

Theater at the 14th Street Y



February Family Theater Puppet Takeover!

The Three Little Pigs
February 1 and 2

Princess Petunia & the Dragon
February 8 and 9

The Case of the Missing Dinosaur
February 15 – 17

Esther Saves the Day!
February 22 and 23

#NastyWomen - A Night of Female Resistance Comedy
Comedy
November 18, January 27, May 11, and June 15

State of the Jews
Opera / LABA 2nd stage
December 5 – 8

Straight Faced Lies
Theater
December 12 – 22

A Golem from Buenos Aires
Family Theater / Dance
December 14 – 22

Scenes from Childhood
Theater / LABA 2nd stage
January 10 – 25

Lovesong (Imperfect)
Theater
February 8 – 22

Dark Planet: Not Your Mother's Valentine's Day
Theater
February 5 – 21

Women's History Solo Series

First By Faith:
The Life Of Mary McLeod Bethune
Theater
February 25 – March 15

Equally Devine:
The Real Story of the Mona Lisa
Theater
February 26 – March 15

Cheer from Chawton:
AJane Austen Family Theatrical
Theater
February 27 – March 15

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

Visit 14StreetY.org/FlexPass

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

ISRAELI FILM SERIES
— A New Film Festival at the 14Y Theater
We invite you to watch films that depicts the life stories, dramas and surreal moments of new immigrants to Israel in their efforts to adjust to their new society and to each other. The stories reflect an experience of a cultural melting pot which is universal, and yet, in its essence, very Israeli.

Mekonen: The Journey of An African Jew
Tuesday, November 26 | 7:30 PM
Sallah Shabati
Tuesday, January 28 | 7:30 PM
Turn Left at the End of the World
Tuesday, June 2 | 7:30 PM

To learn more and purchase tickets, visit 14StreetY.org/IsraeliFilmSeries

MAKE THE MOST OF YOUR 14Y EXPERIENCE

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

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

Member registration: Tuesday | December 3, 2019 | 9:00 AM
Open registration: Tuesday | December 10, 2019 | 9:00 AM

Check out all the exciting classes, workshops, programs, and events for all ages at the 14th Street Y this season at 14StreetY.org/WinterRegistration



WINTER MEMBERSHIP DEAL

BECOME A 14Y MEMBER THIS WINTER AND GET \$50 OFF THE INITIATION FEE! AMAZING MEMBERSHIP BENEFITS INCLUDING:

- Fitness Center: A full selection of cardio and weight equipment
- More than 50 fitness classes per week
- Pool Access: Daily open, lap, and family swim
- Gym Access: Daily basketball pick-up games and open gym time
- Affordable Childcare
- Discounts on all 14Y programs!

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

TAKE A TOUR OF THE 14TH STREET Y!

Want to check out our community center and fitness facilities? One of our membership sales associates will be happy to show you around our space and answer any questions you may have.
Email Carmen Rivera, Membership Assistant, at CRivera@14StreetY.org or call 646-395-4310



COMMUNITY EVENTS

PAUSE/PLAY: LABA LIGHTS
Saturday, December 7, 2019 | 3:00 – 6:00 PM
You're invited to a festive community Hanukkah celebration with the 14th Street Y's LABA Arts Fellows. Join us for an afternoon of lights, laughter, *sufganyot*, family-friendly activities, celebration, and relaxation. This event is free and open to all.

RSVP at 14StreetY.org/PausePlay

WINTER OPEN HOUSE
Sunday, January 5, 2020 | 10:00 AM – 1:00 PM
Join our warm and welcoming community during the cold winter months at our Winter Open House! This fun-filled day features special fitness classes taught by 14Y instructors, family-friendly activities, basketball, and lots of tasty treats for all to enjoy. Plus, we'll have raffles for amazing prizes, including a free annual membership! Don't miss this amazing event!

Learn more at 14StreetY.org/WinterOpenHouse

14th Street Y
344 East 14th Street (at 1st Ave)
New York, NY 10003
14StreetY.org



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

To learn more and register for our winter and spring programs and events, visit 14StreetY.org/WinterRegistration

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 HOURS
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:

THURSDAY 11/28/19
Thanksgiving | Closed
FRIDAY 11/29/19
Service Desk Open 9:00 am – 5:00 pm
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
WEDNESDAY 4/8/20
Eve of Passover | Closed at 6 pm
THURSDAY 4/9/20
Passover | Closed
MONDAY 5/25/20
Memorial Day | Closed



#14YCommunity
@14StreetY

WINTER 2020



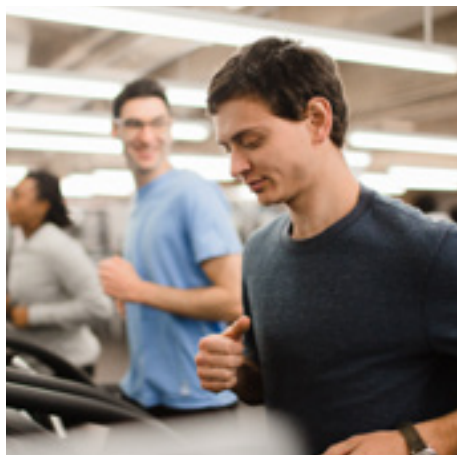
344 East 14th Street, New York, NY 10003 (at 1st Ave)
14StreetY.org | (212) 780-0800



HEALTH AND WELLNESS

Our facility is home to a fully equipped fitness center, a full-size indoor basketball court, and a heated indoor swimming pool. Our motivating and friendly fitness instructors, who lead more than 50 classes per week, will encourage and challenge you to achieve your personal best. They'll ensure you work up a sweat while enjoying your workout. Come to the 14th Street Y to harmonize your mind, body, and spirit. We'll keep you healthy and fit for life.

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



PERSONAL TRAINING

The 14th Street Y offers personalized one-on-one or partnered training sessions to help you reach your fitness goals. Our certified fitness professionals will draft a custom road map to your personal best and encourage you every step of the way. You'll get results and enjoy your workout.

NEW MEMBERS GET A JUMP START!

When you sign up as a new member, you can get 4 personal training sessions for just \$170 – THAT'S \$130 IN SAVINGS!

BASKETBALL

Pickup basketball games happen every day at the 14th Street Y. Drop in to dribble a ball or join an impromptu game in our indoor court. Our gymnasium schedule includes dedicated times for adult members and for teens, as well as adult basketball leagues.



SUNRISE BEASTANETICS SESSION 1

Mondays & Wednesdays | 6:30 – 7:15 AM

Session 1: January 6 – February 19

Make a 6-week commitment to improve your fitness level and get ripped in the process. Push yourself with 12 classes of high intensity, back-to-basics, no-nonsense interval training. If you attend 100 percent of the workouts within session 1, then session 2 will be free!

M \$120, NM \$180

HEALTH & FITNESS CLASSES AND WORKSHOPS

In addition to our regular fitness class schedule, we offer a variety of health, wellness and fitness workshops and pop-ups throughout the year. From classes on nutrition to yoga intensives and CPR training workshops, we have something for everyone.

For further details including class descriptions, costs, and to register, visit [14StreetY.org/FitnessClasses](https://www.14streety.org/FitnessClasses)

CPR WORKSHOP:

WITH/WITHOUT AED CERTIFICATION

Learn to perform CPR on all ages.

Monday | 6:30 – 8:30 pm

1/13, 2/10, 3/16, 4/6, 5/18, and 6/1

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

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

WELLNESS LUNCH AND LEARN SERIES

GOAL SETTING FOR SUCCESS

Monday, January 6 | 12:15 – 1:00 PM

FINDING YOUR BALANCE

Monday, February 10 | 12:15 – 1:00 PM

NUTRITION 101

Monday, March 9 | 12:15 – 1:00 PM

The Wellness Lunch and Learn Series is free for all!

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



AQUATICS

The heated pool at the 14Y is as refreshing on a cold winter day as it is on the hottest days of summer! Dive into our full range of Aquatics programs and enjoy daily opportunities to swim for adults and families.

For further details including class options, dates, costs, and to register, visit [14StreetY.org/Aquatics](https://www.14streety.org/Aquatics)

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 four competitive strokes.

ADULT LEARN TO SWIM

Choose from different levels of classes, from beginner's swim to building and refining your swimming stroke technique. All swim classes are taught by certified water safety instructors. We also offer private and semi-private swim lessons.



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, boot camp, and boxing.



ADULT STUDIES

Take advantage of the educational, social, spiritual, recreational, and Jewish cultural activities provided in our daytime classes. All Adult Studies classes are free for 14Y members unless noted below by a \$ icon. There is a small fee for guests.

For further details including class description, costs, and to register for classes (free or paid), visit

[14StreetY.org/AdultStudies](https://www.14streety.org/AdultStudies) or stop by the 14Y Service Desk or call **646-395-4310**.



MONDAY BOOK CLUB

Mondays | 10:30 – 11:45 am

January 27, February 24, March 16, April 20,

and May 18

DAYTIME KNITTING CIRCLE

Mondays | 1:30 – 3:00 pm

January 6 – March 16

No class 1/20, 2/17, 4/13

GREAT PLAYS WITH DAVID STALLINGS

Tuesdays | 1:30 – 3:00 pm

January 7 – March 17

No class 2/18

50+ CREATIVE WRITING/OUR OWN NARRATIVE \$

Wednesdays | 1:30 – 3:00 pm

January 8, February 5, March 4, April 1, May 6,

and June 3

WHAT'S YOUR STORY?

AN INTRODUCTORY MEMOIR WORKSHOP \$

Wednesdays | 7:00 – 8:30 pm

January 15 – February 26

No class 2/19

MAH JONGG FOR ALL LEVELS

WITH SANDY MAGESIS \$

Wednesdays | 12:30 – 2:00 pm

January 8 – March 18

No class 2/19

ISRAEL 101

Fridays | 1:30 – 3:00 pm

January 10 – March 20

No class 2/21

EARLY CHILDHOOD AND FAMILY PROGRAMS

At the 14th Street Y, we believe play is a child's work. Our approach to learning emphasizes social and emotional development to empower each child to reach their fullest potential. We also provide a welcoming environment so parents and caregivers can connect with one another.

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

For further details on program offerings, visit [14StreetY.org/EarlyChildhood](https://www.14streety.org/EarlyChildhood)

14TH STREET Y'S PRESCHOOL

For Children Ages 2 – 4 Years

The 14th Street Y's Preschool offers a unique learning environment inspired by the Reggio Emilia approach with Jewish values woven in. Our expert child development staff empower children to create, explore, and grow in the classroom.

We are currently accepting applications to our Preschool program for the 2020 – 2021 school year.



FAMILY PROGRAMS

Family Programs include drop-in classes for those looking for flexible family-fun, family classes offered as mini-semester so you can connect with other parents and caregivers in a supportive environment, and parenting support groups—an amazing resource for parents of young children.

For further details including class options, dates, costs, and to register, visit [14StreetY.org/FamilyPrograms](https://www.14streety.org/FamilyPrograms)

MINI SEMESTER CLASSES

Register for a mini semester class in art, music, movement, or sports. Children learn socialization, build skills, and have fun while parents and caregivers meet new friends and become part of a community.

PARENTING SUPPORT GROUPS

The 14th Street Y is rich with resources for parents of young children.

Our discussion groups are open to all parents, regardless of where your child may be enrolled. Topics cover a range of parenting concerns, from fostering empathy and setting limits, to gender identity and work-life balance.



DROP-IN CLASSES

Perfect for those who aren't ready to commit to a whole season of classes, we offer fun activities for young families on a flexible schedule. Classes include sing-a-longs, indoor playtime, art classes, and even parent and baby fitness classes!

Get a 5-class punch card or purchase a single session at the Service Desk in our lobby to attend our drop-in classes.

MEMBER CHILDCARE

Take advantage of our affordable childcare while you work out! Our friendly, experienced staff will entertain and watch over your child 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)**

YOUTH PROGRAMS

Children are only young once. At the 14th Street Y, we make sure every moment is meaningful. This season, your child can enjoy activities that engage their heads, hearts, and hands, while you rest easy knowing they are in a safe, welcoming environment.

For further details including class options, dates, costs, and to register, visit [14StreetY.org/YouthPrograms](https://www.14streety.org/YouthPrograms)

After School Program

For Children in Grades PreK – 5

Your child's afternoon will be full and active through 6:00 pm. Each afternoon includes homework help and a healthy snack. Children select their choice of enriching classes and activities, and enjoy supervised swimming on select days.

HOLIDAY CAMP

For Children Grades PreK – 5

During most school holidays, half days, and teacher conference days, we run an inclusive and enriching childcare program. Your child will enjoy activities including swimming, arts, gym time, and field trips.

YOUTH CLASSES

For Children Ages 3 – 12

Our Youth Classes, taught by specialized trained counselors and professional teaching artists, give your child the opportunity to hone their skills and express their creativity in a focused, supportive setting.

YOUTH SPORTS

For Children Ages 5 – 15

Your child can stay active with basketball, soccer, and more, all in a no-pressure setting. Our classes emphasize skill development in a supportive, non-competitive environment to help develop your child's athletic skills, build teamwork, and boost their self-esteem.

KOL: PROGRAM FOR YOUNG

PEOPLE WITH SPECIAL NEEDS

For Children and Teens Ages 4 – 17

The KOL Program is a school year weekend recreational program for children and adolescents who are on the high functioning end of the autistic spectrum or have related developmental differences, such as ADHD and language delays. KOL cultivates a supportive community among parents and caregivers who have a space to come together and share resources and advice. We offer activities ranging from soccer and capoeira to music and art, all while promoting social skills development and relationship building.



SUMMER CAMPS

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

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



NEW TOWN DAY CAMP

For Children Ages 3 – 5

New Town Day Camp opens the 14Y's facilities to campers ages 3 to 5 years. Daily fun includes supervised use of our pool, gym, plus fun activities in our air-conditioned classrooms, and playtime on our beautiful rooftop playground with sprinklers!

NEW COUNTRY DAY CAMP

For Rising Kindergartners to 8th Graders

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

