

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, youth sports, and premium enrichment 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.



Learn more and register, visit 14StreetY.org/AfterSchool



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:
Indigenous Peoples Day | Mon., Oct. 14
Election Day | Tue., Nov. 5
Veterans Day | Mon., Nov. 11
Winter Recess | TBD

For more information, visit 14StreetY.org/HolidayCamps



YOUTH SPORTS

For Children Ages 4 – 15 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.

BALLET | Ages 3.5 – 7 years

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

Mondays | Sept. 16 – Jan. 27

Session I | Ages 3.5 – 5 | 3:30 – 4:20 pm

Session II | Ages 5 – 7 | 4:25 – 5:15 pm

No class 9/30, 10/14, and 12/23

M \$335, NM \$405, After School \$315

TUMBLING & GYMNASTICS

Ages 3.5 – 7 years

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

Tuesdays | Sept. 17 – Jan. 28

Session I | Ages 4.5 – 5 years | 3:30 – 4:20 pm

Session II | Ages 5 – 7 years | 4:25 – 5:15 pm

No Classes: 10/1, 11/5, and 12/31

M \$335, NM \$405, After School \$315



DRIBBLE THRILL BASKETBALL

Ages 5 – 8 years

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

Ages 5 – 7 years

Mondays | Sept. 16 – Jan. 20

3:30 – 4:15 pm

No class 9/30, 12/23, and 12/30

Ages 6 – 8 years

Mondays | Sept. 16 – Jan. 20

4:15 – 5:15 pm

No class 9/30, 12/23, and 12/30

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

REBOUNDS AND BUCKETS | Ages 8 – 9

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

Tuesdays | Sept. 17 – Jan. 21

4:15 – 5:15 pm

No class 10/1, 12/24, and 12/31

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

GIRLS ONLY BASKETBALL

Ages 6 – 14 years

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

Wednesdays | Sept. 18 – Jan. 22

4:15 – 5:15 pm

No class 10/9, 12/25, 1/1, and 1/20

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

HARD TO GUARD BASKETBALL

AGES 9 – 14 years

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

Wednesdays | Sept. 18 – Jan. 22

4:15 – 5:15 pm

No class 10/9, 12/25, and 1/1

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

FLAG FOOTBALL* | Ages 5 – 15 years

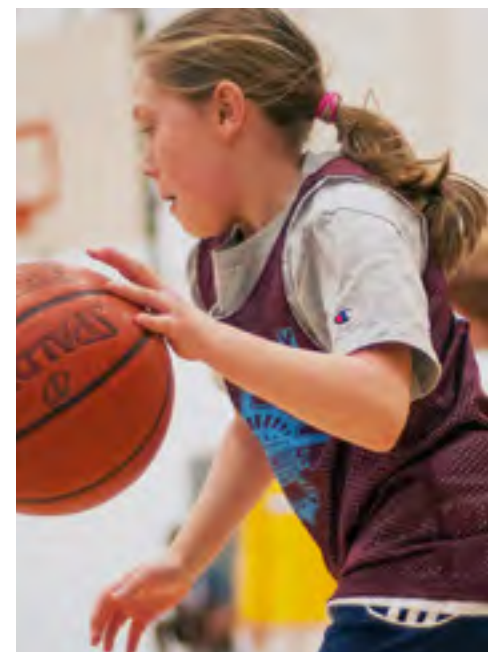
Another season of Flag Football in collaboration with the NFL Youth Flag Football League will be back for the Fall. A developmental league, players are evaluated during the first two sessions and are placed in appropriate competition groups. Players are taught proper technique in catching, throwing,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

Sundays | Sept. 8 – Nov. 3

9:00 – 1:05 pm

M \$200, NM \$240

*Flag Football takes place at Baruch Field.



Learn more and register today at
[14StreetY.org/YouthSports](https://www.14streety.org/YouthSports)

KOL: PROGRAM

FOR YOUNG PEOPLE WITH SPECIAL NEEDS

The KOL Program is a school year weekend recreational program for children and adolescents, ages 4 – 17 years, 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.

SUPER SOCCER STARS

Saturdays

Oct. 19 – Feb. 1 | Snow Day Feb 8

No class 11/30, 12/21, 12/28, and 1/18/20

Ages 4 – 6 years | 9:00 – 9:40 am

Ages 7 – 11 years | 9:45 – 10:30 am

Ages 12 – 17 years | 10:35 – 11:15 am

M \$580, NM \$600

PLAY CAPOEIRA

Saturdays

Oct. 19 – Feb. 1 | Snow Day Feb 8

No class 11/30, 12/21, 12/28, and 1/18/20

Ages 4 – 6 | 9:45 – 10:15 am

M \$330, NM \$350

Ages 7 – 11 years | 10:35 – 11:15 am

Ages 12 – 17 years | 11:20 am – 12:05 pm

M \$480, NM \$500

ART – ARTS RX

Saturdays

Oct. 19 – Feb. 1 | Snow Day Feb 8

No class 11/30, 12/21, 12/28, and 1/18/20

Ages 4 – 6 years | 10:30 – 11:00 am

M \$280, NM \$300

Ages 7 – 11 years | 11:20 am – 12:05 pm

Ages 12 – 17 years | 12:15 – 1:00 pm

M \$430, NM \$450

CREATIVE MOVEMENT – ARTS RX

Sundays

Oct. 20 – Feb. 2 | Snow Day Feb 9

No class 12/1, 12/22, 12/29, and 1/19/20

Ages 4 – 6 | 9:45 – 10:15 am

M \$280, NM \$300

Ages 7 – 11 years | 10:35 – 11:15 am

Ages 12 – 17 years | 11:20 am – 12:05 pm

M \$430, NM \$450

MUSIC MAKERS

Sundays

Oct 20 – Feb. 2 | Snow Day Feb 9

No class 12/1, 12/22, 12/29, and 1/19/20

Ages 4 – 6 years | 10:30 – 11:00 am

M \$330, NM \$350

Ages 7 – 11 years | 11:20 am – 12:05 pm

Ages 12 – 17 years | 12:15 – 1:00 pm

M \$380, NM \$400

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

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

