fitness)

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 adult basketball leagues, which begin in early October.

For more information visit [14StreetY.org/Basketball](https://14streety.org/Basketball)

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.

CHILDREN'S LEARN TO SWIM 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.

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. We also offer private and semi-private swim lessons.

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.

Learn more at [14StreetY.org/PersonalTraining](https://14streety.org/PersonalTraining)



ADULT STUDIES

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

Register at [14StreetY.org/AdultStudies](https://14streety.org/AdultStudies)

BOOK CLUB

Mondays | 10:30 – 11:45 AM
Classes occur once per month: 9/16, 10/21, 11/18, and 12/16

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

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

DAYTIME KNITTING CIRCLE

Mondays | Sept. 9 – Dec. 16
1:30 – 3:00 PM

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

No class 9/30, 10/14, and 11/11
M Free, NM \$45, Single class \$5

GREAT PLAYS WITH DAVID STALLINGS

Tuesdays | Sept. 10 – Dec. 17
1:30 – 3:00 PM

Led by award-winning playwright and 14Y's Director of Arts + Culture 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!

No class dates 10/1 and 11/5
M Free, NM \$45, Single class \$5

50+ CREATIVE WRITING / OUR OWN NARRATIVES

Wednesdays | 1:30 – 3:00 PM
Classes occur first Wednesday of the month: 9/4, 10/2, 11/6, and 12/4

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 \$20, NM \$40



WORLD OF YIDDISH

WITH MIRIAM LEBERSTEIN
Wednesdays | Oct. 2 – Dec. 4
10:30 AM – 12:00 PM

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

No class 10/9 and 11/27
M Free, NM \$40, \$5 single class

MAH JONGG FOR ALL LEVELS

WITH SANDY MAGESIS
Wednesdays | Oct. 2 – Dec. 4
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.

No class 10/9 and 11/27
M \$40, NM \$80

LET'S DRAW TOGETHER

WITH MONA ZAMDMER
Thursdays | Oct. 3 – Dec. 4
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."

No class 11/26
M Free, NM \$40, \$5 single class

ISRAEL 101 - THE MANY FACES OF ISRAEL

Fridays | Sept. 13 – Dec. 13
1:30 – 3:00 PM

What is it about Israel that fascinates, attracts, angers and excites so many people? Join Israeli Shaliach and former journalist Ophir Tal for a deep dive into Israel. Explore language, culture, politics, culinary arts, and science, and learn how this small country makes a big difference in the world.
No class 11/29
Free for all.

EARLY CHILDHOOD AND FAMILY PROGRAMS

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

At the 14th Street Y, we believe children are naturally competent, capable, and sophisticated learners who use critical thinking to make deep connections by experimenting through play. Our approach to learning also emphasizes social and emotional development to empower each child to reach their fullest potential.

Our Early Childhood Programs include our signature Prelude to Preschool program for children 15 – 34 months, the 14th Street Y's Preschool open to children 2 – 4 years, and Family Programs.

Education programs run from September through June, and Family Programs are offered all year long.

PRELUDE TO PRESCHOOL

For Children Ages 15 – 34 Months
We're currently accepting applications to our Prelude to Preschool program for the 2019 – 2020 school year.

Our signature Prelude to Preschool program helps 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.

To learn more about our Prelude to Preschool and Preschool programs, visit [14StreetY.org/EarlyChildhood](https://14streety.org/EarlyChildhood)



Family Programs

Family Programs include drop-in classes for those looking for flexible family-fun, family classes offered as mini-semester 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.

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, Toddler Playtime in our indoor playground, 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.

NEW! FRIDAY FEATURE

We are excited to offer a new year-long class that occurs every Friday, September through May. In this class, your child will explore cooking, science, yoga, mindfulness, storytelling, and more. This is a drop off class. Limited space is available. Priority is given to families enrolled in Prelude to Preschool.

To learn more or register, email [Jill Shely at JShely@14streety.org](mailto:JShely@14streety.org).

14TH STREET Y'S PRESCHOOL For Children Ages 2 – 4 Years

The 14th Street Y's Preschool offers unique learning environments in which children can question, problem-solve, create, and grow. Inspired by the Reggio Emilia approach and weaving in Jewish values, our downtown preschool creates learning opportunities that help each child shine. Children explore and discover through play in many ways in classroom environments, where they feel respected, trusted, and empowered.



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.

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 fostering empathy and setting limits, to gender identity and work-life balance.



YOUTH PROGRAMS

Your children are only young once. Here at the 14th Street Y, we make sure every minute is meaningful, even when you're not with them.

Fun, sports, enrichment—your children have access to it all year-round. So rest easy, we've got you covered with After School, Youth Sports, and activities throughout the fall.

To register and learn more, visit [14StreetY.org/YouthPrograms](https://14streety.org/YouthPrograms)

AFTER SCHOOL PROGRAM

For Children in Grades K – 5

At the 14Y, your child's afternoon will be full, festive, and active through 6:00 PM—all in a safe and supportive environment. Each afternoon includes homework help and a healthy snack, plus supervised swimming in our beautiful indoor pool. Children select their choice of classes centering on movement, the arts, intellectual discovery, and more!

HOLIDAY CAMP WITH AFTER SCHOOL

For Children Grades K – 6

The 14Y runs an inclusive and enriching childcare program during most school holidays, half days, 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.

YOUTH SPORTS

For Children Ages 3 – 15

Our youth sports classes and leagues run six days a week, and focus on skill development in a fun, low-key setting. Support, encouragement, and enthusiasm are our building blocks. We leave high pressure and competition at the door. Choose from a variety of basketball clinics and classes, including girls-only hoops, as well as non-contact flag football (in collaboration with the NFL's Youth Flag Football League), tumbling and gymnastics, and ballet.

KOL: PROGRAM FOR YOUNG PEOPLE WITH SPECIAL NEEDS

For Children Ages 4 – 17

The KOL Program is a school year weekend recreational program for children and adolescents 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.

NEW! BIRTHDAY PARTY RENTALS

Look no further for a great family-friendly location to host your child's next big day.

The basic rental package features a staff member, 90 minutes in a beautiful studio or on our rooftop, time for setup and cleanup, plus tables and chairs for up to 50 attendees. Upgrade to include a bartender, entertainment (musician, puppeteer or dance instructor), and additional time/capacity.

Learn more at [14StreetY.org/Rentals](https://14streety.org/Rentals)