

FALL

2019



14TH STREET



WELCOME HOME

A SPECIAL MESSAGE

FROM JORDAN BRACKETT

This fall, we look forward to welcoming you home to our great programs.

Please join us and invite a friend (or two!) along on Sunday, September 8 for our Fall Open House happening right here at the 14Y from 9:00 am to 2:00 pm. We will be running fun and engaging activities and giving you a taste of what we have to offer.

We are so excited to welcome back our wonderful families to our yearlong programs. Our building will be packed with little ones getting their first taste of school in our nurturing Prelude to Preschool and Preschool programs. Coming back to the 14Y this fall are our amazing classes, such as sing-alongs and Play Day and Magical Movement with Mik. Our youth programs will be in full swing, including the best After School and Youth Sports (get ready for Flag Football!) programs around, along with our KOL program for children with special needs featuring soccer, capoeira, music, and art.

We also have an incredible array of classes and activities for adults. From our fitness and aquatics classes to parenting support groups and mah jongg to Great Plays with our Arts + Culture Director David Stallings, we look forward to welcoming you.

This is also going to be another incredible season at the Theater at the 14th Street Y. We have more than 25 performances in our beautiful black box theater. Not sure what to see? Get a flex pass for only \$42 and see any three shows!

Whatever your passion or interest, we encourage you to find your community here. As always, we can't wait to welcome you home.



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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, in addition to 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

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



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 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://www.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
- Access to year-round community events
- Your membership may be honored at most JCCs throughout the country, excluding NYC

SUSTAINABILITY

Composting, clothes recycling, and CSA available on Tuesdays. For more information, visit [14StreetY.org/Sustainability](https://www.14streety.org/Sustainability)

Please call us at [646-395-4307](tel: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!

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](https://www.14streety.org/Childcare)



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

STAY FIT THIS FALL

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



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

SPECIALIZED FITNESS CLASSES + POP UPS

SUNRISE BEASTANETICS

Mondays and Wednesdays

Session I | Sept. 9 – Oct. 28

Session II | Nov. 4 – Dec. 16

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

No class 9/30, 10/9, 10/14, and 11/11

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

SATURDAY BOOTCAMP

Saturdays | 1:30 – 2:30 PM

Fitness Instructor Louise will guide you through a full body workout using kettlebells, agility ladders, bosu balls, and other fitness equipment. Each workout is a new challenge!

M Free, NM \$25



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.



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.

AQUA FITNESS CLASSES

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

Learn more at 14StreetY.org/Aquatics



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.

No class 10/1 and 11/5

BABY & ME FITNESS

Ages 6 weeks – pre-crawling

Wednesdays | 1:00 – 1:45 pm

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

No class 11/28, 12/27, and 1/3

BABY & ME BARRE

Ages 6 weeks – pre-crawling

Thursdays | 1:00 – 2:00 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.

No class 11/28, 12/26, and 1/2

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 breathing techniques 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.

No class 11/28, 12/27, and 1/3

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 your East Village community center for a drop-in dribble-and-shoot or an impromptu game in our indoor court. Our gymnasium schedule includes dedicated times for adult members and for teens as well as our men's and women's leagues. Visit 14StreetY.org/Schedules for more info.

MEN'S BASKETBALL LEAGUE

Prices listed include regular season, playoffs, championship game, team shirt, and referee fees. For more information about basketball leagues, please contact:

Gil Pagan at GPagan@14StreetY.org

*Basketball league games are subject to change.

Open Scrimmage:

Sunday | Oct 6 | 4:00 – 7:00 pm

First Game: Sunday | Oct 20

Individual: M \$145, NM \$170

Team (up to 8 Players): \$1,200



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: \$75

Five Session Package: \$355 (\$71/session)

Ten Session Package*: \$750 (\$68/session)

*Includes 1 BONUS session

30-minute sessions | Single Session: \$50

Five Session Package | \$240 (\$48/session)

Ten Session Package* | \$500 (\$45/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

AQUATICS

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

DIVE INTO FALL

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 \$344, NM \$390 (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 \$344, NM \$390 (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 \$232, NM \$302 (Mon. Wed., or Fri.)

AQUA BOXING

Our newest aquatics workout that combines aqua aerobics with boxing techniques is designed to improve upper and lower body strength, speed, and balance. All exercises are done circuit style, with little to no breaks, ensuring an extremely intense and productive workout. This class is for participants with intermediate and advanced fitness levels. No swim skills required.

M \$232, NM \$302 (Mon.)

AQUA EXERCISE

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

M \$232, NM \$302 (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 \$259, NM \$344 (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 \$344, NM \$390 (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 \$259, NM \$344

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 \$259, NM \$344

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 \$259, NM \$344

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 \$259, NM \$344



PRIVATE SESSIONS

PRIVATE SWIM LESSONS

30 Minutes | **M \$50, NM \$65/person**

Package | Buy ten lessons and get one FREE
M \$500, NM \$650/person

SEMI-PRIVATE SWIM LESSONS

30 Minutes | **M \$45, NM \$60/person**

Package | Buy ten lessons and get one FREE
M \$450, NM \$600/person

FALL AQUATICS SCHEDULE

SEPTEMBER 8 – DECEMBER 19

ADULTS

CHILDREN

	SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS	
ADULTS	ADULT BEGINNER 2:30 - 3:30PM ADULT ADV. BEGINNER SWIM 2:30 - 3:30PM	AQUA AEROBICS 11:00AM - 12:00PM AQUA BOXING 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		
CHILDREN	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 2:00 - 2:30PM CHILDREN WITH SPECIAL NEEDS 2:30 - 3:00PM	NO CLASS 9/2, 9/30 NO CLASS 10/1 NO CLASS 10/9 NO CLASS 11/28

▶ 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 places an emphasis on social and emotional development to help support every child in becoming the best version of themselves.

At the 14Y, children begin building 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 – 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.

Our Preschool provides a family-centered early childhood education. Beyond this philosophy, it is our incredible, nurturing staff who help build 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 children.

OPEN TO CHILDREN 2 – 4 years

Age 2 years | 9:00 am – 1:00 pm

3 and 5 day options available

Ages 3 – 4 years | 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 15 – 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.

NOW ENROLLING

September 2019 to June 2020 Prelude To Preschool
Limited spaces, please email Jill Shely at jshely@14streety.org

Winter Prelude January 2020 to June 2020 Prelude To Preschool.
Email Jill Shely at jshely@14streety.org for more information.

Ask about how a Friday Class can fill out your week!

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

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

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, in addition to a variety of parent and baby fitness classes.

Learn more at 14Street.org/DropInClass

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 | 1:30 – 3:00 pm

2x month: 9/5, 9/19, 10/3, 10/17, 10/31, 11/14, 12/5, 12/19, 1/9, and 1/23

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



PAUSE/PLAY:

Shabbat (Saturday)

Afternoons at the 14th Street Y

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

Upcoming PAUSE/PLAYS:

Nov. 2 | Dec. 7 | Feb. 1, 2020



MUSIC

BANANAJAM MUSIC & MOVEMENT

Ages 2 months – 3 years

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

Thursdays | Sept. 19 – Dec. 19 | 1:15 – 2:00 pm
No Class 11/28

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.

Sundays – Thursdays | Sept. 16 – Dec. 19

3:30 – 4:15 pm and 4:30 – 5:15 pm

No Class 9/29, 9/30, 10/1, 10/8, 10/9, 10/13, 10/14, 11/5, 11/10, 11/11, 11/28, and 12/1

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



Learn more at
14StreetY.org/DropInClasses

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.

Mondays | Sept. 16 – Dec. 16

11:00 am – 12:00 pm

Fridays | Sept. 20 – Dec. 20

11:00 am – 12:00 pm

No Class 9/30, 10/14, 11/11 and 11/29

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

INDOOR PLAYGROUND

Ages 6 months – 3 years

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

Sundays | Nov. 3 – Dec. 15

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

No class 11/10, and 12/1

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

PLAYTIME IN THE GYM

Ages 12 months – 6 years

Saturdays | Nov. 2 – Dec. 14 | 3:30 – 5:00 pm

Bring your family to the 14th Street Y's gymnasium for fun unstructured activities on Saturday afternoons. Children can run, jump, throw balls, and play with hoops and Imagination Playground blocks. It's a great way to get out of the cold weather, bond with your child, and make new friends.

No class 11/9 and 11/30

M \$17 per family, NM \$20 per family

WALKERS, RUNNERS, AND JUMPERS

Ages 12 – 24 months

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

Thursdays | Sept. 19 – Dec. 19

11:15 – 12:00 pm

No class 11/28

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

NEW! MINI MOVERS

(with parent/caregiver)

Join Bloom Performing Arts in this beginning movement through make-believe class. Through creative interactive play, miming, animal character work, and storytelling, your child will stretch their muscles while strengthening their imagination. Each week is a new theme, allowing students to explore different movements with different genres. Let's get moving!

Sundays, September 22 – December 15

12-24 months – 9:15 – 10 am

24-36 months – 10:15 – 11 am

No class 9/29, 10/13, 11/10, and 12/1

M \$120 NM \$140 for 5 Class Punch Card Or \$32 per class



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.

Learn more at 14StreetY.org/Aquatics



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.

No class 10/ and 11/5

BABY & ME FITNESS

Ages 6 weeks – pre-crawling

Wednesdays | 1:00 – 1:45 pm

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

No class 10/9

BABY & ME BARRE

Ages 6 weeks – pre-crawling

Thursdays | 1:00 – 2:00 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.

No class 11/28

BABY & ME YOGA

Ages 6 weeks – pre-crawling

Fridays | 1:00 – 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 breathing techniques 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.

No class 11/29 and 12/27

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

MAGICAL MOVEMENT WITH MIK

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

Tuesdays

Ages 18 – 24 months | 9:15 – 10:00 am

Ages 24 – 36 months | 10:00 – 10:45 am

Session I | Sept. 17 – Oct. 29

Session II | Nov. 12 – Dec. 17

No class 10/1 and 11/5

M \$240, NM \$255

ART, LITERACY, AND PLAY

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.

Mondays | 9:15 – 10:45 am

Session I | Sept. 16 – Oct. 18

M \$210, NM \$225

Session II | Nov. 4 – Dec. 16

M \$250, NM \$270

No class 9/30, 10/14, and 11/11

Wednesdays | 10:30 am – 12:00 pm

Session I | Sept. 18 – Oct. 30

M \$250, NM \$270

Session II | Nov. 6 – Dec. 18

M \$295, NM \$315

No class 10/9

Fridays, 9:15 – 10:45 am

Session I | Sept. 20 – Oct. 25

M \$250, NM \$270

Session II | Nov. 1 – Dec. 20

M \$295, NM \$315

No class 11/29

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.

Thursdays

Ages 12 – 24 months | 9:15 – 10:00 am

Ages 24 – 36 months | 10:00 – 10:45 am

Session I | Sept. 19 – Oct. 24

M \$240, NM \$260

Session II | Oct. 31-Dec. 19

M \$280, NM \$300

No class 11/28

Fridays

Ages 12 – 24 months | 9:15 – 10:00 am

Ages 24 – 36 months | 10:15 – 11:00 am

Session I | Sept 20-Oct 25

M \$240, NM \$260

Session II | Nov. 1- Dec. 20

M \$280, NM \$300

No class 11/29

Learn more at

14StreetY.org/MiniSemester

NEW! GRADUALLY SEPARATING FRIDAY CLASSES

Friday Feature | 9:15 – 11:00 am

In a class, setting your child will explore cooking, science, yoga, mindfulness, storytelling, and more.

Friday Reflection | 11:15 am – 1:00 pm

This Friday class, through the Jewish lens of Shabbat, asks us to slow down.

To register email JShely@14StreetY.org



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 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.

Groups form as needed.

For more information contact **Dana**

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

Tuesdays | 9:15 – 10:45 am

Wednesdays | 6:30 – 8:00 pm

Learn more at

14StreetY.org/ParentSupportGroup

CPR WORKSHOP: INFANT/CHILD/ADULT

WITH/WITHOUT AED CERTIFICATION

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

4 Mondays | 6:30 – 8:30 pm | 9/16, 10/21, 11/18, and 12/9

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

For certification, there is an additional \$20 fee when you register.

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 snacks 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



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!

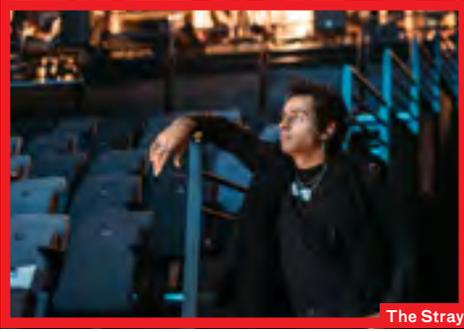
BIRTHDAY PARTY RENTALS

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





The Stray

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 – 7
#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



Бабушка

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

Riyaz/Practice

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



Recovery

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

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

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 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

FUN ALL SEASON LONG

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. Through our year long Seasoning of Jewish Culture which creates engagement opportunities year round for cultural celebration to our Season of Jewish Culture which specifically honors the holidays and events programmed in the spring, our take on Jewish Culture will always be inspired, artistic, and enjoyable.

A SEASONING OF JEWISH CULTURE

Join us in groundbreaking, genre-breaking, heartbreaking, and hilarious new ways celebrating Jewish Culture as a community. The 14th Street Y's Arts + Culture flagship program, LABA: A Laboratory for Jewish Culture, incubates new work with artists who transcend cultural and social borders through their engagement with Jewish thought, text, and ritual. LABA Artists will season the year with unexpected programs that will enrich our community, celebrating Jewish culture in innovative and provocative ways.

Sign up for the Arts + Culture + LABA email list to be the first to learn about upcoming programs and cultural events happening here at the 14Y and across Downtown Manhattan at 14StreetY.org/JewishLife

A SEASON OF JEWISH CULTURE

The 2020 Season of Jewish Culture, spanning the months of April through June, will include 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. Look out for more information this winter as we plan these special events.



PAUSE/PLAY:

Shabbat (Saturday)

Afternoons at the 14th Street Y Ready to rethink how you spend those chilly winter weekends? PAUSE/PLAY invites you to hit the pause button in your busy lives and experience all that our downtown community has to offer. We welcome everyone in our community to join us for a day of relaxation and renewal. From family yoga and storytime to whiskey tastings and dance classes, these events feature activities for the whole family.

Upcoming PAUSE/PLAYS:

November 2 | December 7 | February 1, 2020

LUNCH AND LEARN

Sept. 17 – Dec. 17 | 1:15 – 2:15 PM

Join us this fall for Israeli food and a riveting group discussion! Each month Israeli Shaliach Ophir Tal will provide an overview and lead a discussion on a topic related to Israeli life—from the realms of culture and politics to entertainment and pop culture to the arts and literature.

September 17

Post Election Round 2 –
Where Israel is going now?

October 15

Into the Ethiopian Jewish Community

December 17

The struggle against racism in Israel

Free, registration required



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.

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



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

Register at 14StreetY.org/AdultStudies



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

LET'S DRAW TOGETHER WITH MONA ZAMDNER

Thursdays | Oct. 3 – Dec. 4
1:00 – 2:30 PM

Love to draw? Join this non-traditional art class for what teacher Mona Zamdner 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, registration is required

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, 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

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

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



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.

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 the 14Y community has to offer at our Fall Open House! This fun-filled day features special fitness classes taught by 14Y instructors including Baby & Me, Zumba and HIIT, family swim, basketball, programming for children of all ages, and lots of tasty drinks and treats for everyone 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.

14StreetY.org/CommunityBreakfast

LUNCH AND LEARN

Sept. 17 – Dec. 17 | 1:15 – 2:15 PM

Join us this fall for Israeli food and a riveting group discussion! Each month Israeli Shaliach Ophir Tal will provide an overview and lead a discussion on a topic related to Israeli life—from the realms of culture and politics to entertainment and pop culture to the arts and literature.

September 17

Post Election Round 2

– Where Israel is going now?

October 15

Into the Ethiopian Jewish Community

December 17

The struggle against racism in Israel

Free, registration required

Learn more about these and other great community events at 14StreetY.org/Community



PAUSE/PLAY:

Shabbat (Saturday)

Afternoons at the 14th Street Y

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

Upcoming PAUSE/PLAYS:

Nov. 2 | Dec. 7 | Feb. 1, 2020



COZY SWAG FOR FALL!

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](https://14streety.org/14yshop)

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

14Y RETRO BLACK T-SHIRT \$22

Mens S – XXL
Womens S – XXL

14Y CLASSIC WHITE T-SHIRT \$20

Mens S – XXL
Womens S – XXL

14Y RETRO BLACK ZIP-UP \$40

Mens S – XXL
Womens S – XXL

14Y RETRO BLACK HOODIE \$35

Mens S – XXL
Womens S – XXL

14Y WATER BOTTLE \$12

14Y TOTE \$20

ADULT/YOUTH GOGGLES \$12

BATH TOWEL \$12

LATEX SWIM CAP \$6

NYLON SWIM CAP \$12

MASTERLOCK \$10

SWIM DIAPER \$12

CHALLAH \$6

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



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**



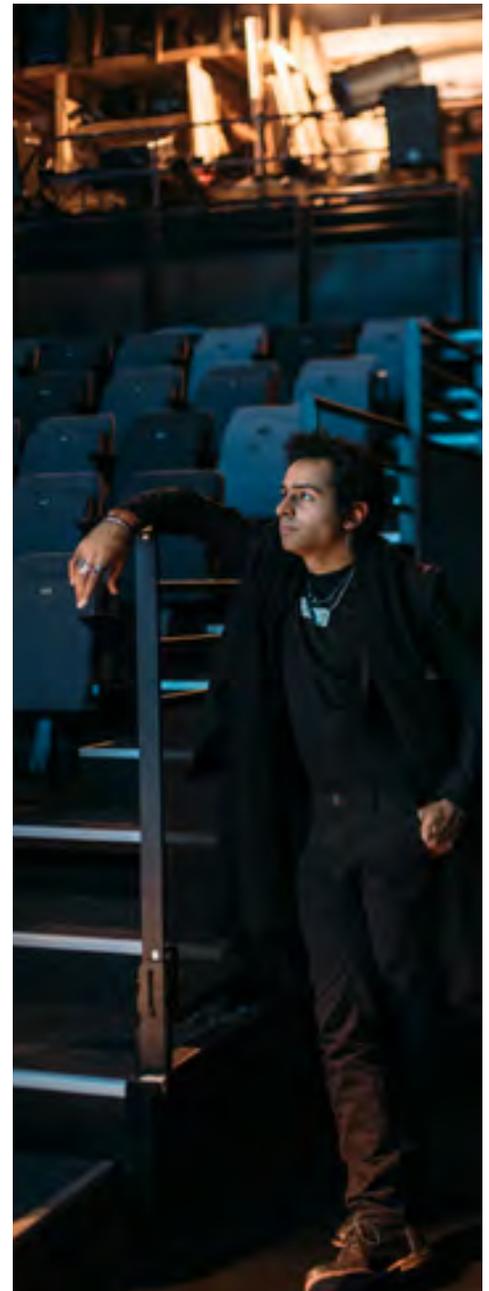
THEATER RENTAL

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.

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.

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 NEXT SUMMER

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 TOWN DAY CAMP

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.

Registration opens October 15th

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.

**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.

JUNIOR CAMP

2.4 – 3.5 years (Separated Program)

Junior Camp is for families looking for an extended On Our Way experience. 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, visit
14StreetY.org/ToddlerCamps
Stay tuned for registration details!

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 K–8th grade. A non-religious program, NCDC children jump into new ideas and embrace universal concepts through cultural Jewish sensibilities and storytelling.

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.

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 more at 14StreetY.org/NCDC.
Registration for Summer 2020 opens this fall. Stay tuned for details.

SUSTAINABILITY

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

For more information and to register for the next CSA season, 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

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.

MEET THE BOARD



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*Board observer

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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