

14Y ADULT PROGRAMS

WINTER CLASSES START IN JANUARY!

Join us for adult classes that will energize and activate your body and mind. Come to learn new skills, make friends, and strengthen our community.



Learn more and register at 14StreetY.org/AdultPrograms

Tap Dancing with Demetra

January 30 – March 27

Mondays | 4:00 – 5:00 PM

M \$80, NM \$120, Free for Sirovich Members

Location: Sirovich Center

331 East 12th Street (Between 1st & 2nd Avenue)

Come TAP it out with US! Start with articulation and technique, go through some movement patterns, and work on putting together a routine. Class will include multiple tempos, different directions, and some core focused work. Masks are required at Sirovich Center. This class is free for Sirovich members (anyone 60+). Become a member by signing up at 14StreetY.org/JoinSirovich.

Mah Jongg for All Levels

January 10 – March 14

Tuesdays | 1:00 PM – 3:00 PM

M \$50, NM \$100

Location: 14th Street Y

344 East 14th Street (At 1st Avenue)

Let's Play Mah Jongg! This class is for 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](tel:212-246-3052) or online at www.NationalMahJonggLeague.org. Space is limited.

