

## 14TH STREET Y

The 14th Street Y is 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.

With a focus on health and fitness, education and enrichment programs, and innovative arts and cultural programming, we are committed to the development of the whole person, bettering people's lives, and strengthening individual and family connections by nurturing an inclusive and sustainable community.

Visit our website at [14streety.org](https://14streety.org)  
Email us at [info@14streety.org](mailto:info@14streety.org)  
Follow us on social media @14streety

## HEALTH + FITNESS

All fitness levels are welcome here! We offer a broad range of group fitness classes like yoga, Pilates, and Zumba and our fitness center is outfitted with the latest cardio and weight equipment. We are also home to a full-size, indoor basketball court and an indoor, heated swimming pool perfect for classes, adult and women's-only lap swim, and family swim. Most of all, our certified health and fitness professionals are here to encourage you no matter where you are on your fitness journey.

Visit our website at [14streety.org/fitness](https://14streety.org/fitness)  
Call us at 646-395-4310  
Email us at [servicedesk@14streety.org](mailto:servicedesk@14streety.org)



EDUCATIONAL  
ALLIANCE

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212-780-0800

[info@14streety.org](mailto:info@14streety.org)  
[14streety.org](https://14streety.org)

## THE 14TH STREET Y IS PART OF EDUCATIONAL ALLIANCE'S NETWORK OF COMMUNITY CENTERS THROUGHOUT LOWER MANHATTAN

A nonprofit beacon of hope for over 130 years, Educational Alliance believes in the power of communities to lift people of all ages and turn strangers into neighbors. Our network of community centers and community-based programs in Lower Manhattan offers high-quality, affordable education programs, health services, and diverse cultural enrichment right where New Yorkers live, work, learn, and raise their families. We make the city a brighter, friendlier and more supportive place. Guided by Jewish values, Educational Alliance celebrates the differences and individuality every person brings when they walk through our doors; we know that there is more that connects us than divides us. We invite you to join us as we partner with our neighbors, strengthen our city, and pave the way for more generations of New Yorkers to live enriched and fulfilling lives – because you belong here.

## HOURS OF OPERATION

Monday – Friday | 6:30 AM – 9:00 PM

Saturday – Sunday | 8:00 AM – 5:00 PM

For our full calendar including holiday hours, visit our website.

Get connected @14streety  
[info@14streety.org](mailto:info@14streety.org) | [14streety.org](https://14streety.org)

For the latest news on programs and events,  
sign up for the monthly e-newsletter at [14streety.org](https://14streety.org).

 EDUCATIONAL  
ALLIANCE  
You belong here.

PROUD PARTNER  
 UJA Federation  
NEW YORK

# ENGLISH



**14<sup>TH</sup> STREET Y**  
EDUCATIONAL ALLIANCE

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## AQUATICS

Our sparkling pool is as refreshing on the darkest days of winter as it is on the hottest summer day. Dive into the 14Y'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, adult, and women's-only swim. Our learn-to-swim classes are available for children as young as six months. Private and semi-private swimming lessons are also available.

Visit our website at [14streety.org/aquatics](https://14streety.org/aquatics)  
Call us at 646-395-4314  
Email us at [aquaticsinfo@14streety.org](mailto:aquaticsinfo@14streety.org)

## EARLY CHILDHOOD PROGRAMS

At the 14Y, play is a child's work, and our Early Childhood programs draw on children's inherent curiosity and sense of wonder.

We believe children are naturally competent, capable learners with a built-in ability to devise their own ideas and persist in tackling them. Our dynamic programs are carefully designed to spark joy and meet the developmental needs of children aged 0-5. Whether in the 14Y Preschool, Prelude to Preschool, or enrichment classes for infants and toddlers, we are committed to creating learning environments that celebrate the wonder of early childhood and feel like a home away from home.

Our commitment to creating a space where all families feel a sense of belonging includes programs and support for parents and caregivers. We are here from your prenatal journey through early childhood—whether that's through parenting classes, yoga for new and expecting parents, chatting with our parenting experts, participating in an early childhood class with your child, or using our childcare service to work out worry-free in our fitness center.

Visit our website at [14streety.org/earlychildhood](https://14streety.org/earlychildhood)  
Call us at 646-395-4327  
Email us at [preschool@14streety.org](mailto:preschool@14streety.org)



EARLY CHILDHOOD PROGRAMS

## SUMMER CAMPS



## YOUTH PROGRAMS

Your children are only young once and our youth programs at the 14Y make every minute meaningful. In our After School program, we provide children in grades K-5 with sports, enrichment, and fun so they're engaged year-round, right here in your neighborhood community center. Our Youth Classes, taught by professional teaching artists, give your child the opportunity to hone their skills and express their creativity in a focused, supportive setting. Our Youth Programs are open to children of all needs and abilities and are overseen by our Social Work and Inclusion Manager with the support of social work interns to ensure every child's success.

Visit our website at [14streety.org/youthprograms](https://14streety.org/youthprograms)  
Call us at 646-395-4356  
Email us at [youthprograms@14streety.org](mailto:youthprograms@14streety.org)

## SUMMER CAMPS

At the 14Y, we make the summer count. Our camps give city kids the true summer camp experience.

At New Town Day Camp, children ages 2-5 come the 14Y to celebrate summer and make new friends. Campers enjoy everything our dynamic center has to offer and participate in a variety of fun activities—plus they get to cool off in the sprinklers of our rooftop play area on those hot summer days!

New Country Day Camp and New Country Pride Camp are located on the beautiful 75-acre Henry Kaufmann Campgrounds in Staten Island. With bus service from Manhattan and Brooklyn, we offer campers ages 5-13 a summer of enrichment and adventure complete with hiking trails, swimming pools, and open meadows. Our beloved programming includes camp favorites like crafting and sports, as well as specialty programs like Martial Arts and CCG (Cooking, Camping and Gardening). Campers explore new interests, grow their confidence, and make friends for life in a safe and inclusive environment.

Visit our website at [14streety.org/camps](https://14streety.org/camps)  
Call New Country Day Camp at 646-395-4357  
Email us at [newcountry@14streety.org](mailto:newcountry@14streety.org)

Call New Town Day Camp at 646-395-4327  
Email us at [ntdc@14streety.org](mailto:ntdc@14streety.org)

## ADULT PROGRAMS

Adult Programs at the 14Y are a great way for adults to keep busy, make new friends, learn a skill, or strengthen your community. We offer programs and events for adults of all ages—from Mah Jongg and tap dancing to pool parties and boozey board game nights. Explore our options, find something that matches your interests, and—most of all—have a great time!

Visit our website at [14streety.org/adultprograms](https://14streety.org/adultprograms)  
Call us at 646-395-4310  
Email us at [servicedesk@14streety.org](mailto:servicedesk@14streety.org)

## SIROVICH CENTER FOR BALANCED LIVING

Sirovich Center for Balanced Living makes aging in NYC easier—and fun! All New Yorkers deserve to age with dignity and remain connected to a vibrant community of their peers. Membership is free for those ages 60+ and provides unlimited access to programs and resources. Sirovich offers free, nutritious meals five days a week and a variety of classes and activities that engage the body and mind. We also assist members with monitoring and maintaining a healthy lifestyle and provide one-on-one social services.

Visit our website at [14streety.org/sirovich](https://14streety.org/sirovich)  
Call us at 646-395-4534  
Email us at [sirovich@14streety.org](mailto:sirovich@14streety.org)

## ARTS + CULTURE

The 14Y Theater's mission focuses on social awareness and change through big picture narrative. Inspired by works that welcome artists of all backgrounds, we place artists at the heart of our community and seek to create an inclusive cultural experience for all. Artists and audiences from across the city—and world—come to the 14Y to share and enjoy our diverse, imaginative, profound, and funny productions. From Theater for Young Audiences to the exploratory creativity of the LABA Fellowship, we also provide working space for artists, theater rentals, and a gathering place for the community.

Visit our website at [14streety.org/arts](https://14streety.org/arts)  
Call us at 646-395-4302  
Email us at [artists@14streety.org](mailto:artists@14streety.org)



ARTS + CULTURE