

# WINTER 2020



**14** <sup>TH</sup> **STREET**

**Y**

# WELCOME HOME

## A SPECIAL MESSAGE

### FROM JORDAN BRACKETT

It has been a truly amazing fall as we welcomed you back home to our great programs.

We have many more exciting events and program offerings happening this winter and into spring. First up is PAUSE/PLAY, which is a Hanukkah celebration with 14Y's LABA Artist Fellows on Saturday, December 7 from 3:00 to 6:00 PM.

Then join us on Sunday, January 5 for our Winter Open House happening right here at the 14Y from 10:00 am to 1:00 pm. Our programs will be running fun and engaging activities, giving you a taste of what we have to offer. Please join us and please invite a friend (or two!) along.

As the days grow shorter and the weather colder, our yearlong programs are preparing for their second semester. From our Prelude to Preschool and Preschool programs, which offer little ones their first taste of school to our amazing classes, such as sing-alongs and Magical Movement with Mik, there's something for all families in our vibrant community. Our youth programs are in full swing including the best After School around along with our great Youth Sports and Youth Classes, as well as 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 to mah jongg to Great Plays with our Arts + Culture Director David Stallings, we look forward to keeping you busy all winter long.

Our current season at the Theater at the 14th Street Y has been absolutely incredible. We have many more performances happening in our beautiful black box theater. Not sure what to see? Get a flex pass for only \$42 and see any three shows—from opera and family theater to music and comedy, there's something for everyone here.

And before you know it, summer will be here again. Now is the perfect time to register your children for one of our three summer camps including New Country Day Camp—situated on 75 beautiful acres of hiking trails, swimming pools, and open meadows.

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



## CATALOG CREDITS

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

## 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 | 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](http://14StreetY.org/WinterRegistration)**



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:

#### 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

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

## MEMBERSHIP BENEFITS

### FITNESS, AQUATICS, & BASKETBALL

- Fitness Center: A full selection of cardio and weight equipment
- More than 50 fitness classes per week
- Free Welcome Workout with one of our personal trainers
- Pool Access: Daily open, lap, and family swim
- Gym Access: Daily basketball runs and Open Gym for members

### DISCOUNTS

- Discounts on classes, camps, Preschool, and many other programs
- Access to innovative, cutting edge theater and dance in the Theater at the 14th Street Y
- Guest Passes are available for friends and neighbors
- 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://14StreetY.org/Sustainability)

Please call us at **646-395-4307** or email [Join@14StreetY.org](mailto:Join@14StreetY.org) to discuss the membership type that's best for you and/or your family.



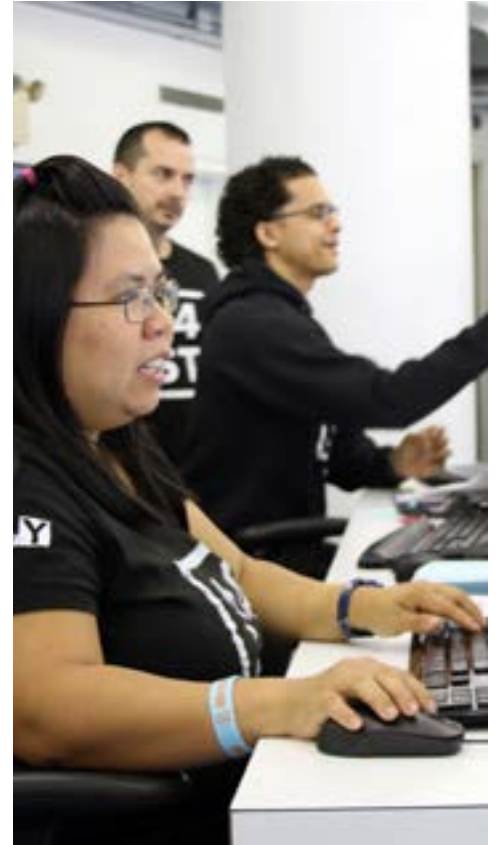
### \*CHILDCARE FOR 14Y MEMBERS

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://14StreetY.org/Childcare)



## TABLE OF CONTENTS

- 2 WELCOME HOME
- 4 HEALTH + FITNESS
- 6 AQUATICS
- 8 EARLY CHILDHOOD PROGRAMS
- 12 YOUTH PROGRAMS
- 15 ARTS + CULTURE
- 17 JEWISH LIFE
- 18 ADULT STUDIES
- 19 COMMUNITY EVENTS
- 20 14Y SHOP
- 21 RENTALS
- 22 CAMPS
- 23 SUSTANABILITY
- 24 GETTING HERE



# HEALTH + FITNESS

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

## STAY ACTIVE THIS SEASON

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.

For full class descriptions and schedule, please visit [14StreetY.org/FitnessClasses](https://14StreetY.org/FitnessClasses) and [14StreetY.org/Schedules](https://14StreetY.org/Schedules)

### ONGOING FITNESS CLASSES

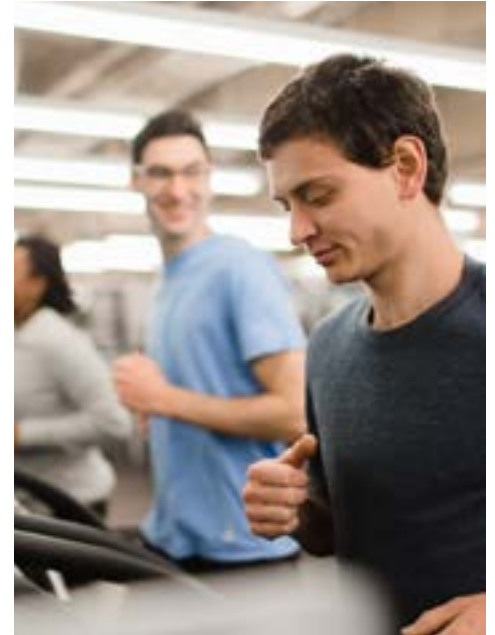
With more than 50 fitness classes per week, you'll find your perfect workout. Our fitness classes are free with membership.

#### A few of our classes include:

- Aerobics with Strength Training
- Bolly X
- Bootcamp
- Boxing
- Functional Training HIIT
- Juggling
- Lunch Crunch Classes
- Nia Jazz and Dance
- Pilates | Tabata
- Total Body Fitness
- Yoga: Basic, Hatha, Iyengar, and Vinyasa
- Zumba, and more!

#### Classes for Older Adults:

- Barre
- Groove: Young at Heart
- Low-impact Cardio and Conditioning
- Mr. Gu
- Juggling
- Sit + Be Fit
- Tai Chi
- Zumba Gold, and more!



### 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.

#### SUNRISE BEASTANETICS

**Mondays & Wednesdays | 6:30 – 7:15 am**

**Session I | January 13 – February 26**

**Session II | April 6 – May 13**

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!

**NO CLASS 1/20, 2/17, AND 5/25**

**M \$120, NM \$180**



#### WELLNESS LUNCH AND LEARN SERIES

Jump start your fitness goals with 14Y's Wellness Workshops! Each month this winter, we will present an interactive workshop on topics designed to help you achieve your wellness goals. Bring your own lunch or enjoy complimentary light refreshments. This series is free for all.

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

#### GOAL SETTING FOR SUCCESS WITH ELIZABETH SCHNEIDER

**Monday, January 6 | 12:15 – 1:00 pm**

Learn how to set and achieve your 2020 Fitness Goals! Elizabeth Schneider is a certified Fitness Instructor with a Master's Degree in Psychoanalysis. Learn from others and share the challenges and successes of your healthy lifestyle journey. Discover how setting S.M.A.R.T. Goals leads to success!

#### FINDING YOUR BALANCE

**Monday, February 10 | 12:15 - 1:00 pm**

In this workshop, fitness instructor and wellness coach Yvonne Puckett will discuss the importance of balance training for preventing falls and improving physical function. We will also provide you with balance training exercises that can be incorporated into your workouts or everyday activities.

#### 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.

**Mondays | 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.*

#### NUTRITION 101

**Monday March 9 | 12:15 – 1:00 pm**

Nutrition plays an important role in achieving any fitness goal. Learn the differences between Protein, Carbohydrates and Fats and how to apply them in your diet. We will also have a discussion on USDA Food Pyramid Guidelines and how to read Nutrition labels found on everyday grocery items.

## FITNESS POP-UPS & FUNCTIONAL FITNESS

Challenge yourself and learn new techniques through 14Y's Fitness Pop-Ups and Functional Fitness classes! Each month this winter, we're hosting special one-time classes to help enhance your fitness routine.

Fitness Pop-Ups are recommended for any fitness level, while Functional Fitness classes are more challenging and recommended to those looking to take their fitness to the next level.

These one-time classes are free for 14Y members. Guests can register for these classes online at [14StreetY.org/FitnessClasses](https://14StreetY.org/FitnessClasses) for just \$25. The purchase on a class includes a 14Y Day Pass that provides access to the fitness center, other fitness classes happening that day as well as access to our gym and pool.

### OPEN HOUSE POP UP: BROADWAY DANCIN' WITH ROGER PUCKETT

**Sunday, January 5 | 2:30 – 4:00 pm**

Join us in the 14Y Theater for this pop-up dance class celebrating the Broadway Musical West Side Story! Work up a sweat and have a ton of fun dancing to the songs of this hit Broadway Musical!

### CHAIR YOGA WITH SUSAN INGRAM

**Thursday, January 16 | 10:00 – 10:45 am**

Chair yoga is a general term for practices that modify yoga poses so that they can be done while seated in a chair. These modifications make yoga accessible to seniors, people with disabilities, chronic pain, those recovering from illness or injuries and is great for office workers who can take advantage of this practice by incorporating these stretches and postures at work.

### FUNCTIONAL FITNESS: THE TURKISH GET-UP

**Friday, January 24 | 7:30 – 8:15 pm**

One exercise, full body benefits! The Turkish get-up is a total-body exercise that increases torso stabilization and overall strength. The movement is very complex and includes many of the most basic human movement patterns. Learn the 7 steps to perfect this advanced full body exercise and tips on how to incorporate the Turkish Get Up into your current exercise routine.

### 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](https://14StreetY.org/Aquatics)

### JUST DANCE! WITH MARINA

**Sunday, February 23 | 2:30 – 3:30 pm**

Move and groove to various dance styles during this high energy class. All are welcome, perfect for both the active older adult and the young at heart!

### FUNCTIONAL FITNESS: SAQ DRILLS AND EXERCISES

**Wednesday, March 18 | 6:00 – 6:50 pm**

SAQ or Speed Agility Quickness Training consists of short, intense drills that involve quick acceleration and deceleration while moving backward, forward or side-to-side. SAQ training improves balance, power and neuromuscular firing patterns. Learn the fundamentals of SAQ training while practicing cone and agility ladder drills.

### YOGA INTENSIVE: SHOULDER STANDS PREPARING FOR SARVANGASANA WITH BRINA GEHRY

**Sunday, March 29 | 2:30 – 3:30 pm**

Sarvangasana is considered the Queen of the Asanas. It is a powerful pose to practice for gradually and safely learning inversions. Sarvangasana is an essential yoga asana which promotes good blood circulation, calms the nerves, decreases depression and anxiety symptoms, eases fatigue, and improves immune function. Inversions bring harmony to the body and mind and should be considered a crucial component of any yoga practice.

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



## 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](https://14StreetY.org/PersonalTraining) or contact [PT@14StreetY.org](mailto:PT@14StreetY.org)

## OUR SPARKLING POOL IS REFRESHING IN THE DARKEST DAYS OF WINTER AS IT IS ON THE HOTTEST SUMMER DAYS.

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.

**WIN: M \$273, NM \$307**

**(Sun., Tues., Wed., Thurs.)**

**SPR: M \$248, NM \$278**

**(Sun., Tues., 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.

**WIN: M \$273, NM \$307 (Sun. or Wed.)**

**SPR: M \$248, NM \$278 (Sun. or Wed.)**

#### ADULT STROKE CLINIC

Learn the fundamentals of a swimming workout: improve your swimming skills and cardiovascular fitness. Stroke mechanics and swim workout techniques will be presented. Advanced swim skills required.

**WIN: M \$273, NM \$307 (Thurs.)**

**SPR: M \$248, NM \$278 (Thurs.)**

#### 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.

**WIN: M \$165, NM \$216 (Mon.)**

**WIN: M \$182, NM \$238 (Wed. or Fri.)**

**SPR: M \$165, NM \$216 (Mon. Wed. or Fri.)**

#### AQUA BOOT CAMP

Circuits, strength training, and cardio drills—without the impact. Get all of the benefits of boot camp, but in the water! No swim skills required.

**WIN: M \$182, NM \$238 (Mon.)**

**SPR: M \$165, NM \$216 (Mon.)**

#### AQUA EXERCISE

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

**WIN: M \$182, NM \$238 (Wed.)**

**SPR: M \$165, NM \$215 (Wed.)**

#### AQUA BOXING

A workout combining aqua aerobics with boxing techniques that improves upper/lower body strength, speed, and balance. A circuit style exercise with little to no breaks ensures an extremely intense, productive workout. Class designed for intermediate/advanced fitness levels only. No swim skills required.

**WIN/SPR: M \$165, NM \$216 (Mon.)**

### CHILDREN

#### WITH PARENT/CAREGIVER

#### 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.

**WIN: M \$198, NM \$264 (Sat.)**

**SPR: M \$180, NM \$240 (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.

**WIN: M \$273, NM \$307 (Tues. or Thurs.)**

**SPR: M \$248, NM \$279 (Tues. 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.

#### 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.

#### 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.

**WIN: M \$198, NM \$264**

**SPR: M \$180, NM \$240**

### 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**

**WIN: M \$198, NM \$264**

**SPR: M \$180, NM \$240**





# WINTER/SPRING AQUATICS SCHEDULE

JANUARY 6 – JUNE 20

ADULTS

CHILDREN

	SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
<b>ADULTS</b>	<b>ADULT BEGINNER</b> 2:30 - 3:30PM  <b>ADULT ADV. BEGINNER SWIM</b> 2:30 - 3:30PM	<b>AQUA AEROBICS</b> 11:00AM - 12:00PM  <b>AQUA BOXING</b> 6:00 - 7:00PM	<b>ADULT BEGINNER</b> 6:30 - 7:30PM	<b>AQUA AEROBICS</b> 11:00AM - 12:00PM  <b>AQUA EXERCISE</b> 6:00 - 7:00PM  <b>ADULT BEGINNER</b> 8:00 - 9:00PM  <b>ADULT ADV. BEGINNER SWIM</b> 8:00 - 9:00PM	<b>ADULT BEGINNER</b> 6:30 - 7:30PM  <b>ADULT STROKE CLINIC</b> 6:30 - 7:30PM	<b>AQUA AEROBICS</b> 11:00AM - 12:00PM	
<b>CHILDREN</b>	<b>BABY BELUGAS</b> 9:00 - 9:30AM  <b>LITTLE DIPPERS</b> 9:30 - 10:00AM  <b>BIG FISH</b> 10:00 - 10:30AM  <b>SEAHORSES</b> 12:00 - 12:30PM  <b>TADPOLES</b> 12:00 - 12:30PM  <b>TADPOLES</b> 12:30 - 1:00PM  <b>OTTERS</b> 12:30 - 1:00PM  <b>DOLPHINS</b> 1:00 - 1:30PM  <b>SHARKS</b> 1:00 - 1:30PM  <b>BABY BELUGAS</b> 1:30 - 2:00PM  <b>LITTLE DIPPERS</b> 2:00 - 2:30PM  <b>NO CLASS 2/16, 4/12</b>	<b>BABY BELUGAS</b> 2:30 - 3:00PM  <b>LITTLE DIPPERS</b> 3:00 - 3:30PM  <b>SEA HORSES</b> 3:30 - 4:00PM  <b>TADPOLES</b> 3:30 - 4:00PM  <b>CHILDREN WITH SPECIAL NEEDS</b> 4:00 - 4:30PM  <b>TADPOLES</b> 4:00 - 4:30PM  <b>NO CLASS 1/20, 2/17, 4/13</b>	<b>BABY BELUGAS</b> 9:00 - 9:30AM  <b>LITTLE DIPPERS</b> 10:00 - 10:30AM  <b>BIG FISH</b> 10:30 - 11:00AM  <b>TADPOLES</b> 2:00 - 2:30PM  <b>BIG FISH</b> 2:30 - 3:00PM  <b>TADPOLES</b> 3:00 - 3:30PM  <b>SEA HORSES</b> 3:30 - 4:00PM  <b>TADPOLES</b> 3:30 - 4:00PM  <b>OTTERS</b> 4:00 - 4:30PM  <b>SEA HORSES</b> 4:00 - 4:30PM  <b>AQUA JETS SWIM TEAM</b> 4:30 - 5:30PM  <b>NO CLASS 2/18, 4/16</b>	<b>BIG FISH</b> 2:00 - 2:30PM  <b>BABY BELUGAS</b> 2:30 - 3:00PM  <b>LITTLE DIPPERS</b> 3:00 - 3:30PM  <b>SEA HORSES</b> 3:30 - 4:00PM  <b>TADPOLES</b> 3:30 - 4:00PM  <b>OTTERS</b> 4:00 - 4:30PM  <b>SEA HORSES</b> 4:00 - 4:30PM  <b>NO CLASS 2/19, 4/15</b>	<b>BABY BELUGAS</b> 9:00 - 9:30AM  <b>LITTLE DIPPERS</b> 9:30 - 10:00AM  <b>BIG FISH</b> 10:00 - 10:30AM  <b>TADPOLES</b> 10:30 - 11:00AM  <b>BABY BELUGAS</b> 2:00 - 2:30PM  <b>TADPOLES</b> 3:00 - 3:30PM  <b>OTTERS</b> 3:30 - 4:00PM  <b>SEA HORSES</b> 3:30 - 4:00PM  <b>DOLPHINS</b> 4:00 - 4:30PM  <b>SHARKS</b> 4:00 - 4:30PM  <b>AQUA JETS SWIM TEAM</b> 4:30 - 5:30PM  <b>NO CLASS 2/20, 4/16</b>	<b>LITTLE DIPPERS</b> 2:00 - 2:30PM  <b>BIG FISH</b> 2:30 - 3:00PM  <b>TADPOLES</b> 3:00 - 3:30PM  <b>NO CLASS 2/21, 4/10, 4/17</b>	<b>BABY BELUGAS</b> 9:00 - 9:30AM  <b>LITTLE DIPPERS</b> 9:30 - 10:00AM  <b>BIG FISH</b> 10:00 - 10:30AM  <b>BIG FISH</b> 11:30AM - 12:00PM  <b>OTTERS</b> 12:00 - 12:30PM  <b>SEA HORSES</b> 12:00 - 12:30PM  <b>TADPOLES</b> 12:30 - 1:00PM  <b>BABY BELUGAS</b> 1:00 - 1:30PM  <b>LITTLE DIPPERS</b> 1:30 - 2:00PM  <b>CHILDREN WITH SPECIAL NEEDS</b> 2:00 - 2:30PM  <b>CHILDREN WITH SPECIAL NEEDS</b> 2:30 - 3:00PM  <b>NO CLASS 2/15, 4/11</b>

▶ 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](http://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.

**We are currently accepting applications to our Preschool program for the 2020 – 2021 school year. Learn more and apply at [14StreetY.org/Preschool](https://www.14street.org/preschool)**



## PRELUDE TO PRESCHOOL

Our signature Prelude to Preschool program helps children develop confidence, community, and independence during their first experience of school. We offer a variety of options and schedules, 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 from our discussion groups and evening parenting workshops offer.

### Ages 15 – 34 months

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.

We are currently accepting applications to our Prelude to Preschool program for the 2020 – 2021 school year. Learn more and apply at [14StreetY.org/PreludetoPreschool](https://www.14street.org/PreludetoPreschool)

**Prelude to Preschool Winter Class is available January – June 2020. Space is limited, so apply today at [14StreetY.org/PreludeApplication](https://www.14street.org/PreludeApplication)**

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





# EARLY CHILDHOOD | FAMILY PROGRAMS

## FIND YOUR COMMUNITY HERE

Family Programs include drop-in classes for those looking for flexible family-fun, adult and child classes offered as mini-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. 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](https://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

1/9, 1/23, 2/6, 2/27, 3/12, 4/2, 4/23, 5/7, 5/21, 6/4, and 6/18

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

## 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 | January 9 – May 28 | 1:15 – 2:00 pm

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

No Class 2/20, 4/29, and 4/16

### SING ALONG

Ages 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

January 6 – May 31

3:30 – 4:15 PM | 4:30 – 5:15 PM

No Class 1/19 – 1/21, 2/16 – 2/20, 4/9 – 4/16, and 5/24 – 5/25

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



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

## 14Y SHOP

Check out new children's clothing available at the 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!

**14Y Classic Baby Onesie**  
Newborn – 24 Months | \$12

**14Y Retro Blue Youth T-Shirt**  
Youth Small – Large | \$15

Shop Hours:

Monday – Friday: 8:00 AM – 10:00 PM |

Saturday – Sunday: 9:00 AM – 5:00 PM

Make your purchase at the 14Y Service Desk, or visit [14StreetY.org/Shop](https://14StreetY.org/Shop) to learn more.



## 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.

Mondays | 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.

Learn more and register at [14StreetY.org/CPRWorkshop](https://14StreetY.org/CPRWorkshop)



## 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 | January 6 – June 1**

**11:00 am – 12:00 pm**

**Fridays | January 10 – May 29**

**11:00 am – 12:00 pm**

**No Class 1/20, 2/17 – 2/21, 4/10 – 4/17, 5/25**

**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 | January 12 – March 29**

**9:30 – 11:00 am | 11:00 am – 12:30 pm**

**No Class 1/19 and 2/16**

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

### PLAYTIME IN THE GYM

**Ages 6 years and under**

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.

**Saturdays | Jan. 11 – March 28 | 3:30 – 5:00 pm**

**No class 1/18 and 2/15**

**M FREE, NM \$20 per family**



### 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, please email Jill Shely at [JShely@14StreetY.org](mailto:JShely@14StreetY.org)

### 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 | Jan. 9 – May 28 | 11:15 – 12:00 pm**

**No class 2/20, 4/9, and 4/16**

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

### CHILDREN LEARN TO SWIM CLASSES

**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](http://14StreetY.org/Aquatics)



## PARENT + BABY FITNESS

All classes: **M Free, NM \$100 for 5 Class Punch Card or \$25 per class**

### POSTPARTUM PILATES WITH BABY

**Ages 6 weeks – pre-crawling**

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 work out.

**Tuesdays | 11:00 am – 12:00 pm**

**No class 1/21, 2/18, and 4/14**

### BABY & ME FITNESS

**Ages 6 weeks – pre-crawling**

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

**Wednesdays | 1:00 – 1:45 pm**

**No class 4/9**



### BABY & ME BARRE

**Ages 6 weeks – pre-crawling**

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.

**Thursdays | 1:00 – 2:00 pm**

**No class 4/9**

### BABY & ME YOGA

**Ages 6 weeks – pre-crawling**

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.

**Fridays | 1:00 – 1:45 pm**

## 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

**Ages 18 – 36 months**

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.

**Ages 18 – 24 months | 9:15 – 10:00 am**

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

**Session I**

**10 Tuesdays | January 7 – March 24**

**No class 1/21 and 2/18**

**M \$400, NM \$420**

**Session II**

**9 Tuesdays | March 31 – June 2**

**No class 4/14**

**M \$360, NM \$380**

### 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.

**9 Mondays | 9:15 – 10:45 am**

**Session I | January 6 – March 16**

**No class 1/20 and 2/17**

**M \$380, NM \$405**

**Session II | March 23 – June 1**

**No class 4/13, and 5/25**

**M \$380, NM \$405**

**10 Wednesdays | 10:30 am – 12:00 pm**

**Session I | January 8 – March 18**

**No class 2/19**

**M \$420, NM \$450**

**Session II | March 25 – June 3**

**No class 4/15**

**M \$420, NM \$450**

**9 FRIDAYS | 9:15 – 10:45 AM**

**SESSION I | JANUARY 10 – MARCH 13**

**NO CLASS 2/21**

**M \$380, NM \$405**

**SESSION II | MARCH 20 – MAY 29**

**NO CLASS 4/10 AND 4/17**

**M \$380, NM \$405**

### SPORTS + FITNESS

#### TODDLER SPORTS

##### WITH CAREGIVER OR PARENT

**Ages 12 – 36 months**

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.

**9 Thursdays**

**Ages 12 – 24 months | 9:15 – 10:00 am**

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

**Session I | January 9 – March 12**

**No class 2/20**

**M \$360, NM \$380**

**Session II | March 19 – May 28**

**No class 4/9 and 4/16**

**M \$360, NM \$380**

**9 Fridays**

**Ages 12 – 24 months | 9:15 – 10:00 am**

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

**Session I | January 10 – March 13**

**No class 2/21**

**M \$360, NM \$380**

**Session II | March 20 – May 29**

**No class 4/10, and 4/17**

**M \$360, NM \$380**

#### iMAGINE MOVEMENT (DROP-OFF)

**Ages 3 – 5 Years**

Join Bloom Performing Arts in this drop-off beginning movement through make-believe class. Through creative interactive play, sport games, beginning improv exercises, dancing and storytelling, your child will stretch their muscles while igniting their imagination. Each week we'll play new improv games, explore new physical activities and have fun! Let's get moving!

**10 Wednesdays | 3:15 – 4:00 pm**

**Session I | January 8 – March 18**

**No Class 2/19**

**M \$420, NM \$450**

**Session II | March 25 – June 3**

**No class 4/15**

**M \$420, NM \$450**

Learn more at

[14StreetY.org/MiniSemester](https://14StreetY.org/MiniSemester)

## 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.

**Tuesdays | 11:15 AM – 12:45 PM**

**Beginning January 7**

**M \$225, NM \$245**

**Wednesdays | 7:00 – 8:30 PM**

**(every other week)**

**Beginning January 15**

**M \$285, NM \$310**

For more information about Parenting Support Groups, please contact

**Dana Federbush, Director of Family**

**Programs at [DFederbush@14StreetY.org](mailto:DFederbush@14StreetY.org) or 646-395-4336.**

### DOWNTOWN NEW MAMA'S MEET UP

#### For New Moms with Babies

A weekly meet up for new moms and babies presented in partnership with Bowery Babes. Come discuss a new, relevant topic each week in a casual, friendly forum, laughing included. Facilitated by Meredith Fein Lichtenberg, IBCLC and Parent Educator, with guest moms speaking each week.

**6 Tuesdays | 1:15 – 2:45 PM**

**Session I | January 7 – February 11**

**Session II | February 25 – March 31**

**Session III | April 21 – May 26**

**M \$150, NM \$180**

Learn more at

[14StreetY.org/ParentSupportGroup](https://14StreetY.org/ParentSupportGroup)





# 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

Dance, sports, photography, science, and more—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 Classes, Youth Sports, and other enrichment activities all year long.

### 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 register for additional aquatics classes, youth sports and classes such as soccer, basketball, advanced photography, and ballet. 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, and Success Academy Union Square. NEST+M, and PS 110 require an additional transportation fee.



### PRE-K AFTER SCHOOL

**Weekdays from 2:30 – 6:00 pm**

Pre-K After School is an extension of our beloved After School program and provides a fun and enriching opportunity for preschoolers to learn and play together on weekdays afternoons. Children can join in recreational swimming on Mondays and Fridays, and have their own specialized programming with a Pre-K teacher from 4:15 – 5:15 pm.

Open to students attending the 14th Street Y's Preschool and the UPK programs at our partner schools, including PS 19, PS 40, Children's Workshop, The Earth School, East Village Community School, and Immaculate Conception. Enrollment is open and spots are limited, so sign up today!

To learn more and register, visit [14StreetY.org/AfterSchool](https://14StreetY.org/AfterSchool) or email [AfterSchool@14streety.org](mailto:AfterSchool@14streety.org)

## YOUTH CLASSES

### For Children Ages 4 – 15 Years

Our Youth Classes, taught by specially trained counselors and professional teaching artists, give your child the opportunity to hone their skills and express their creativity in a focused, supportive setting. Your child can take classes in movement, public speaking, the arts, chess, and more!

Your child does not have to be enrolled in our After School program to participate in Youth Classes. If your child is an After Schooler, you are eligible for discounted tuition, which is noted below.

#### BALLET

**Ages 3 – 8 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 | February 3 – June 15**

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

**Session II | Ages 5 – 8 | 4:25 – 5:15 pm**

**No class 2/17, 4/13, and 5/25**

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

#### 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 | February 4 – June 9**

**Session I | Ages 4 – 6 Years | 3:30 – 4:20 pm**

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

**No class 2/18 and 4/14**

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

#### NEW! ADVANCED YOUTH PHOTOGRAPHY

**Grades 3 – 5**

Students can learn skills using professional cameras and equipment from our professional photographer, Bridget Badore!

**Wednesdays**

**February 5 – June 10 | 4:15 – 5:15 pm**

**No class 2/19 and 4/15**

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

Learn more about these class offerings and more at [14StreetY.org/YouthClasses](https://14StreetY.org/YouthClasses)



# YOUTH SPORTS

## For Children Ages 2.5 – 14 Years

Keep your child active all winter long 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. We leave high pressure and competition at the door.

Choose from a variety of classes in soccer and basketball. Children of all ages and talent levels will have fun while cultivating teamwork, integrity, and leadership skills along the way.

### SUPER SOCCER STARS

#### For Children Ages 2.5 – 8 Years

New York's most popular soccer development program, Super Soccer Stars will be offering classes at the 14Y! Super Soccer Stars teaches soccer skills in a fun, non-competitive and educational environment. Through their age-specific curriculum they use soccer to nurture, build self-confidence and develop teamwork. Weekly classes, camps, and advanced premier programs available.

**Thursdays | January 9 – March 27**

**Ages 2.5 – 3 | 3:15 – 3:55 PM**

**Ages 4 – 5 | 3:10 – 4:00 PM**

**Ages 5 – 8 | 4:00 – 5:00 PM**

For prices and registration, visit

[SuperSoccerStars.com](http://SuperSoccerStars.com)

### DRIBBLE THRILL COED 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 to develop their skills with Coaches Joey and Gil.

**Mondays**

**February 10 – June 15 | 4:15 – 5:15 pm**

**No class 2/17, 4/13, and 5/25**

**M \$335, NM \$405, 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**

**February 12 – June 9 | 4:15 – 5:15 pm**

**No class 2/19 and 4/15**

**M \$335, NM \$405, After School \$305**

### HARD TO GUARD COED 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**

**February 12 – June 10 | 4:15 – 5:15 pm**

**No class 2/19 and 4/15**

**M \$335, NM \$405, After School \$305**

### REBOUNDS AND BUCKETS

#### For Children Ages 7 – 9 Years

Players develop skills of the game including ball handling, shooting, rebounding, passing, and defense. As players become stronger, they'll begin to apply their skills to game situations as well as learn the rules—all in a fun, supportive environment.

**Tuesdays**

**February 11 – June 10 | 4:15 – 5:15 pm**

**No class 2/18 and 4/14**

**M \$335, NM \$405, After School \$305**

Learn more and register, visit [14StreetY.org/YouthSports](http://14StreetY.org/YouthSports)

## HOLIDAY CAMPS

### For Children Grades Pre-K – 5

The 14th Street Y runs an inclusive childcare and enrichment program during most school holidays, half days, and teacher conference days. Your child will enjoy activities including swimming, arts, gym time, and field trips. Some of our past trips have included The Children's Museum of the Arts, The Museum of Natural History, and the Prospect Park Zoo.

Holiday camp provides a safe, social, and supportive space for play and learning.

### Upcoming Holiday Camp Schedule:

**MLK Day | Monday, Jan. 20**

**February Break | Monday, Feb. 17 – Friday, Feb. 21**

**Spring Break | Friday, April 10 – Fri., April 17**

**Anniversary/Chancellor's Day | Thursday, June 4**

**Clerical Day | Tuesday, June 19**

To learn more and register, visit [14StreetY.org/HolidayCamps](http://14StreetY.org/HolidayCamps) or email [AfterSchool@14streety.org](mailto:AfterSchool@14streety.org)



### 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.

Learn more at [14StreetY.org/Aquatics](http://14StreetY.org/Aquatics)



# KOL: PROGRAM

## FOR YOUNG PEOPLE WITH SPECIAL NEEDS

As the parent of a child with special needs, you seek community – for your children and for yourself. Look no further! The 14th Street Y welcomes neighbors of all ages, stages and abilities, and we proudly offer a range of programming for special-needs members.

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

New to the KOL Program? As a first step, parents and caregivers must complete the Special Needs Intake Form, available at [14StreetY.org/KOL](http://14StreetY.org/KOL). Afterwards, KOL staff will contact you with next steps for registration.

Not sure which class your child may be interested in? Free trial classes are available after completing the intake form!

**KOL Winter/Spring Session: February 29 – June 7**

Learn more at [14StreetY.org/KOL](http://14StreetY.org/KOL) or contact **Antonio Rodriguez, LMSW, Inclusion Program Manager**, at [ARodriguez@14streety.org](mailto:ARodriguez@14streety.org) or call **646-395-4324**

### SO FUN CITY SUNDAYS: MAGIC, MESSY CRAFTS, AND GAMES

Led by a writer from TruTVs hit show, The Carbonaro Effect, and a Board Certified Behavior Analyst, participants will learn and perform mind-blowing magic tricks, create messy experiments, design exciting games, and more in this interactive and unique program. Participants will focus on fun but also walk away with boosted confidence and strengthened friendships. Everyone who attends this inclusive program will get to keep all the tricks, experiments, and games to continue the fun at home. SO Fun City programs are modified to support all needs and abilities. SO Fun City works with schools, camps, and are the creators of Inclusion Day with The New York Mets!

#### Sundays

**Ages 7 – 11 | 9:45 – 10:30 am**  
**Ages 12 – 17 | 10:35 – 11:15 am**  
**No Class 4/12, 4/19, and 5/24**  
**M \$475, NM \$500**

### SUPER SOCCER STARS

Super Soccer Stars Special Needs is a unique program created exclusively for children with developmental disabilities. The program helps children incorporate into their lives notions of structure and task completion through entertaining and engaging soccer activities. Our unique age-specific, special needs curriculum is designed by a combination of early childhood, behavioral, ABA and soccer specialists to ensure that each child is learning, building self – confidence, enhancing social skills, and having a blast from the first moment on.

#### Saturdays

**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**  
**No class 4/11, 4/18, and 5/23**  
**M \$570, NM \$600**

### PLAY CAPOEIRA

Capoeira is a Brazilian form of martial arts that combines dance, music, and simple acrobatic moves. It is played as an interactive game inside a circle with music and songs. Capoeira helps to develop motor coordination, balance, flexibility, and an awareness of space. Students gain confidence in their physical abilities. Skills developed include focusing, communication, and socialization. The class promotes achievement, leadership, and community through focus, discipline, and respect (FDR).

#### Saturdays

**Ages 4 – 6 years | 9:45 – 10:15 am**  
**No class 4/11, 4/18, and 5/23**  
**M \$330, NM \$350**

**Ages 7 – 11 years | 10:35 – 11:15 am**  
**Ages 12 – 17 years | 11:20 – 12:05 pm**  
**No class 4/11, 4/18, and 5/23**  
**M \$475, NM \$500**

### ARTS RX – MUSIC

Music is a proven means of providing emotional comfort and relief in ways which can be adapted to meet the needs of individual children. Our music therapist provides a therapeutic experience in creating, singing, moving to, and/or listening to music in a group setting. Through musical exercises, children's abilities are strengthened and transferred to other areas of their lives.

#### Sundays

**Ages 4 – 6 | 10:30 – 11:00 am**  
**No Class 4/12, 4/19, and 5/24**  
**M \$285, NM \$300**

**Ages 7 – 11 | 11:20 am – 12:05 pm**  
**Ages 12 – 17 | 12:15 – 1:00 pm**  
**No Class 4/12, 4/19, and 5/24**  
**M \$427, NM \$450**

### ARTS RX – CREATIVE MOVEMENT

The Movement group creates a link between feeling, thought, and action by connecting mind and body. It seeks to improve self-esteem and relieve stress with increasing self-awareness. The ARTS Rx program utilizes movement and dance therapy to focus on the emotional, cognitive, physical, and social integration of the individual. The group helps children express and deal with emotions, helps them to communicate, and further develops social integration skills.

#### Sundays

**Ages 4 – 6 years | 9:45 – 10:15 am**  
**No class 4/12, 4/19, and 5/24**  
**M \$285, NM \$300**

**Ages 7 – 11 years | 10:35 – 11:15 am**  
**Ages 12 – 17 years | 11:20 – 12:05 pm**  
**No class 4/12, 4/19, and 5/24**  
**M \$427, NM \$450**

### ARTS RX – ARTS

Art therapy is the therapeutic use of art making as a form of expression which can open doors to communication. Many individuals with autism think visually “in pictures”. The ARTS Rx program utilizes art making within the group setting to foster social skills and provides a framework for increased self-awareness and emotional expression.

#### Saturdays

**Ages 4 – 6 years | 9:45 – 10:15 am**  
**No class 4/11, 4/18, and 5/24**  
**M \$285, NM \$300**

**Ages 7 – 11 years | 10:35 – 11:15 am**  
**Ages 12 – 17 years | 11:20 – 12:05 pm**  
**No class 4/11, 4/18, and 5/24**  
**M \$427, NM \$450**

### SWIM INSTRUCTION FOR CHILDREN WITH SPECIAL NEEDS

#### For Children Ages 4–16 Years

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.

**Winter Session: January 6 – March 23**

**Spring Session: April 4 – June 13**

**Mondays | 4:00 – 4:30 pm**  
**No Class 1/20, 2/17, and 4/13**  
**M \$198, NM \$264**

**Saturdays**  
**2:00 – 2:30 pm | 2:30 – 3:00 pm**  
**No class 2/15 and 4/11**  
**M \$198, NM \$264**

To learn more and register for this aquatics program, visit [14StreetY.org/Aquatics](http://14StreetY.org/Aquatics)





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

## 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

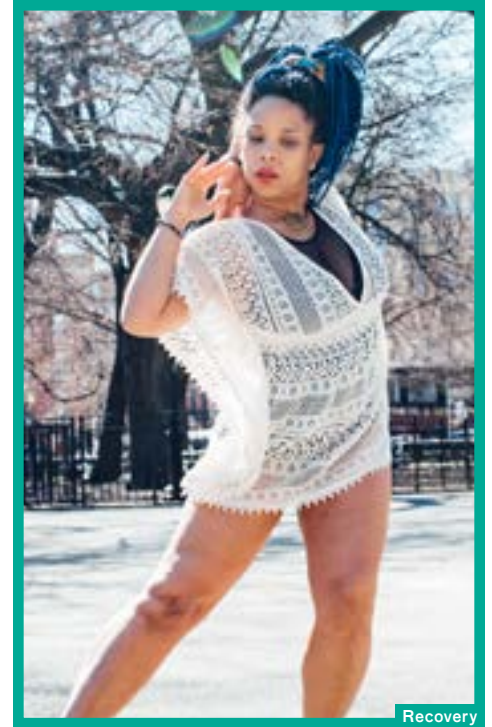
MultiStages  
**Theater**  
Desi Moreno-Penson | Playwright  
Lorca Peress | Director  
October 19 – November 3  
#StrongWomen #GhostStories

## 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



Бабушка

## 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](https://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

### #NastyWomen Season Pass

Save 33%! Reserve your seat for all three #NastyWomen comedy shows for just \$60.

Visit [14StreetY.org/NastyFlex](https://14StreetY.org/NastyFlex)

## Scenes from Childhood

LABA 2nd Stage

### Theater

Ari Brand | Writer

Eugenia Manwelyan | Director

January 10 – 26

#JewishStories #LGBTQStories

## Dark Planet

Planet Connections

### Theater

Glory Kadigan | Series Curator

February 6 – 21

#Festival

## Lovesong (Imperfect)

Planet Connections

### Theater

José Rivera | Writer and Director

February 8 – 22

#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

## Equally Devine

The Real Story of the Mona Lisa

### Theater

Presented by Jenny Lyn Bader

February 26 – 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](https://14StreetY.org/FlexPass)

## LABA Fest

LABA 1st Stage

### Theater

Laura Beatrix Newmark | Director of LABA

April 2 – 5

#JewishStories

## DAI (enough)

### Theater

Iris Bahr | Writer

April 10 – 23

#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](https://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.



### ISRAEL 101

The Many Faces of Israel: What is it about Israel that fascinates, attracts, angers and excites so many people? With Israeli Shaliach and former journalist Ophir Tal, 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.

**Fridays | 1:30 – 3:00 PM**

**January 27 – March 20**

**No class 2/21**

This class is **FREE** and open to all.

Please register at [14StreetY.org/JewishLife](https://14StreetY.org/JewishLife)

For more information on upcoming events, visit, [14StreetY.org/JewishLife](https://14StreetY.org/JewishLife)

### PAUSE/PLAY: LABA LIGHTS

**Saturday, December 7 | 3:00 – 6:00 PM**

Join us for a festive community Hanukkah celebration with the 14Y LABA Artist Fellows. We invite you to hit the pause button in your busy lives and come for an afternoon of lights, laughter, sufganyot, celebration, and relaxation. This event will include exciting activities for the whole family, including a bling-your-dreidel station! Come experience all that our downtown community and LABA Fellows have to offer.

This event is **FREE** and open to all.

Learn more and RSVP at [14StreetY.org/PausePlay](https://14StreetY.org/PausePlay)

### ISRAELI LUNCH AND LEARN SERIES

**Tuesdays | January – June | 1:15 – 2:15 pm**

Join us through winter and spring 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 history and religion.

**January 28 | The Christian Minority in Israel**

**February 18 | Seven approaches to History**

**March 17 | Activism vs Conservatism: The Law System in Israel**

**April 21 | How the Startup nation became the startup nation?**

**May 19 | Independence vs Nakba: both sides of the story**

**June 16 | The Surrogate dilemma and the LGBTQ community**

This series is **FREE** and open to all.

Please register at [14StreetY.org/JewishLife](https://14StreetY.org/JewishLife)





## LEARN SOMETHING NEW

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



### MONDAY BOOK CLUB

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

**Mondays | 10:30 – 11:45 AM**

**January 27, February 24, March 16, April 20, and May 18**

**M FREE, NM \$20 or \$5 per session**

### DAYTIME KNITTING CIRCLE

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

**Mondays | 1:30 – 3:00 PM**

**Winter Session: January 6 – March 16**

**Spring Session: March 30 – June 15**

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

**M FREE, NM \$45**

### GREAT PLAYS

#### WITH DAVID STALLINGS

Led by award-winning playwright and 14th Street Y Associate Artistic Director and Theater Manager David Stallings, this class is dedicated to readings of significant plays of the 20th Century. The class features special guests from the Golden Age of Broadway!

**Tuesdays | 1:30 – 3:00 PM**

**Winter Session: January 7 - March 17 | Spring**

**Session: March 31 - June 16**

**No class 2/18, 3/24, 4/14, and 6/9**

**M FREE, NM \$45**



### 50+ CREATIVE WRITING/OUR OWN NARRATIVES

Common is the expression, “I could write a story about my life!” This workshop, for those 50 plus, 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.

**Wednesdays | 1:30 – 3:00 PM**

**Classes occur first Wednesday of the month:**

**January 8, February 5, March 4, April 1, May 6, and June 3**

**M \$15, NM \$30**

### MAH JONGG FOR ALL LEVELS WITH SANDY MAGESIS

Let’s play Mah Jongg! This class is for all ages, all genders, and all levels—from beginner to advanced. Please get a Mah Jongg card from the National Mah Jongg League. You can reach them by phone at 212-246-3052 or online at [www.NationalMahJonggLeague.org](http://www.NationalMahJonggLeague.org). Space is limited so please register early.

**Wednesdays | 12:30 – 2:00 PM**

**Winter Session: January 8 – March 18**

**Spring Session: March 25 – June 3**

**No class 2/19, 3/25, 4/8, and 4/15**

**M \$50, NM \$100**

### WHAT’S YOUR STORY?

#### AN INTRO TO MEMOIR WRITING

Participants will write in class in response to memoir-specific prompts and, through subsequent discussion, they will discover ways to frame and write personal stories. The workshop will help writers develop strategies to organize material, experiment with form and hone their voices to craft engaging narratives. Like above, in the second hour writers will share excerpts from ongoing projects they are working on outside of class.

**Wednesdays | 7:00 – 8:30 PM**

**January 15 – February 26**

**No class 2/19**

**M \$100, NM \$200**

### ISRAEL 101

The Many Faces of Israel: What is it about Israel that fascinates, attracts, angers and excites so many people? With Israeli Shaliach and former journalist Ophir Tal, 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.

**Fridays | 1:30 – 3:00 PM**

**January 27 – March 20**

**No class 2/21**

**M/NM FREE**

### LET’S DRAW TOGETHER WITH MONA ZAMDNER

Love to draw? Join this non-traditional art class for what teacher Mona Zamdner describes as “pleasures of the pencil.”

**Thursdays | 1:00 – 2:30 PM**

**April 9 – June 4**

**No class 4/9 and 4/16**

**M FREE, NM \$40**

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



# 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.**

### WINTER OPEN HOUSE

**Sunday, January 5 | 10:00 AM – 1:00 PM**

Grab a friend and experience the best of what the 14Y community has to offer at our Winter Open House! This fun-filled day features special fitness classes taught by 14Y instructors, basketball, programming for children of all ages, theater performances, 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!

**This event is FREE and open to all!**

Learn more and RSVP at

[14StreetY.org/WinterOpenHouse](http://14StreetY.org/WinterOpenHouse)

### PAUSE/PLAY: LABA LIGHTS

**Saturday, December 7 | 3:00 – 6:00 PM**

Join us for a festive community Hanukkah celebration with the 14Y LABA Artist Fellows. We invite you to hit the pause button in your busy lives and come for an afternoon of lights, laughter, sufganyot, celebration, and relaxation. This event will include exciting activities for the whole family, including a bling-your-dreidel station! Come experience all that our downtown community and LABA Fellows have to offer.

**This event is FREE and open to all.**

RSVP at [14StreetY.org/PausePlay](http://14StreetY.org/PausePlay)

### ISRAEL 101

The Many Faces of Israel: What is it about Israel that fascinates, attracts, angers and excites so many people? With Israeli Shaliach and former journalist Ophir Tal, 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.

**Fridays | 1:30 – 3:00 PM**

**January 27 – March 20**

**No class 2/21**

**This class is FREE and open to all.**

Please register at [14StreetY.org/JewishLife](http://14StreetY.org/JewishLife)

Learn more about these and other great community events at [14StreetY.org/Community](http://14StreetY.org/Community)



### ISRAELI LUNCH AND LEARN SERIES

**Tuesdays | January – June | 1:15 – 2:15 pm**

Join us through winter and spring 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 history and religion.

**January 28 | The Christian Minority in Israel**

**February 18 | Seven approaches to History**

**March 17 | Activism vs Conservatism: The Law System in Israel**

**April 21 | How the Startup nation became the startup nation?**

**May 19 | Independence vs Nakba: both sides of the story**

**June 16 | The Surrogate dilemma and the LGBTQ community**

**This series is FREE and open to all.**

Please register at [14StreetY.org/JewishLife](http://14StreetY.org/JewishLife)

### WELLNESS LUNCH AND LEARN SERIES

Jump start your fitness goals this winter with our new wellness Lunch and Learn Series! Each month this winter, we will present an interactive workshop on curated topics designed to help you achieve your wellness goals. Bring your own lunch or enjoy complimentary light refreshments.

### GOAL SETTING FOR SUCCESS WITH ELIZABETH SCHNEIDER

**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](http://14StreetY.org/FitnessClasses)



# 14Y SHOP

## SHOP 14Y SWAG FOR THE WHOLE FAMILY!

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!

# 14YSHOP!

<b>14Y RETRO BLACK HOODIE</b> S – XXL	<b>\$35</b>	<b>14Y WATER BOTTLE</b>	<b>\$12</b>
<b>14Y RETRO BLACK ZIP-UP</b> S – XXL	<b>\$40</b>	<b>14Y TOTE</b>	<b>\$20</b>
<b>14Y RETRO BLACK T-SHIRT</b> Mens   S – 4XL Womens V-Neck   S – 4XL	<b>\$22</b>	<b>ADULT GOGGLES</b>	<b>\$12</b>
<b>14Y CLASSIC WHITE T-SHIRT</b> Mens   S – 4XL Womens V-Neck   S – 4XL	<b>\$20</b>	<b>YOUTH GOGGLES</b>	<b>\$12</b>
<b>14Y BLUE YOUTH T-SHIRT</b> Youth   S – L	<b>\$15</b>	<b>BATH TOWEL</b>	<b>\$12</b>
<b>14Y GREY BABY ONESIE</b> Newborn – 24M	<b>\$12</b>	<b>LATEX SWIM CAP</b>	<b>\$6</b>
		<b>NYLON SWIM CAP</b>	<b>\$12</b>
		<b>MASTERLOCK</b>	<b>\$10</b>
		<b>SWIM DIAPER</b>	<b>\$10</b>
		<b>CHALLAH   THURSDAYS ONLY</b>	<b>\$6</b>

Purchases must be made in person with the Service Desk. Credit Cards accepted. All sales are final. No refunds or exchanges.

[14STREETY.ORG/14YSHOP](https://14streety.org/14yshop)



#14YShop



# 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](https://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.

#### Party Rentals are available:

**Saturdays | 1:00 PM**

**Sundays | 12:00 PM or 4:00 PM**

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

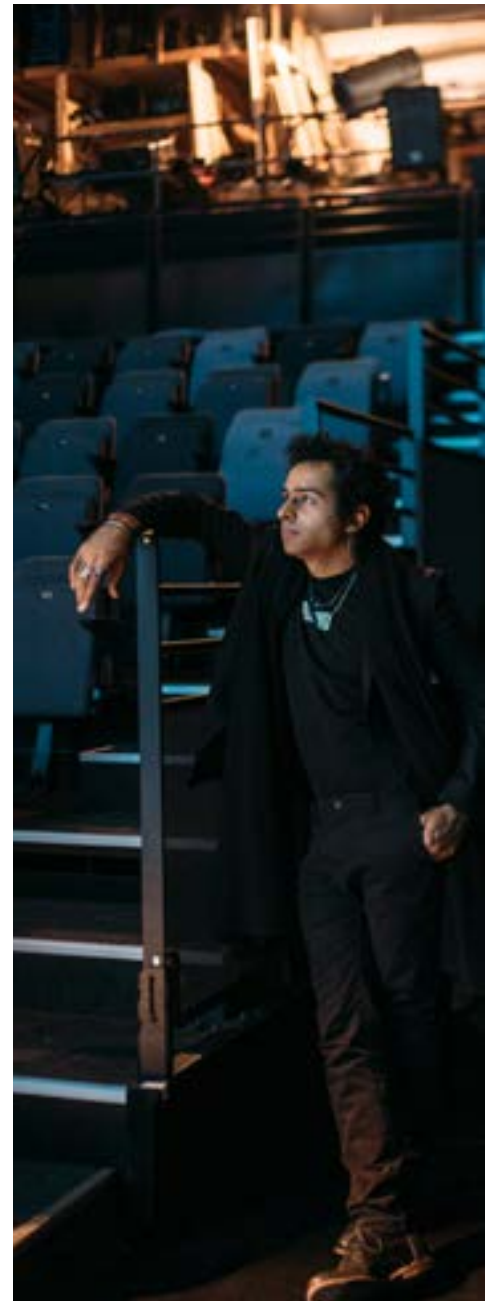
The Theater at the 14th Street Y is a fully operational black box Theater that's 50' x 50' with flexible seating that can accommodate up to 135 audience members. While the Theater is fully curated throughout the Season, we do have off-season rentals available to companies on a weekly basis.

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 children's development.

## FIND ADVENTURE ALL SUMMER LONG

Through our three camp options, children explore new interests, grow their confidence, and make friends for life. Our campers dive into the creative arts, science and technology, sports and games, and the great outdoors in a safe, fun and inclusive environment. From toddler programs to holiday camp, the 14th Street Y has something wonderful in store for your child.



### NEW TOWN DAY CAMP

**Ages 3 – 5 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.

Learn more and register at  
[14StreetY.org/NewTownDayCamp](https://14StreetY.org/NewTownDayCamp)

### TODDLER CAMP

Our toddler summer camps give your littles a taste of big-kid day camp, on a shortened schedule, all in the comfort and security of your East Village community center. All Toddler Camps enjoy outdoor fun and water play on our Rooftop Playground!

**MINI CAMP | 17 months – 3.5 years  
(with Parent/Caregiver)**

Come in out of the heat for art activities, music, circle time, and snacks. Splash and play in the sprinklers on the rooftop playground. A parent or caregiver must accompany the child at all times. Spots are filling up quickly!

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

A twice-a-week summer program for families who have completed a separated program such as Prelude to Preschool. Adults and children get together for a half hour on our rooftop playground for some outdoor fun and water play. Class continues inside with art activities, music and movement, circle time, story time, and snacks for two hours without adults. Spots are almost full!

### JUNIOR CAMP

**2.4 – 3.5 years (Separated Program)**

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

For more information, visit  
[14StreetY.org/ToddlerCamps](https://14StreetY.org/ToddlerCamps)  
Registration opens December 16!

### NEW COUNTRY DAY CAMP

**Our Outdoor Camp in  
Staten Island's Henry Kaufmann  
Campground For rising  
Kindergarteners to 8th graders**

Hiking trails, swimming pools, and open meadows set the scene for a summer of adventure and enrichment at New Country Day Camp on the 75-acre Henry Kaufmann Campgrounds in the forest of the Staten Island Greenbelt. For over 60 years, campers entering Kindergarten-8th grades have enjoyed a unique summer experience in the country, so close to the city, where they grow, lead with empathy, respect their peers, and develop a lasting passion for natural splendor and community.

With a wide range of innovative, kid-charged activities, in addition to two daily periods of instructional and free swim, there's something for everyone at NCDC. A non-religious program, NCDC kids jump into new ideas and universal concepts through contemporary Jewish sensibilities. We welcome campers of all backgrounds; your kids don't have to be Jewish to enjoy the 14th Street Y's New Country Day Camp. Inclusion of all types of families and children, including those with developmental differences and special needs, is a priority at NCDC.

#### 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

Sports, Movement, Martial Arts, Imagination, Build, Wilderness, Cooking, Gardening, Science, Visual Arts, News and Film, Theater, and Music

**EARLY BIRD  
REGISTRATION  
ENDS JANUARY 1!**



For more information and to register, visit  
[14StreetY.org/NewCountry](https://14StreetY.org/NewCountry)  
or email [NewCountry@14streety.org](mailto:NewCountry@14streety.org)  
or call 646-395-4357 to speak with a member of the NCDC team.



# 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](http://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](http://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](http://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](http://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](http://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](http://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](mailto: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



## THE 14TH STREET Y BOARD OF DIRECTORS

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### CHAIRMAN EMERITUS

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Howard L. Zimmerman

\*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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