

SUMMER 2019



14

TH

STREET

Y

WELCOME HOME

A SPECIAL MESSAGE

FROM RABBI SHIRA KOCH EPSTEIN

It has been an honor to serve as your Executive Director for the past five-and-a-half years. The tremendous growth of 14th Street Y in these past years is directly attributable to remarkable staff members, board members, volunteers, and members who make this community strong and vibrant, now serving more than 26,000 people every year.

As I move on to my new role as Executive Director of the Center for Rabbinic Entrepreneurs, I know that the 14th Street Y will continue to be a diverse and welcoming place, opening Jewish culture and sensibilities to people of all backgrounds. As Jordan Brackett becomes Interim Executive Director on June 17, this will continue to be the place where you can engage your head, heart, and body while making and sustaining meaningful relationships with your neighbors.

For the past few years, Jordan has served as our Associate Executive Director for Advancement and Planning. Many of you also know Jordan and his wife Amy as involved neighbors, raising their children in this community. Prior to the 14th Street Y, Jordan moved from a career as a corporate attorney to work in NYC government, first in City Hall advising Mayor Bloomberg on healthy food policy, and most recently serving as Special Assistant to the Deputy Chancellor of the Department of Education. Jordan comes with a deep knowledge and dedication to this community, also serving on the Board of the Union Square Partnership and as a Vice President of East End Temple. I have no doubt that this community is in very capable hands.

Throughout the years, I have treasured getting to know this community at every turn, whether community breakfasts in the lobby, workouts in the fitness center, at LABA events and shows in our theater, visits to camp, Shabbat and holiday programs, preschool graduations, After School showcases, or Saturday programming during Pause/Play. We will be having a community breakfast in our lobby on June 5, from 8:30 – 11:30 am, and I hope that I can say goodbye to many of you on that day and thank you for being part of our growing and vibrant community, and so that you can welcome Jordan to his new role.

In gratitude,
Rabbi Shira Koch Epstein
Executive Director

FROM JORDAN BRACKETT

Shira Koch Epstein has been a tremendous leader of the 14Y, and we are poised to continue her legacy. In the coming months, 14Y will be buzzing with energy and great programming, from the meaningful and moving events comprising our Season of Jewish Culture to our first-ever 14Y Pride Series in June.

Throughout the summer, we invite you to find your community here. You can enjoy our Summer Membership featuring fun fitness pop-ups and classes. Your children can attend one of our great day camps at the 14Y or enjoy our beautiful 75-acre New Country Day Camp (my kids have attended every 14Y camp and have loved each one)! We invite you to cool off in one of our Aquatics classes or learn a new hobby in our Adult Studies program. And, of course, our Family Programs offer a full line-up of drop-in and mini-semester classes to engage young families all summer long. However you choose to participate, we look forward to continuing to welcome you as part of our community.

Best,
Jordan Brackett
Associate Executive Director for Advancement and Planning



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



Proud Partner

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 5/27/19

Memorial Day | Closed

THURSDAY 7/4/19

Independence Day | Closed

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

For policies, code of conduct, and more information about your membership visit [14StreetY.org/Policies](https://14streety.org/Policies)

MEMBERSHIP BENEFITS

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

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

SUSTAINABILITY

Composting, clothes recycling, and CSA available on Tuesdays. For more information, visit 14StreetY.org/Sustainability

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 for members

Available for children 6 months and older
Every Day | 8:45 AM – 2:00 PM

Affordable childcare while you work out!
Only \$5 per hour!

Our warm, friendly, experienced staff will entertain and watch over your little ones while you enjoy all the 14Y has to offer. Parents must remain on the 14th Street Y premises while using our childcare service.

Learn more at 14StreetY.org/Childcare

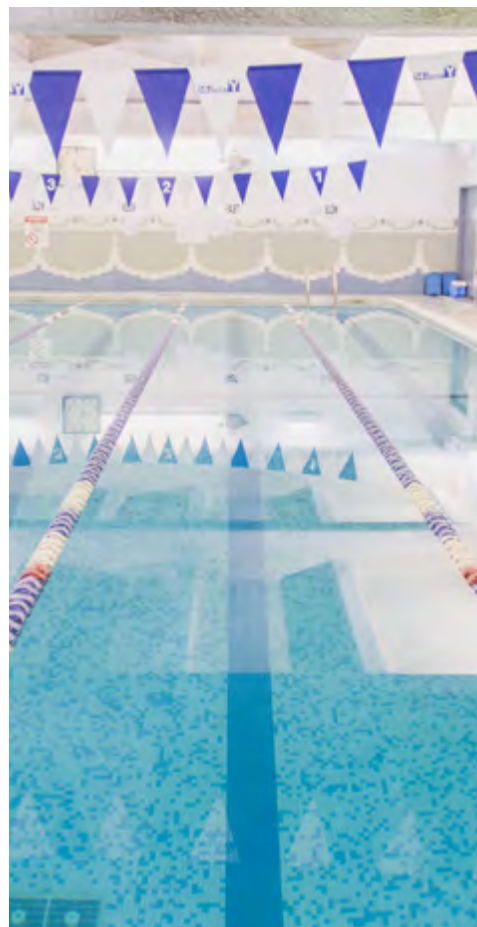


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STAY FIT THIS SUMMER

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. 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
- Bolly X
- 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

SPECIALIZED FITNESS CLASSES + POP UPS

SUNRISE BEASTANETICS

Mondays and Wednesdays | 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

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!



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

ROOFTOP TABATA

Thursdays | June 6 – Aug 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

SUMMER ROOFTOP DANCE PARTY

Monday | July 1 | 6:00 – 8:00 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



For full class descriptions and schedule, please visit 14StreetY.org/FitnessClasses and 14StreetY.org/Schedules

PARENT + BABY FITNESS

FREE FOR ALL MEMBERS

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

POSTPARTUM PILATES WITH BABY

Ages 6 weeks – pre-crawling

Tuesdays | 11:00 am – 12:00 pm

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.

BABY & ME BARRE

Ages 6 weeks – pre-crawling

Wednesdays | 1:00 – 1:45 pm

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.

NEW BABY, NEW BODY!

NEW MOM'S FITNESS CLASS

Ages 6 weeks – pre-crawling

Thursdays | 1:00 – 2:00 pm

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

BABY & ME YOGA

Ages 6 weeks – pre-crawling

Fridays | 12:45 – 1:45 pm

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.

For more information and to register please visit 14StreetY.org/BabyMeFitness



BASKETBALL

Pickup basketball games happen every day at the 14th Street Y. Swing by for a drop-in dribble-and-shoot or an impromptu game in our indoor court or lace up for one of our basketball leagues or classes. Our full-court schedule includes dedicated times for adult members and for teens as well as our men's and women's leagues.

Basketball classes and leagues take place in the fall and spring. Stay tuned for information in our fall catalog or online.

For more information about basketball and basketball leagues, please contact: Gil Pagan at GPagan@14StreetY.org or visit 14streetY.org/basketball



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. Learn more about our personal training packages and meet one of our trainers today.

NEW MEMBER?

GET A JUMP START!

4 one hour sessions for \$170*

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

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

One hour sessions
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



For more information about personal training or to schedule a session, please visit 14StreetY.org/PersonalTraining or contact PT@14StreetY.org

SUMMER IS HERE!

14Y SUMMER MEMBERSHIP

Available May 1 – August 31

individuals | Save up to \$146
Families | Save up to \$235

visit 14StreetY.org/SummerDeal to learn more.

ONLY FOR A LIMITED TIME
 Must be 18 years and over, and a new customer.

DIVE INTO SUMMER

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. 14Y swim classes are available for children as young as six months. We also offer instruction for children with special needs. For a low-impact, full-body workout, turn to our expert instructors in aqua aerobics, cardio, boot camp, and boxing. We feature the American Red Cross Learn to Swim program, taught by certified water safety instructors, for children three and older. Private and semi-private swim lessons are also available.

ADULTS

ADULT BEGINNER SWIM

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

M \$170, NM \$200 (Sun., Tue., Wed. or Thurs.)

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 \$170, NM \$200 (Sun. or 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 \$116, NM \$151 (Mon. Wed., or 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 \$116, NM \$151 (Mon.)

AQUA EXERCISE

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

M \$116, NM \$151 (Wed.)



CHILDREN

CHILDREN WITH SPECIAL NEEDS

SWIM CLASS | 4 – 16 years

WITH PARENT/CAREGIVER

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 \$130, NM \$170 (Mon. or Sat.)

AQUA JETS SWIM TEAM | 6 – 17 years

A non-competitive recreational swim team for children and teenagers. Work and improve on 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 \$170, NM \$200 (Tue. or Thurs.)

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.

M \$130, NM \$170

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.

M \$130, NM \$170

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.

M \$130, NM \$170

DROP-OFF SWIM CLASSES

FOR AGES 3+

LEARN TO SWIM PROGRAM

presented by  American Red Cross

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

M \$130, NM \$170



PRIVATE SESSIONS

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

SUMMER AQUATICS SCHEDULE

JULY 7 – AUGUST 24

ADULTS

CHILDREN

SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
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 CHILDREN 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 - 11:00AM BABY BELUGAS 2:00 - 2:30PM TADPOLES 3:00 - 3:30PM OTTERS 3:30 - 4:00PM SEA HORSES 3:30 - 4:00PM DOLPHINS 4:00 - 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 CHILDREN WITH SPECIAL NEEDS 4:00 - 4:30PM CHILDREN WITH SPECIAL NEEDS 4:30 - 5:00PM

► Adults | ► Children | ► Children with Parent/Caregiver | ► Children with Special Needs | ► Aqua Jets Swim Team



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 above, 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 25 swimmers).

EARLY CHILDHOOD PROGRAMS

Our Early Childhood programs ensure a joyous and engaging beginning to your child's life-long education.

WE SUPPORT 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.

At the 14Y, 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 many early childhood and family programs that offer options for all families. Since every family has different needs and interests, a dedicated early childhood staff member will guide you through our incredible range of possibilities here.

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



PRESCHOOL

The 14th Street Y's Preschool, open to children 2 to 4 years of age, offers an educational environment within a vibrant 14Y community located in the heart of the East Village. Our Preschool curriculum, inspired by the Reggio approach, 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 welcome families from all backgrounds and reflect the community in which we live.

The 14th Street Y's Preschool provides a family-centered early childhood education. Beyond this philosophy, it is our incredible, nurturing staff who help build the self-confidence and foster an enthusiasm for learning that draws families to our special programs. Together, parents and staff form a learning partnership focused on the growth and development of your child.

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

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.



PRELUDE TO PRESCHOOL

Our signature Prelude to Preschool 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, and gym time in our Indoor Playroom. Grown-ups will enjoy the camaraderie and support our discussion groups and evening parenting workshops offer.

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.

WINTER SESSION

January – June

Ages 18 – 25 months by January 2019

Tuesdays | Thursdays

For children who may not be ready in fall, 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's Preschool, families in these programs will receive priority consideration in the admissions process.

For more information, pricing, and to schedule a tour, please contact **Nili Shriber**, Preschool Director, at **646-395-4328** or **NShriber@14StreetY.org**



EARLY CHILDHOOD | FAMILY PROGRAMS

FIND YOUR COMMUNITY HERE

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. There's something for every member of your family, from child to caregiver to parent to grandparent.

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!

Learn more at 14Street.org/BabyMeFitness

Get a 5-class punch card or purchase a single session at the Service Desk in our lobby to attend our drop-in classes. Please note the price of the card varies depending on the class.

NEW PARENT

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.

Thursdays | 12:45 – 2:15 pm

5/9, 5/23, 6/6, and 6/20

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

MOM'S STROLL-IN GROUP

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, work/life balance and more to guide you through the joys and challenges of parenting.

For first and second time moms. Groups form as needed. For more information contact

[Dana Federbush](mailto:DFederbush@14StreetY.org), Director of Family Programs at DFederbush@14StreetY.org or 646-395-4336.

MUSIC

SING ALONG | 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.

June 18 – Aug. 9

Mondays and Thursdays

3:30 – 4:15 pm | 4:30 – 5:15 pm

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



ART, LITERACY, AND PLAY

MESSY PLAY | 18 – 36 months

A time for toddlers and adults to explore the joys of texture, color, water, bubbles, sand paint, and more. This class stimulates sensory awareness and creativity. Enjoy a variety of everyday art materials used in new and imaginative ways. Dress messy! Snack will be provided.

June 17 – Aug. 5

Mondays | 11:30 am – 12:30 pm

June 21 – Aug. 9

Fridays | 11:00 am – 12:00 pm

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

Learn more at 14StreetY.org/DropInClasses

Family Programs are a great way to connect with other parents and caregivers in a warm, welcoming environment.



MINI SEMESTER

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.

MUSIC

ROCK-A-BABY | 4 months – 3.5 years

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

June 19 – Aug. 7

Wednesdays | 10:15 – 11:00 am

M \$330, NM \$360

ART, LITERACY, AND PLAY

SURF AND TURF | 12 – 24 Months

Enjoy a half hour of water play on the roof, followed by games, arts & crafts, music and movement in the classroom.

June 17 – August 5

Mondays | 9:15 – 10:15 am

M \$275, NM \$300

DROP OFF CLASSES

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.

June 19 – Aug. 7

Wednesday | 3:30 – 5:00 pm

M \$300, NM \$315



PLAYDAY | 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 Indoor Playroom. Snack will be served.

June 17 – Aug. 5

Mondays | 9:30 – 11:00 am

M \$325, NM \$350

June 21 – Aug. 9

Fridays | 9:15 – 10:45 am

M \$325, NM \$350

Learn more at

14StreetY.org/MiniSemester

SPORTS + 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

June 21 – Aug. 9

Fridays | 9:15 – 10:00 am

M \$305, NM \$330

Ages 24 – 36 months

June 21 – Aug. 9

Fridays | 10:15 – 11:00 am

M \$305, NM \$330

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.

PARENTING

SUPPORT GROUPS

PARENTING YOUR PRESCHOOLER

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. For more information contact

Dana Federbush, Director of Family Programs at
DFederbush@14StreetY.org or 646-395-4336.

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.

Monday | 6:30 – 8:30 pm

5/13, 6/3, 7/15, or 8/5

M \$90

NM \$100 per workshop (per individual)

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

Learn more at

14StreetY.org/ParentSupportGroup

ADULT STUDIES

Seniors play a crucial role at the 14th Street Y—an inclusive community for neighbors of all ages and stages.

LEARN SOMETHING NEW

Take advantage of educational, social, spiritual, recreational, and Jewish cultural activities provided in our daytime classes. While you stay active in the body and mind through our programs, you're also modeling healthy adulthood for our younger members!

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

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

GREAT PLAYS with David Stallings

Tuesdays | July 2 – 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



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 Zamdmer describes as "pleasures of the pencil."

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

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



Learn more at
14StreetY.org/AdultStudies

FUN ALL SUMMER LONG

Our events and experiences across Downtown Manhattan offer something for everyone. Whether you're a shul regular, seeking to reconnect with your heritage, or exploring Jewish culture for the first time—we welcome you.

Downtown Jewish Life is a network of downtown Jewish organizations and individuals hosted by the 14th Street Y. The goal of Downtown Jewish Life is to strengthen the fabric of Jewish life in lower Manhattan. Downtown Jewish Life welcomes people of every background, identity, age, family configuration, and religious affiliation (or none) who are interested in finding meaning, values, and community inspired by Jewish sensibilities.

UJA-Federation of New York, Covenant Foundation, and the Harold Grinspoon Foundation are proud to partner with Downtown Jewish Life.

THE SEASON OF JEWISH CULTURE

The 14th Street Y is a beacon for Jewish life and culture for the East Village and the Lower East Side, the longtime center of American Jewish culture. Our innovative cultural programming features culture makers of all kinds — artists, performers, storytellers, writers.

The 2019 Season of Jewish Culture, spanning the months of April through June, includes nearly 20 performances and events, making Jewish culture accessible and meaningful to a wider audience. Both in the beautiful, renovated Theater at the 14th Street Y and at well-regarded venues around Downtown Manhattan, The Season of Jewish Culture brings our neighborhood's Jewish heritage into the future.

For more information and to purchase tickets, visit 14StreetY.org/SOJC

YOM HAATZMAUT – HATIKVAH 6 AT SOBS

Monday, May 13 | 7:30 pm | SOBs

DJL celebrates 71 years of the State of Israel. Come see electrifying Israeli Band Hatikvah 6 and after party with DJ Omri Anghel.

LABALIVE III: LIFE + DEATH

Thursday, May 23 | 7:30pm

The Theater at the 14th Street Y, 2nd Fl

LABALive III features music and performances by fellows—plus a fascinating teaching session from Liel. Reception following with refreshments.

\$20 pre-sale, \$25 at the door

TIKKUN: INTO THE DUSK

Sunday, June 9 | 3:00 to 6:00 PM

The 14th Street Y and Downtown Jewish Life partners are proud to end our Season of Jewish Culture in style as we celebrate Shavuot with our own Tikkun.

Join us for an intrigue filled imaginative afternoon of programming that will inspire our whole community. From children's theater presentations to text study, interactive art sessions and cheesecake, this is a day you won't want to miss. There will be programs for all levels of observance. For more information and to RSVP, visit 14StreetY.org/Tikkun.

FREE FOR ALL!



For more information on upcoming events, visit, 14StreetY.org/JewishLife



COMMUNITY EVENTS

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.

CONNECT WITH YOUR DOWNTOWN COMMUNITY

We have a vibrant community that includes members, staff, teachers, trainers, artists, caregivers, families, and local business owners. We host community events year-round at the 14th Street Y and around Downtown Manhattan, many of which are free and open to the public.

14TH STREET Y PRESENTS
**LIVE
FREE
LOVE
FIERCE**

A SERIES OF PRIDE EVENTS AT EDUCATIONAL ALLIANCE

PRIDE 2019: LIVE FREE, LOVE FIERCE A SERIES OF PRIDE EVENTS AT EDUCATIONAL ALLIANCE JUNE 2019

This series is a celebration of diversity, love, acceptance, and most importantly PRIDE. We will honor the 50th Anniversary of Stonewall and celebrate in the first-ever WorldPride in NYC by inviting the LGBTQIA+ community to events throughout Downtown Manhattan where we as a community can celebrate one's own identity loud and proud. At the 14th Street Y and Educational Alliance, truly everyone is welcome.

QUEERLY CONTEMPORARY FESTIVAL Saturday, June 1 | 7:00 – 9:00 pm

The Theater at the 14th Street Y, 2nd Fl

Kick off the series with the Queerly Contemporary Festival. An evening of LGBTQIA+ dance makers investigating and celebrating the diversity of the LGBTQIA+ experience and voices in contemporary dance making. The festival is the kickoff event for LIVE FREE, LOVE FIERCE: A series of PRIDE events at the Educational Alliance.

Artists include: Burr Johnson, Brother(hood) Dance!, Sebastian Abarbanell, Nia & Ness, Kanon Sapp, Xianix Barrera, Em Papineau and Sofia Engelman, Johnnie Cruise Mercer, Daniel Padierna

General Admission: \$20
Cabaret Tables: \$30

Come enjoy your PRIDE themed cocktail at our After Celebration at neighborhood partner Sister Jane, 349 E. 13th Street

PRIDE FAMILY FUN DAY

Saturday, June 15 | 3:00 – 6:00 pm

Rooftop at the 14th Street Y

PRIDE Family Fun Day offers fun activities for parents and kids alike! Including face painting, arts and crafts, and a very special youth PRIDE march in our building! Come celebrate love and diversity in our PRIDE Family Fun Day. Snacks and refreshments provided.

Children are FREE.

Suggested donation \$10 per adult.

FULL DISCLOSURE: A NIGHT OF STORYTELLING CELEBRATING THE LGBTQIA+ COMMUNITY

Monday, June 17 | 6:30 – 8:30 pm

Caveat, 21 A Clinton Street, NYC

To celebrate the diverse history that lives at the heart of the LGBTQIA+ community, we are hosting a night purely dedicated to sharing these stories. You will hear from EA staff and members about who they are, where they are from, and what it means to be an LGBTQIA+ person. Putting their stories at the forefront, this night will be a night to celebrate and come alongside them in their journey to live free, love fierce. Must be 21+

General Admission \$15.

STONEWALL 50 COMMEMORATION RALLY

The culminating event of our first-ever PRIDE series will be a special night to come together as a community and attend the Stonewall 50 Commemoration. Join the Ed Alliance staff and community as we attend the rally in honor of the movement that began the fight for LGBTQIA+ rights, and celebrate this powerful and historical moment in time.

For more information, and to RSVP and purchase tickets for the events listed below, please visit 14StreetY.org/PRIDE



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

14TH STREET Y AT SUMMER IN THE SQUARE

Thursdays | June 13 – Aug 12 (Except July 4)
Union Square Park

TAI CHI

9:00 – 9:45 am

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.

FAMILY FUN IN THE SQUARE

2:30 – 3:00 pm

Join us every Thursday this summer for free, fun children's activities your whole family will enjoy!

Learn more at 14StreetY.org/Community

CAMPS

We make the summer count. At the 14th Street Y, children get a true summer camp experience, recognized as a key to kids' development.

FIND ADVENTURE ALL SUMMER LONG

Through our three camp options, 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 holiday camp, the 14th Street Y has 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 children's K-8th grade. A non-religious program, NCDC children jump into new ideas and embrace universal concepts through cultural Jewish sensibilities and storytelling.



NEW AT CAMP THIS YEAR:

Super flexible registration options. Now families can sign up for any weeks of camp they want, at a two-week minimum and so long as the first two weeks are consecutive.

NEW PROGRAM UNITS INCLUDING

- **Build**

Campers will develop design and construction skills for hand-tool woodworking and architecture, while learning all about workshop safety

- **Music**

Mini-musicians will learn and practice guitar and singing, and have opportunities to help lead camp singing activities with small and large groups

- **Sustainable Cooking & Gardening**

In our new farm-to-table culinary skills program, campers will learn open-air cooking techniques

Learn about all the exciting changes happening at camp this year in Lili Voskidis', Director of NCDC, latest blog post: 14StreetY.org/NCDCBlog

Regular registration rates: now to May 31
Sleepy bird registration rates: June 1 or later

Register today 14StreetY.org/NCDC
But hurry, certain age divisions and bus pick-up locations are selling out.

NEW TOWN DAY CAMP **SOLD OUT**

Ages 3 – 6 years

New Town Day Camp 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 visit
14StreetY.org/NewTownDayCamp

TODDLER CAMP

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. All Toddler Camps enjoy outdoor fun and water play on our Rooftop Playground!

MINI CAMP | 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. Spots are filling up quickly!

ON OUR WAY | 2.4 – 3.5 years (Separated Program)

A twice-a-week summer program for families who have completed a separated program such as Prelude to Preschool. 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. Spots are almost full!

NEW! JUNIOR CAMP **SOLD OUT** 2.4 – 3.5 year (Separated Program)

Junior Camp is for families looking for an extended On Our Way experience. Children experience a 4x per week program for 3.5 hours each day. Camp starts on our rooftop playground without parents/caregivers and continues in the classroom.

For more information and to register please visit 14StreetY.org/ToddlerCamps



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.

ENGAGING HEADS, HANDS, AND HEARTS

Fun, sports, enrichment—your children have access to it all, year-round, right here at your East Village community center. So rest easy, we've got you covered with After School, Youth Sports, and activities all summer long. For more information visit 14StreetY.org/YouthPrograms

AFTER SCHOOL

Grades K – 5

Weekdays from 2:30 – 6:00 pm

Our philosophy at the 14th Street Y's After School is programming centered 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 focuses on movement, the arts, and 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'll enjoy.

In addition to the enrichment activities offered by After School, children can sign up for a variety of extra swimming and youth sports classes. On Fridays, In lieu of enrichment classes After School comes together for special Shabbat programming with skits, challah, grape juice, and songs!

Parents can register their children for a full week, or any number of days in the week, for either the full school 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 and Success Academy Union Square. NEST+M, and PS 110 require an additional transportation fee.



HOLIDAY CAMPS

WITH AFTER SCHOOL

The 14th Street Y runs an inclusive childcare and enrichment programs 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.

Holiday camp provides a safe, social and supportive space for play and learning (K through 6th grade).

Upcoming Holiday Camp Schedule:

Tuesday, June 4 – Eid al-Fitr

Thursday, June 6 – Anniversary Day

Tuesday, June 11 – June Clerical Day

For more information, visit 14StreetY.org/HolidayCamps



KOL: PROGRAM FOR YOUNG PEOPLE WITH SPECIAL NEEDS

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.

NEW SUMMER SESSION SUPER SOCCER STARS

9 Saturdays | June 15 – Aug 17

No class July 6

Classes incorporate notions of structure and task completion through entertaining and engaging soccer activities! Each child learns at their own pace, builds self-confidence, enhances social skills, and has a blast!

Age 4 – 6 | 9:00 – 9:45 am

Age 7 – 11 | 9:55 – 10:40 am

Age 12 – 17 | 10:50 – 11:35 am

M \$425, NM \$450

Limited scholarships are available.

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

For more information and to register please email KOL@14StreetY.org or visit 14StreetY.org/KOL



FLAG FOOTBALL | Ages 5 – 14 Sundays | Sept. 8 – Nov. 10

Get ready for another exciting season of Flag Football in collaboration with the NFL Youth Flag Football League, starting this fall! A developmental league, players are evaluated during the first two sessions and are placed in appropriate competition groups. Players are taught proper techniques 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.

M \$180, NM \$200
(Fall 2019 prices may change)

Registration begins in August.

YOUTH SPORTS

For Children Ages 3.4 – 14 Years

The 14th Street Y is keeping kids active with basketball, flag football, soccer, tennis, gymnastics, ballet, and more, all in a no-pressure setting. Teens can dive into aquatics or lace-up for basketball. Our classes emphasize skill development in a supportive, non-competitive environment to help enhance your child's self-esteem. 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), soccer, ballet, tumbling and gymnastics. Children of all ages and talent levels will have fun while cultivating teamwork, integrity and leadership skills along the way.

Youth Sports begins Fall 2019.

Stay tuned for class details and information in our upcoming Fall Catalog.

For more information, visit
14StreetY.org/YouthSports



SUSTAINABILITY

Join us in reducing our carbon footprint. Together we can make our community, our city, and beyond greener, healthier and a better place for future generations.

GO GREEN WITH THE 14Y

We're all trying to do our part to lead more sustainable lifestyles. Here at the 14th Street Y, we offer a few convenient ways to go green including access to community supported agriculture, composting, and clothing recycling. A little goes a long way in reducing our environmental impact, making this planet a cleaner, safer place for all who call it home.

COMMUNITY SUPPORTED AGRICULTURE (CSA)

Every other Tuesday | June 4 through the end of October | 14Y Lobby

The 14th Street Y CSA, in partnership with Mountain View Farm, offers 11 biweekly distributions of fresh, organic fruit, vegetables, and herbs.

Community Supported Agriculture brings together a farm and a community in a mutually supportive manner for the purpose of providing the freshest, most nutritious food from a viable local farm.

Farm share members pick up their pre-boxed shares filled with seasonally available produce and fruit every other Tuesday in the 14Y Lobby from 3:30 – 7:30 PM. Each box will include 8-12 different items including vegetables, herbs, and fruit. Sign up by May 28 to ensure access to the first summer CSA distribution.

For more information and to register, please visit 14StreetY.org/CSA

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 at your convenience.

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.

Learn more about going green at
14StreetY.org/Sustainability



ABOUT MOUNTAIN VIEW FARM

Mountain View Farm is a certified organic Community Supported Agriculture (CSA) project serving Western Massachusetts and the Pioneer Valley. They are USDA Certified Organic by Baystate Organic Certifiers, a third-party certifying agency. They grow without the use of chemical fertilizers or pesticides and strive to produce food in the most sustainable way possible.

Learn more at mountainviewfarmcsa.com

RENTALS

Host your upcoming event at the 14th Street Y, conveniently located in the heart of the East Village!

A PERFECT SPACE FOR YOUR EVENT

The 14th Street Y is a vital neighborhood center, conveniently located near public transportation, with a distinctive downtown point of view emphasizing excellence, innovation, and creativity.

Ideal for a variety of events, birthday parties, rehearsals, and meetings, the 14Y's community spirit, affordable rates, and exciting atmosphere is guaranteed to make your event memorable. We also have a fully operational black box theater with flexible seating for up to 135 people that is available for rent off-season.

Learn more at 14StreetY.org/Rentals

BIRTHDAY PARTY RENTALS

Looking for a family-friendly place to host your child's next birthday? You've come to the right place! The 14th Street Y now offers birthday party rentals that include a staff helper, setup and clean-up, as well as add-ons such as decorations, a bartender, and more!

The 14th Street Y is the place to make memories that will last a lifetime.

BASIC RENTAL:

The basic rental includes a staff member, three hours in the room (one hour for setup, 90 minutes for party, and 30 minutes for clean-up), as well as tables and chairs for up to 50 attendees, including adults and children.

We have two beautiful studio rooms available for rent.

M \$450, NM \$500

The 14Y Rooftop is also available for rent.

M \$650, NM \$700

(backup rain space also included in this cost)

ADD-ONS:

- Tablecloths and Streamers **\$100**
- Bartender or other staff for 2 hours (required if wine or beer is served) **\$100**
- Talent (musician, puppeteer, dance instructor) **\$300**
- Additional Hour **\$125**
- 10 Additional People (adults/kids) **\$50**



THEATER RENTAL

The Theater at the 14th Street Y is a fully operational black box Theater that's 50' x 50' with flexible seating that can accommodate up to 135 audience members. While the Theater is fully curated throughout the Season, we do have off season rentals available to companies on a weekly basis.

The Theater may be rented at a cost of \$3,600 per week. This includes our basic lighting plot, sound package, and soft goods. Additional items such as marley, cyc and cyc lights, and projection are offered for an added cost.

We are currently accepting rental inquiries for the weeks starting June 10 – August 4.



REHEARSAL & MEETING ROOM RENTAL

The 14th Street Y has many rooms available, from classrooms for meetings with a 15-person capacity to large studios suitable for rehearsals and movement workshops.

Classroom (16' x 22.5') | \$20 per hour

Large Studio (30' x 50') | \$30 per hour

A list of all attendees will be requested in advance for security purposes. These rentals are not intended for events open to the general public. No food or drinks (aside from water) are allowed in our rooms.

SPECIAL EVENTS RENTAL

The 14th Street Y has hosted many special events, from large community forums to movie shoots!

Most of our community center is available for rent—so look no further if you're interested in hosting either a private or public event in the heart of the East Village.



ARTS + CULTURE



The Stray

Rebel Playhouse
Family Theater
Arif Silverman | Book,
Music and Lyrics
September 28 – October 6
#TheaterForFamilies

National Winner of the 2019 Jewish Playwriting Contest

Jewish Plays Project
Theater
David Winitsky | Artistic Director
Joshua Benghiat | Artistic Associate
September 5 – 8
#JewishStories

Recovery

Johari Mayfield Dance
Dance
Johari Mayfield | Choreographer
Milica Paranosic | Composer
September 12 – 15
#StrongWomen

...it's time...

Freemove Dance
Dance
Jenn Freeman | Director and Choreographer
Dani Markham | Composer
September 19 – 22
#StrongWomen

Бабушка | BAb(oo)shka

Anna Lublina
Theater
Anna Lublina | Theater Creator
Julia Danitz | Composer
Elena Rose Light | Choreographer
September 26 – October 5
#StrongWomen #JewishStories
#Heritage #Puppets

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

Valerie David
Theater
Valerie David | Performer/Playwright
Padraic Lillis | Director
October 10 – 13
#StrongWomen

Ominous Men

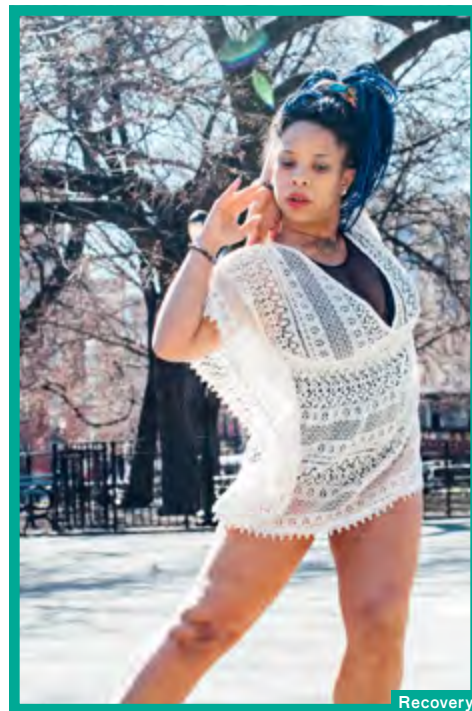
MultiStages
Theater
Desi Moreno-Penson | Playwright
Lorca Peress | Director
October 19 – November 3
#StrongWomen #GhostStories

75th Anniversary of the Jerome Robbins Dance Division

From The Horse's Mouth
Dance
November 6 – 10
#DanceStories

Riyaaz/Practice

Courtyard Dancers, Dakshina Dance Company,
Sakshi Productions, and Sattriya Dance
Company
Dance
November 15 – 16
#DanceStories #Heritage



State of the Jews

LABA 2nd Stage
Opera
Alex Weiser | Composer
Ben Kaplan | Librettist
December 5 – 8
#JewishStories #Heritage

Straight Faced Lies

M-Squared Productions
Theater
Mark Jason Williams | Playwright
Andrew Block | Director
December 12 – 22
#LGBTQStories

A Golem from Buenos Aires

Carina Toker
Family Theater | Dance
Carina Toker | Writer, Director and Choreographer
Gabriel Toker | Music Composer
December 14 – 22
#TheaterForFamilies #JewishStories

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



#NastyWomen - A Night of Female Resistance Comedy

Laura Beatrix Newmark

Comedy

Laura Beatrix Newmark | Producer

Amanda Duarte | Host

November 18, January 27, May 11, and June 15

#StrongWomen #ComedyIsTheResistance

Scenes from Childhood

LABA 2nd Stage

Theater

Ari Brand | Writer

Eugenia Manwelyan | Director

January 10 – 26

#JewishStories #LGBTQStories

Planet Connections Short Form Series

Planet Connections

Theater

Glory Kadigan | Series Curator

February 6-23

#Festival

The Imperfect Love Song of Delilah and Venizio

Planet Connections

Theater

José Rivera | Writer and Director

February 8 - 23

#GhostStories

February Puppet Takeover!

WonderSpark Puppets

Family Theater

Chad Williams | Writer,

Director and Performer

Lindsey 'Z.' Briggs | Puppets

Creaturiste | Puppets

February 1 – February 23

I The Three Little Pigs

February 1 – 2

I Princess Petunia & The Dragon (Tu B'Shevat)

February 8 – 9

I Mystery Max & The Missing Dinosaur

February 15 – 16

I Esther Saves the Day! (Purim)

February 22 – 23

#TheaterForFamilies #Festival #Puppets

#JewishStories

Women's History Solo Series

First By Faith:

The Life Of Mary McLeod Bethune

Richarda Abrams

Theater

Richarda Abrams | Performer, Playwright and Producer

Dina Vovsi | Director

Amina Claudine Myers | Music Director

February 25 – March 15

#StrongWomen #Trailblazer #Educator

#Festival

Cheer from Chawton:

A Jane Austen Family Theatrical

Love Arm'd Productions

Theater | Family Theater

Karen Eterovich | Playwright,

Actress, and Producer

Susan Pilar & Amy Stoller | Direction, Dialect

Design, and Choreography

February 27 – March 15

#StrongWomen #Trailblazer #Educator

#Festival #TheaterForFamilies

PLACES!

Pat Addiss, Producer

Theater

Romy Nordlinger | Performer and Playwright

Cailin Heffernan | Director

Nick T. Moore | Composer

February 26 – March 14

#StrongWoman #Trailblazer #Educator

Subscribe and Save with the 14Y FLEX PASS

For the low price of \$42, choose any 3 shows from our upcoming season of LIFE + DEATH. That's \$14 per show. A savings of at least 33% per ticket!

Visit 14StreetY.org/FlexPass



Women's History Solo Series

Abrahamic Americans

Jewish Plays Project

Theater

David Winitsky | Artistic Director

Joshua Benghiat | Artistic Associate

April 2 – 5

#JewishStories

The Olive Tree

Theater | Comedy

Iris Bahr | Writer

April 15 – May 3

#JewishStories

Israel Arts Fest

Israeli Artists Project

Theater | Music | Family Theater

Featuring Best Friends

by playwright Anat Gov ||

and much more!

May 4 – 31

#JewishStories #Festival

The Three Little Pigs

WonderSpark Puppets

Family Theater

Chad Williams | Writer and Director

June 6 – 7

#TheaterForFamilies #Puppets

14th Street Y PRIDE Fest

The Theater at the 14th Street Y

Theater | Music | Dance | Drag

Larry Daniels & David Stallings | Curators

June 11 – 28

#LGBTQStories #Festival

SUMMER SWAG!

Shop the brand new 14Y Shop where every purchase supports our programs and community events. Wear 14Y gear to show off your love of your East Village JCC and vibrant downtown community!

14STREETY.ORG/14YSHOP

[f](#) [@](#) [t](#) #14YShop

14Y RETRO BLACK T-SHIRT \$22

Mens S – XXL
Womens S – XXL

14Y CLASSIC WHITE T-SHIRT \$20

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LATEX SWIM CAP \$6

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All purchases must be made at the Service Desk.
Please note that there are no refunds, exchanges,
and returns on items.



MEET THE BOARD



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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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^ Associate Trustee

****Deceased

GETTING TO THE 14Y

NO MATTER YOUR MODE OF TRANSPORTATION

— walking, biking, bus, subway, or the ferry —
we're easy to get to!

We're located at 344 East 14th Street between First and Second Avenue in the heart of the East Village.

BY PUBLIC TRANSPORTATION

BUS

M14A, M14D, M15, M15-SBS, M101, M102, M103

SUBWAY

L at First Ave, 4 5 6 N Q R W at Union Square

FERRY

Lower East Side route to Stuyvesant Cove

L PROJECT – NOW THROUGH FALL 2020

KEY THINGS TO KNOW:

- L service will continue as normal from 5:00am to 8:00pm on weekdays.
- L trains will run every 20 minutes overnights and weekends while work is being done.
- Stations may be crowded and alternate service often will be faster and more reliable during impacted times.
- Plan ahead if you choose to use the L during impacted times as you'll likely experience wait times in a queue, metering to keep platforms safe and wayfinding measures directing you to enter in one direction and exit from another.

For more information, visit new.mta.info/L-Project

ALTERNATIVE TRANSPORTATION OPTIONS TO THE 14TH STREET Y:

M or F to 14th Street at 6 Avenue, from here you can walk or take the M14A or M14D

J or M to Essex Street/Delancey Street, from here you can walk or take the M14A or M15 or M15-SBS

F to Delancey Street/Essex Street, from here you can walk or take the M14A or M15 or M15-SBS

F to 2nd Avenue/Houston Street, from here you can walk or take the M15 or M15-SBS

A to 14th Street at 8 Avenue, from here you can walk or take the M14A or M14D

Ferry: Lower East Side route to Stuyvesant Cove

3 WAYS TO GIVE BACK

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

► 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 Jordan Brackett at JBrackett@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 part of the Educational Alliance, Inc. (EIN 13-5562210), will be tax-deductible to the extent allowed by the law.