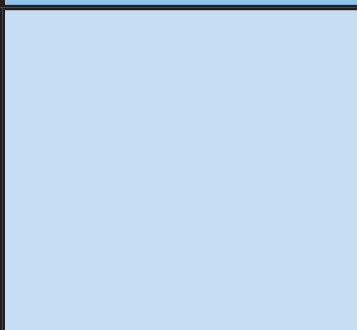
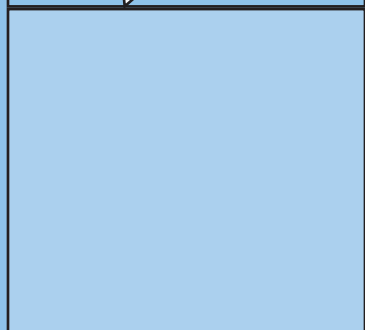
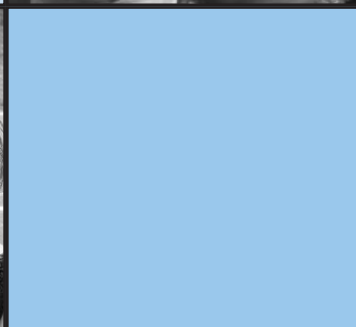


FALL 2005 & WINTER I 2006

September 12, 2005 – February 5, 2006



Clip Your Coupon
Check Out Page 52
for this limited time offer
One Week FREE!



P R O G R A M G U I D E

CROSS ISLAND YMCA
You're Why...We're Making a Difference Every Day



Letter from the Executive Director



James L. Sanders

Welcome to the Cross Island YMCA

Greetings to All:

The summer winds down, children are back to school and families will look forward to the holidays that the last quarter of the year bring.

The Cross Island YMCA had a tremendous summer season with over 1,300 children in our camp program. Buses, field trips, and fourteen different camp tracks required a lot of planning and coordination. Our counselors were top notch and we are extremely proud of the service we provided - it was a summer to remember for many!

The Strong Kids Campaign exceeded its goal to raise \$117,000. Collections are steady and will be achieved by year-end. We thank all of you who supported this success. Hundreds of children and families benefited from the generosity of our donors - they were able to participate in summer camp, after school child care, programs for the physically and mentally disabled and, of course, our membership. Joining our YMCA family is a blessing.

To that end, we also thank our elected officials - Senator Frank Padavan, City Councilman David Weprin, State Assemblyman Mark Weprin and Queens Borough President Helen Marshall. Their continued support allows the Y to deliver free and low cost teen development programs and also helps with our capital projects.

As you move through the pages of this Program Guide, you'll discover lots of new programs especially in the areas of Family activities. We hope you will participate to the fullest in the wealth of enriching activities available here at the Cross Island YMCA.

In closing, our staff is here to serve. Please communicate with us so that we can continue to grow and change in ways that will best benefit you and your family,

Sincerely,

A handwritten signature in cursive script that reads "James L. Sanders".

James L. Sanders
Executive Director



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We are here to serve you...

HOURS OF OPERATION

MON - FRI	6:00 a.m. to 10:30 p.m.
SAT	7:00 a.m. to 10:00 p.m.
SUN	7:00 a.m. to 7:00 p.m.

MEMBER REGISTRATION DESK HOURS

MON - FRI	8:00 a.m. to 7:30 p.m.
SAT	9:00 a.m. to 7:30 p.m.
SUN	9:00 a.m. to 5:00 p.m.

HOLIDAY HOURS

Nov. 24	<i>Closed</i>
Dec. 24	<i>No programs - Close at 1 p.m.</i>
Dec. 25	<i>Closed</i>
Dec. 31	<i>No programs - Close at 1 p.m.</i>
Jan. 1	<i>Closed</i>
Dec. 24 - Jan. 1	<i>No programs</i>
Jan. 2	<i>Classes resume</i>

MISSION

The YMCA of Greater New York is a community service organization which promotes positive values through programs that build spirit, mind and body, welcoming all people, with a focus on youth. The Cross Island YMCA emphasizes Respect, Responsibility, Caring and Honesty as its core values.

OUR GUARANTEE

Your membership is fully guaranteed. Your satisfaction is important to us. Any remaining portion of your paid membership will be refunded upon cancellation. *See page 4 for member cancellation policy.*

STAFF DIRECTORY

718 479-0505 or 718 551-9300

Membership

	Ext.
Carol Cimilluca, Member Services Director	127
Kristy Bourne, Front Desk Supervisor	110

Health & Wellness

Rolando Prieto, Health & Wellness Director	126
Noel Eustaquio, Strength Training Coord.	109
Nita Zackson, Health & Wellness Coord.	137

Youth & Family

Brian Morris, Sr. Director, Community Prog.	115
Tawanna Saxton, Director, Youth Services	117
Jeanette Massey, Early Childhood Director	113
Karen Johnson, Dir., Teen, Family & Arts	116
Kwame Tawiah, Sports Director	134
Guy Blackman, Martial Arts Coordinator	408
Ron John, Tennis Coordinator	418
Charlie Sferrazza, Gymnastic Coordinator	416
Michele Wright, Administration Coordinator	119

Aquatics

	Ext.
Lisa Losh-DiPaola, Aquatics Director	108
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Joanne Harling, Gym/Swim Co-Coordinator	130
Jean Dattner, Special Populations	125

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Keith Hicks, Beacon Center Director	406
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David Tai, Assc. Exec. for Business Oper.	105
Bernadette Lee, Director, Resource Dev.	118
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John Dhanaraj, Director of Capital Projects	112
Molly Baldeo, Human Resources Director	105
Marianne DeMarco, Technology Coord.	114

About Cross Island YMCA

FACILITIES

2 Pools	25 Yards - 6 Lanes - Barrier Free
	25 Yards - 4 Lanes
Gymnasium	60' by 90' - Fully Equipped
Tennis Courts	4 Outdoor - Lighted
Track	1/8 Mile - Outdoor - Lighted
Handball Courts	Indoor and Outdoor
Racquetball Courts	3 Indoor
Strength Training	PreCor Icarian, Personal Training Work Station Free Weights
Cardiovascular	Cardio Theatre LifeFitness Stationary & Recumbent Cycles Stairmasters PreCor Elliptical & Treadmills
Aerobic Studio	Reebok Steps StarTrac SPINNING Bikes
Ready Fit Room	Cardio & Strength Training
Nursery School	5 Classrooms, Universal Pre-K
Computer Learning Center	14 IBM Computers
Sauna, Showers, Locker Rooms	

BABY-SITTING

Babysitting is available for members & program members.

FREE TO FULL MEMBERS

Program Members: \$2/hour
\$1 each additional child/hour

MON - FRI 9:00 a.m. - 1:00 p.m. Nursery
Ages 3 months to 5 years

MON - FRI 6:00 p.m. - 9:00 p.m. Room E
Ages 3 months to 7 years

PARKING PERMITS

You will receive a complimentary Parking Permit with your Membership or Program enrollment. It is necessary to display the Permit when parked on YMCA property. This is to ensure that our Parking Lots are only used by YMCA participants. Permit applications are available at the Member Registration Desk. Replacement passes - \$5.

As a Full or Family Adult Member, you're entitled to the following programs at no additional fee*

HEALTH ENHANCEMENT

ReadyFit	Dancercise
Personal Fitness	SPINNING
Total Health	BOSU Balance Training
Kickbox Aerobics	Master Fitness
Salsa Aerobics	Mix-It-Up
Step & Sculpt	Low Impact Aerobics
Cardio Combo	Sculpt Express
Club Dancing	SPIN & Sculpt

AQUATICS

Twinges in the Hinges
Aqua Exercise
Water Workout
Water Walking
Aqua Jog
Synchronized
Swimming

WELLNESS

Yoga
Super Stretch
Pilates
Tai Chi
Chair Exercise

FAMILY PROGRAMS

Family Nights
Project Guardian
Family Fun Swim

SPORTS

Adult Basketball
Adult Volleyball
Intro to Racquetball

COMPUTER LEARNING CENTER

Open Lab Hours

* Registration required

FINANCIAL ASSISTANCE POLICY

In support of our charitable mission and to insure the broadest possible accessibility to YMCA programs and services by segments of our community, it is the policy of the YMCA to provide scholarships and/or program subsidies to individuals in need and subsidize youth programs/services in full or part. Applications for financial assistance are available at the Registration Desk.

Membership

Carol Cimilluca, Member Services Director, can be reached at 718 551-9327
e-mail • ccimilluca@ymcanyc.org

Category	Initiation	Monthly Rate
Youth (0 - 11)	\$55	\$15
Teens (12 - 17)	\$55	\$20
Students (12 Credits minimum required)	\$85	\$39
Adults (18 & up)	\$85	\$48
Family (2 adults & youth under 21)	\$85	\$82
Seniors (65 & over)	\$85	\$39
Senior Couples	\$85	\$68

PAYMENT OPTIONS

Automatic Monthly Draft - Annual memberships can be paid in equal monthly installments electronically deducted from your checking account or credit card (MasterCard, VISA or AMEX).

Membership renewal is automatic. A down payment of two months plus the initiation fee is required. Complete the draft agreement form. Bring a voided check or your credit card.

Prior to the anniversary of your membership, you'll receive a letter listing membership fees for the next year. Please note that your membership will renew automatically unless you give the YMCA written cancellation notice thirty (30) days in advance.

Payment in full - by check, credit card or cash.

MEMBERSHIP PAYMENT POLICIES

Annual memberships expire one year from membership date. If not renewed within 1 month a new membership is required to use the facilities. Initiation fee must be paid. A \$15 fee will be charged for all returned credit card and bank drafts. Returned check charge is \$20. Memberships are non-transferable.

MEMBERSHIP CANCELLATION

Membership credits and refunds are calculated on a monthly rate. The Cross Island YMCA will refund the unused portion of paid in full annual membership fees. You are a valued member to us. To cancel your Membership, you are required to complete a cancellation form and turn in your membership card at that time. Bank draft and credit card draft payments must be cancelled in writing, thirty (30) days prior to the draft date to be effective for the following month. Initiation fees are not refundable.

GUESTS

Full members for a day. Adults (18 & over) may participate in recreational activities on three occasions as paying guests. If one becomes a member within a month, guest fees will be deducted from the first membership payment.

No guest passes sold 7/1 - 8/31.

Adults - \$15 Youth - \$8

AWAY PROGRAM

Wherever you travel, there's sure to be a YMCA close by, so include a fitness travel plan in your itinerary. While on the road, be sure to show your membership card (that includes the "AWAY" emblem) to staff at any YMCA you visit. Each branch has their own away program policy, so be sure to check each individual branch for details.

Membership

*Carol Cimilluca, Member Services Director, can be reached at 718 551-9327
e-mail • ccimilluca@ymcanyc.org*

CITY WIDE MEMBERSHIP

Enjoy YMCA Membership at all 17 membership branches in the five boroughs.

Category	Initiation Fee	Monthly Payments
Adult (18 - 64)	\$125	\$86
Senior (65 & up)	\$125	\$69
Family	\$125	\$153

Stop by the Member Registration Desk for a list of branches with facilities addresses, phone numbers & amenities.

CORPORATE MEMBERSHIP

To determine if your company has an existing corporate membership or to set up a corporate membership call Carol Cimilluca at 718 551-9327. Rates are applicable to adult and family memberships only. Proof of their employment status must be presented every year for renewals.

QUEENS WIDE MEMBERSHIP

Enjoy membership privileges at all five YMCAs in Queens.

Category	Initiation Fee	Monthly Payments
Adult	\$85	\$52
Senior	\$85	\$42
Family	\$85	\$90

Catalpa YMCA
69-02 64th Street
Ridgewood, NY 11385
718 821-6271

Cross Island YMCA
238-10 Hillside Avenue
Bellerose, NY 11426
718 479-0505

Flushing YMCA
138-46 Northern Blvd.
Flushing, NY 11354
718 961-6880

Jamaica YMCA
89-25 Parsons Blvd
Jamaica, NY 11432
718 739-6600

Long Island City YMCA
32-23 Queens Blvd.
Long Island City, NY 11101
718 392-7932

MEMBERSHIP POLICY AND PROCEDURE

- Valid membership cards must be presented at the Member Reception Desk when entering the YMCA and registering for programs.
- Membership cards must be displayed at all times.
- Lost membership cards should be reported to the Member Registration Desk. Replacement cards cost \$5.
- Lockers are available for daily use only. Locks left overnight will be clipped. Please take advantage of our FREE service - check your valuables at the Member Reception Desk.
- The YMCA is not responsible for lost or stolen property.
- All children under the age of 6 may use the women's locker rooms. Children 6 years of age or over must use the locker room of their sex. Adult members are asked to use sound judgement with appropriate language and dress, as we do have impressionable youth in our locker rooms. Family changing rooms are available on the JK Pool deck.
- Children 8 years old and under must be accompanied by an adult throughout the building.
- Photo ID & proof of age are required for new membership.
- Birth certificates and proof of residence are required for family membership. Family memberships are for two adults living in the same household.
- Rates and schedule are subject to change.
- Members are asked to refrain from using cell phones in program areas. These areas include: Cardiovascular Rooms, Strength Training Center, Pools, Aerobic studio, Locker Rooms and Gymnasium. Many cellular phones are now equipped with cameras. Because of the possible use of these cameras, cell phones may not be used in the Locker Rooms.
- Photography is not permitted in the Cross Island YMCA without the permission of the Director of Resource Development.

Registration

Carol Cimilluca, Member Services Director, can be reached at 718 551-9327
e-mail • ccimilluca@ymcanyc.org

Session	Registration for Y Members and Currently Enrolled Program Members	Registration for New Program Members
Fall 9/12 to 11/20 TENWEEK SESSION	8/21 - 8/24 Y Members 8/25 - 8/28 Currently Enrolled Program Members	8/29 <i>Registration numbers will be distributed at 6:00 am.</i>
<i>Full Y Members Only: Registration numbers will be given out Sunday, 8/21 at 12 a.m. and 8 a.m. Registration begins at 8:00 a.m.</i>		
Winter I 11/21 to 2/5 TENWEEK SESSION	11/6 - 11/9 Y Members 11/10 - 11/13 Currently Enrolled Program Members	11/14 <i>Registration numbers will be distributed at 6:00 am.</i>
<i>Full Y Members Only: Registration numbers will be given out Sunday, 11/6 at 12 a.m. and 8 a.m. Registration begins at 8:00 a.m.</i>		

For Gym/Swim & Youth Swim Lessons Only...

- After testing on the 8th week of Youth Swim classes, if your child does not progress, you may register immediately after the results. Gym/Swim participants may register after their 8th class.
- The child must remain in the same class on the same day and time to be eligible for 8th week registration.
- The child must be a FULL YMCA member to take advantage of this priority registration.
- **Not available Summer to Fall or Spring to Summer registrations.**

REGISTER ONLINE

Visit www.ymcanyc.org/crossisland

- On the Home Page, or at any page in the left blue area, click "On-Line Registration."
- Enter your Membership Number from your ID card (i.e. 061-1234-00) and your password. If you do not have a password, fill in required information and your password will be e-mailed to you. If you do not know your Membership Number, it can be verified at the Member Registration Desk.
- To register for a class, search for your class and click "Have a YMCA member card." First time participants must click "New to YMCA of Greater New York."
- Save your username and password - once you have filled out the form successfully you will not need to do this again, you only need to use your username and password.
- Click on the tab of the program of which you wish to register.
- Enter your credit card number and print out your receipt. Your account is automatically updated.

PROGRAM REFUND POLICY AND PROCEDURE

- Refunds will be made only if the Cross Island YMCA cancels a class or if a written withdrawal notice is received at least 48 hours before the first class. Refunds are made by check from the YMCA of Greater New York Association office within 60-90 days from date of approval.
- A \$5 service charge will be assessed for any rescheduling for cancellation. Returned check charge is \$20.
- To receive a credit, contact the Director of the Program listed on page 2. Credits may be issued for a withdrawal per approval of the Program Director. All credits are valid for one year from the date of issue.
- The YMCA reserves the right to cancel any program that fails to meet enrollment requirements.
- There are no make-up classes for the first absence in a program. Thereafter it will be upon the discretion of the Program Coordinators. All make-ups must be done before the end of the session.
- All Child Care Programs require a \$50 non-refundable registration fee for participants who are not full YMCA members.

Early Childhood Center

Jeanette Massey, Early Childhood Director, can be reached at 718 551-9373

e-mail • masseyj@ymcanyc.org

PLACE TO BEGIN AGES 3.0 - 4.5

Registration for the school year (Sept. 2005 - June 2006) started March 1, 2005. The Early Childhood Center is licensed with the New York Division of Day Care and registered with the New York State Education Department. Classrooms are staffed with an Early Childhood teacher and a qualified teacher's assistant. For more information or to arrange a tour, call Jeanette Massey, Early Childhood Director at 718 551-9373.

EXTENDED HOURS

AM: 7:30 - 9:00 a.m. PM: 4:00 - 6:00 p.m.

AM: 5 Day - \$45 3 Day - \$35 2 Day - \$25
PM: 5 Day - \$55 3 Day - \$45 2 Day - \$35

PAYMENT AND REGISTRATION PROCEDURE

To register a \$50 Registration Fee and a \$75 Deposit are required. **Both are non-refundable.** September fees are due by August 1st - from which the \$75 deposit is deducted. Tuition for each month is due one month ahead on the first of the month. Completed medical form with proof of immunization is required for the first day of school.

Month	Payment Due Date
September	August 1, 2005
October	September 1, 2005
November	October 1, 2005
December	November 1, 2005
January	December 1, 2005
February	January 1, 2006
March	February 1, 2006
April	March 1, 2006
May	April 1, 2006
June	May 1, 2006

Monthly Rates	HALF DAY Ages 3.0 - 4.5	9:00 a.m. - 12:00 p.m. or 1:00 p.m. - 4:00 p.m.
	<i>FULL Y MEMBERS</i>	<i>PROGRAM MEMBERS</i>
5 Day	\$385	\$410
3 Day	\$295	\$315
2 Day	\$235	\$245
Monthly Rates	FULL DAY Ages 3.0 - 4.5	9:00 a.m. - 4:00 p.m.
	<i>FULL Y MEMBERS</i>	<i>PROGRAM MEMBERS</i>
5 Day	\$750	\$775
3 Day	\$575	\$600
2 Day	\$430	\$445

UNIVERSAL PRE-K

The Early Childhood Center hosts a Universal Pre-K program from 9:00 - 11:30 a.m. and from 1:00 - 3:30 p.m. Registration for New York City residents born in 2002 begins in March 2006.

Full Day Option for Working Parents

See Jeanette Massey to register for full day child care.



Gym / Swim

*Dianne DiPeri/Joanne Harling, Gym Swim Co-Coordinator, can be reached at 718 551-9330
e-mail • jharling@ymcanyc.org • ddiperi@ymcanyc.org*

This physical fitness program is designed to encourage the younger set to enjoy using their bodies, learn to move correctly, and develop self-confidence through physical activity. ½ hour in the gym followed by ½ hour in the pool unless indicated otherwise.

FEES

** All classes subject to cancellation due to insufficient enrollment.*

10 Weeks	
1 Hour class	
Members - \$84	Program Members - \$152
1/2 Hour class	
Members - \$56	Program Members - \$92
3/4 Hour class <i>Swim Only</i>	
Members - \$70	Program Members - \$125

Winter I Session -Saturday & Sunday Classes - 9-weeks • No class 12/24 - 1/1

Fees will be prorated.

Check out our NEW Registration Procedures on Page 6.

DIAPER

*6 to 12 months of age
Parent Participation.*

MON	12:00 p.m. - 12:30 p.m.	<i>Swim Only</i>
TUE	11:30 a.m. - 12:00 p.m.	<i>Swim Only</i>

JUST WALKING

*12 to 24 months of age
Parent Participation.*

MON	11:30 a.m. - 12:30 p.m.
TUE	11:00 a.m. - 12:00 p.m.

TODDLER

*18 months to 3 years of age
Parent Participation.*

MON	11:00 a.m. - 12:00 p.m.
TUE	9:00 a.m. - 10:00 a.m. 10:30 a.m. - 11:30 a.m.
WED	5:30 p.m. - 6:30 p.m.
SAT	8:30 a.m. - 9:30 a.m. 9:00 a.m. - 10:00 a.m.

TINY TOT

3 to 5.5 years of age

MON	0:30 a.m. - 1:30 a.m. 12:00 p.m. - 1:00 p.m. 12:30 p.m. - 1:30 p.m. 4:00 p.m. - 5:00 p.m. 4:30 p.m. - 5:30 p.m. 5:00 p.m. - 6:00 p.m.	WED	3:30 p.m. - 4:30 p.m. 4:30 p.m. - 5:30 p.m. 5:00 p.m. - 6:00 p.m. 6:00 p.m. - 7:00 p.m.
TUE	9:30 a.m. - 10:30 a.m. 10:00 a.m. - 11:00 a.m. 12:00 p.m. - 1:00 p.m. 12:30 p.m. - 1:30 p.m. 1:00 p.m. - 2:00 p.m.	SAT	9:30 a.m. - 10:30 a.m. 10:30 a.m. - 11:30 a.m. 11:00 a.m. - 12:00 p.m.
		SUN	11:30 a.m. - 12:30 p.m. 12:00 p.m. - 1:00 p.m. 1:00 p.m. - 2:00 p.m.

Swim Only

MON	3:30 p.m. - 4:00 p.m.	WED	3:30 p.m. - 4:00 p.m.
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EARLY ELEMENTARY

5.5 to 6.9 years of age

MON	3:30 p.m. - 4:30 p.m. 5:30 p.m. - 6:30 p.m.
TUE	6:15 p.m. - 7:00 p.m. <i>Swim Only</i> 7:00 p.m. - 7:45 p.m. <i>Swim Only</i>
WED	4:00 p.m. - 5:00 p.m. 6:30 p.m. - 7:30 p.m.
SAT	10:00 a.m. - 11:00 a.m.
SUN	12:30 p.m. - 1:30 p.m.

PARENT TOT SWIM

YMCA members and Gym/Swim participants are invited to participate in a FREE parent-tot swim on Fridays. Bubbles will be allowed during this free swim. A lifeguard will be on deck. A parent MUST be in the water with the child. There will be no instruction.

FRI 12:30 p.m. - 1:30 p.m.

Early Childhood Programs

*Jeanette Massey, Early Childhood Director, can be reached at 718 551-9373
email • masseyj@ymcany.org*

MY GROWNUP & ME (AGES 2 - 4)

Members - \$140 Program Members - \$165

Participate in fun activities with a grown up, including arts & crafts, circle time, music and movement, gym and snack. Register for one day and time. Winter I classes run for 9-weeks.

TUE 10:30 a.m. - 12:00 p.m. Nursery
THU 10:30 a.m. - 12:00 p.m. Nursery

PRE-SCHOOL WORKSHOP (AGES 2½ - 4)

Members - \$140 Program Members - \$165

Introduction to Nursery School. Children learn social skills and separation from parent in a school setting. Winter I classes run for 9-weeks.

THU 12:30 p.m. - 2:00 p.m. Nursery

MY GROWNUP & ME YOGA (AGES 2 - 5)

Members - \$88 Program Members - \$110

Let our Certified Yoga Instructor guide you through a gentle series of stretch and flexibility through yoga poses. Dads & grandparents are welcome.

FRI 10:00 a.m. - 10:45 p.m. Nursery

BABY SIGNLANGUAGE (AGES 6 mo - 2 years)

Members - \$88 Program Members - \$110

Join the growing number of families teaching their hearing babies how to communicate using American Sign Language. Parents and children attend together.

MON 9:45 a.m. - 10:30 a.m. Nursery

PRE-SCHOOL COOKING CLASS (AGES 3 - 5)

Members - \$88 Program Members - \$110

Learn simple, healthy foods that parents and children can prepare together. The Pre-School Cooking Class is a cooperative program requiring parent participation in class as well as the provision of program supplies. A list of needed supplies will be distributed to each parent. All non-perishable items should be brought in on the second day of class. Parents will be assigned a specific day to bring perishable items.

WED 10:00 a.m. - 10:45 a.m. Nursery



NEW PARENT PLAYGROUP

Members - \$88 Program Members - \$110

New to life as a parent? Come together with other new parents and play with your babies while sharing topics of interest with other Moms and Dads.

TUE 1:30 p.m. - 2:15 p.m. Nursery

For additional Youth Sports programs see page 32.

Enrichment Programs

HOLISTIC NOURISHMENT WORKSHOP SERIES

Kwame Tawiah, Sports Director,
can be reached at 718 551-9334
e-mail • ktawiah@ymcanyc.org

Free to all families.

Do you think that have a healthy diet by following the Food Pyramid Guidelines? Do you think packaged foods really nourish your body? Come and learn the hidden news related to your everyday food intake. Classes are held in the YMCA Development Center.

Workshops Include:

Sugar Blues – How to control your sugar cravings
Caffeine Fears – Effects on exercise and daily living
Healthy Fit Kids- Nutrition for kids in exercise & sports
Healthy Fit Family- Nutrition at home for the whole Family
The 5 Elements: fitness, nutrition, spirituality, career & relationships – How you can be a well-balanced individual

Hours: 12:00 p.m. - 1:00 p.m.

Fall Session

September 17
October 1, 15 & 29
November 12

Winter I Session

December 3 & 17
January 7, 14 & 28

ENGLISH AS A SECOND LANGUAGE

Jeanette Massey, Early Childhood Director,
can be reached at 718 551-9373
email • masseyj@ymcanyc.org

Members - \$75 Program Members - \$120

The ESL program teaches English language communication skills to immigrant and refugee residents. Reading, writing, speaking, listening, and pronunciation skills are taught. Classes are held in the YMCA Development Center.

WED 7:00 p.m. - 8:00 p.m.
SAT 10:00 a.m. - 11:00 a.m.

BIRTHDAY PARTIES

Members - \$225 Program Members - \$250

Sunday afternoon party includes 45-minutes of swimming followed by 1 hour room rental for up to 20 participants. YMCA invitations and free guest passes will be provided for participants.

2:30 p.m. - 3:00 p.m. Greet guests/
room set-up

3:00 p.m. - 3:45 p.m. Swimming

4:00 p.m. - 5:00 p.m. Party Room

Sunday birthday party rentals,
contact Kristy Bourne at 718 551-9310.

For info on renting pools, contact
Lisa Losh-DiPaola at 718 551-9308.



After School Programs

Tawanna Saxton, Director of Youth Services, can be reached at 718 551-9317
e-mail • tsaxton@ymcanyc.org

“INHOUSE” SCHOOL AGE CHILD CARE

September 2005 - June 2006

Limited Availability

This program is open to K through 6th graders.
Activities include: arts & crafts, sports & games, homework time, literacy, snack, swimming, computers and more. The After School Child Care Program provides a safe and convenient alternative to meet the needs of working parents.

Program hours: 2:50 p.m. until 6:00 p.m.

Extended hours until 6:30 or 7:00 p.m.

Transportation is provided at the following schools:

P.S. - 26 P.S. - 188 P.S. - 191 M.S. 172

P.S. - 33 P.S. - 178 P.S. - 221 P.S. - 135

P.S. - 203 P.S. - 205 P.S. - 133

Incarnation Ideal Montesorri and more!

Monthly Fees:

	1 Day	2 Day	3 Day	4 Day	5 Day
Without Transportation	\$44	\$84	\$124	\$165	\$200
With Transportation	\$65	\$126	\$187	\$249	\$305
Extended Hours until 6:30 pm	\$11	\$22	\$33	\$44	\$55
Extended Hours until 7:00 pm	\$12	\$24	\$36	\$48	\$60

Payments are due on the first of the month.

For In-House After-School registration contact:

Danielle Scigliano at 718 551-9383 ext. 405 or
e-mail at dscigliano@ymcanyc.org

For billing information contact:

Michele Wright, Program Administrator at 718 551-9319 or
e-mail at mwright@ymcanyc.org



HOLIDAY CAMP PROGRAM

Our fun-filled day includes trips, swimming, gym time, sports and games. Children must bring lunch, bathing suit, swim cap and towel. **Open to boys and girls ages 5 to 12.** A minimum of 15 children required to run this program.

Pre-Registration Required.

\$45 - 9:00 a.m. - 5:00 p.m.

\$50 - 8:00 a.m. - 6:00 p.m.

\$55 - 8:00 a.m. - 7:00 p.m.

* Current Cross Island YMCA After School participants receive 20% off above fees.

Holiday Program Days - September 2005 - June 2006

October 4 & 5 - Rosh Hashanah

October 10 - Columbus Day

October 13 - Yom Kippur

November 8 - Election Day

November 11 - Veteran's Day

December 26 - January 2 - Winter Recess

February 20 - 24 - Mid-Winter Recess

April 17 - 21 - Spring Break

June 8 - Brooklyn Queens Day

All After School Programs and off-sites are registered with the Office of Children and Family Services.

Receive 10% off each additional child.

Siblings only qualify for discounts.

The 10% off applies to the lowest fee.

Registration began on Monday, August 1, 2005

Registration on first come first served basis.

Fees are subject to change.

Off-Site After School Programs

*Tawanna Saxton, Director of Youth Services, can be reached at 718 551-9317
e-mail • tsaxton@ymcanyc.org*

YMCA AFTER SCHOOL PROGRAMS AT P.S. 135, P.S. 173 & P.S. 186

Grades K - 5

Program hours: 2:45 p.m. - 5:30 p.m.

Activities include: Homework help, arts & crafts, hands-on literacy, structured recreation, family involvement activities, character development and much more.

Monthly Fee: \$180

Registration is limited and is on a first come, first served basis. Register at the Cross Island YMCA for these programs. The programs, located at PS 135, PS 173 and PS 186, are offered only to students of those schools. After School Child Care is offered at the YMCA for students of other schools.

For information on the program at P.S. 173 only please contact: Tayesha Cadore at 718 551-9383 ext. 424 or e-mail at tcadore@ymcanyc.org.

YMCA AFTER SCHOOL PROGRAM AT PS/IS 208

Grades K - 8

Program hours: 2:45 p.m. - 5:30 p.m.

Activities include: Homework help, arts & crafts, structured recreation, dance, and much more.

Monthly Fee: \$180

Registration is limited to 50 participants and is on a first come, first served basis. Register at the Cross Island YMCA for these programs. The program located at PS/IS 208, is offered only to students of this school. After School Child Care is offered at the YMCA for students of other schools.

VIRTUAL Y

The Virtual Y is a cutting-edge literacy-based program designed to assist second, third, fourth and fifth grade New York City public school children. Through its local branches, the YMCA of Greater New York offers an enriched after school program consisting of a variety of health, wellness, values and educational activities, all infused with experiences that enhance literacy. The Virtual Y provides a safe and wholesome environment in which students can enjoy the afternoon hours (3:00 to 6:00 pm) while learning about recreation, social values, and community service. Children attend the same school where the Virtual Y is conducted.

Centers are located at:

- PS 123 in South Ozone Park
- PS 124 in South Ozone Park
- PS 195 in Rosedale
- PS 256 in Far Rockaway
- PS 197 in Far Rockaway

Virtual Y at PS 197

in Far Rockaway serves 120 youth and is funded by The Afterschool Corporation and subsidized through various private foundations. These organizations donate funds to the Cross Island YMCA



to ensure that youngsters are provided with educational (predominately literacy and math,) arts (crafts, music and drama,) values and sports activities.

PS 197 collaborates with an Americorps program that provides educational awards to participants (employees).

Off-Site Community Programs

For more information contact the 21st CCLC Office
at 718 479-2827

21st CENTURY COMMUNITY LEARNING CENTER AT IS 109 QUEENS VILLAGE

The 21st Century Community Learning Center program is the federal government's largest funding source for after school programs. The 21st CCLC grants can be used by public schools to operate school-based after school programs. These grants work in harmony with community collaborators such as the Cross Island YMCA.

Family Center is FREE to the community.
After School Programs are FREE to students of IS 109.
Registration required.

Academic Academy: Students from IS 109 participating in the after school program will receive instructional support from certified teachers in the areas of: Math, Reading, and Computer Technology. Students also receive homework help support. Small group sizes and specific group attention enable students to understand concepts that will help them excel academically.



Enrichment Programs:

Monday - Friday: 2:30 p.m. - 5:45 p.m.
Leaders Club, Dance Classes, Drama Programs, Forest Park Rangers, Art, Career Club, Fitness, Sports, Martial Arts, Project Prize, Computer Building and Drum and Bugle Core.

Family Center:

Saturday: 10:00 a.m. - 1:00 p.m.
Adult ESL, Family Counseling, Adult Technology Training, Adult Fitness, Youth Basketball Clinic, Youth Martial Arts and Youth Dance.

21st Century Community Learning Center Staff
Debora Young, Center Director
Michele Veza, Site Coordinator

For more information contact the Beacon Office
at 718 659-7710 or 718 659-7717

BEACONCENTER AT MS 210 OZONE PARK

Sponsored by the NYC Dept. of Youth & Community Development

The Beacon Center offers recreation, volunteer/community service, job training, enrichment activities, adult programs, outreach support groups -
AT NO COST

Location	Hours of Operations
93-11 101st Avenue	MON- FRI
Ozone Park, NY 11416	2:30 pm - 9:30 pm
Room M113	SAT
	10 am - 7 pm

Recreational Programs: Basketball Leagues, Martial Arts, Girls Basketball Clinic, Swimming, Teen Center, Chess Club, Art Club, Open Gym, Hip Hop Dance, Road Runner Fitness Program, Movie Night, Male/Female Step Dance Team & Dance.

Volunteer/Community Service & Job Training: Leaders Club, Computer Learning Center & Newsletter Club.

Enrichment Activities: After School Programs, Girls, Inc., SAT Prep Class & GED Prep class.

Adult Programs: English as a Second Language I & II, Body Sculpting/Low Impact Aerobics, & Adult Basketball, Adult Fitness & Dance and Adult Aerobics (55 & over).

Outreach Support Groups: Power to the Parents (Support Group), Parents Night Out & Family Fun Days.

The Beacon Center is also a 21st Century Community Learning Center which includes: Saturday Family Center (Family Computer, Family Fitness, Adult Self Defense, Children's Center, Karate, and Basketball.) The Beacon Center, under the direction of the Cross Island YMCA, is a collaboration of the following agencies: Community School District 27, Community Board 9 & Forest Park Rangers Inc.

Beacon Center Staff

Keith Hicks, Center Director
Tyronza Murray, Assistant Center Director
Jennifer Attard, After School Administrator

Teen Programs

*Karen Johnson, Director of Teen, Family and Arts Programs, can be reached at 718 551-9316
e-mail • kjohnson@ymcanyc.org*

YOUTH AND GOVERNMENT

(Ages 13 - 18)

Runs September - March

Free to all teens

Youth and Government is a national YMCA program that allows teens to increase their knowledge of our democratic system. In this program, teens will learn about the legislative and judicial processes associated with our state government. Try your hand at writing your own bill, taking it to our State Capital, and passing it into a law at the New York State Youth and Government Conference in March, 2006. Two of our 2003-2004 teens went all the way to the National Conference. Join us as we embark on a brand new, exciting season.

Program located at: Queens High School Of Teaching
74-20 Commonwealth Blvd. • Bellerose, NY 11426.

TUE 5:30 p.m. - 7:00 p.m.

LEADERS CLUB

(Ages 13 - 18)

Free to all teens

This is a program FOR teens, BY teens, ABOUT teens. Offered at YMCAs across the nation for over 150 years, Leaders Club is a community service program that encourages teens to clarify their values/beliefs, enhance their planning/organizational skills, while offering opportunities to socialize and develop into mature, focused young adults. Leaders Club offers training in business skills and career development, plus volunteer opportunities, special events, weekend rallies, and more. This program is free to all teens, ages 13-18.

Program located at: Queens High School Of Teaching
74-20 Commonwealth Blvd. • Bellerose, NY 11426.

THU 5:30 p.m. - 7:00 p.m.

TEENS TAKE THE CITY

(Ages 13 - 18)

Free to all teens

Participants will get the chance to understand the NYC legislative system, read and debate current laws being debated by NYC Council, and meet and work alongside local politicians and professionals. Teens will also have the chance to take part in field trips to historic New York sites, and learn how to become influential in their schools and communities. Want to have your voice heard?

Program located at: Queens High School Of Teaching
74-20 Commonwealth Blvd. • Bellerose, NY 11426.

[Call for more details.](#)

PEER MENTORING

(Ages 13 - 18)

Free to all teens

Are you having difficulty passing exams? Are you having trouble focusing in class? Are you in need of homework help? If the answer to any of these questions is yes, peer mentoring may be your solution. This program allows qualified teens to tutor their peers in all subjects. Sharpen your skills in a friendly environment, and watch as your test scores improve!

Program located at: Queens High School Of Teaching
74-20 Commonwealth Blvd. • Bellerose, NY 11426.

THU 4:00 p.m. - 5:30 p.m.

TEENCHESS

(Ages 12 - 17)

Free to all teens

Have you always wanted to learn to play chess but never made the time? Well now is your chance! Learn the rules of the game and all about strategies to win.

Program located at: Queens High School Of Teaching
74-20 Commonwealth Blvd. • Bellerose, NY 11426.

TUE 4:00 p.m. - 5:30 p.m.

Teen Programs

*Karen Johnson, Director of Teen, Family and Arts Programs, can be reached at 718 551-9316
e-mail • kjohnson@ymcanyc.org*

TEENCENTER

(Ages 12 - 18)

FREE to all Full YMCA Members

Fee: \$3 (*special rates for Teen Center Parties*)

Teen Center is a proud tradition of the Cross Island YMCA. On Saturday nights, teens may engage in activities ranging from swimming to basketball to racquetball to arts-n-crafts to dance, and more.

SAT 6:30 p.m. - 10:00 p.m.

GIRLS, INC.

WILL POWER/WONT POWER

(Ages 13 - 18)

Fee: \$25 for all *Runs in Fall only*

Girls, Inc. Will Power/Won't Power is an abstinence promoting, sexual education program. Girls will learn about their rights in relationships and about how to defend those rights. They will gain information about diseases, pregnancy and prevention methods. Additionally, they will increase their knowledge of conception, dating abuse, sexual abuse and rape.

SAT 4:00 p.m. - 5:00 p.m. Room E

GIRLS, INC.

ACTIONFOR SAFETY

(Ages 10 - 13)

Fee: \$25 for all *Winter I Session Only*

Action for Safety is a self-defense and violence prevention program for girls which works in the following ways: Helps girls avoid being victims of abuse, celebrates girls strengths and abilities, teaches a variety of physical self-defense options and verbal responses to threats, uses sensitive, unbiased language to discuss teasing and bullying, sexual harassment, sexual abuse and rape, family violence, dating abuse, prejudice, racism and bias violence.

SAT 4:00 p.m. - 5:00 p.m. Room E

CULINARY LIFESTYLES

(Ages 12 - 16)

Members - \$45 Program Members - \$65

Runs in Fall only

This class explores a variety of culture-based cooking styles, including Kosher, vegetarian, Halal and more. While cooking "traditional" foods, you will learn about some of the most popular alternative diets.

SAT 5:30 p.m. - 6:30 p.m. Room E

JUNIOR ACHIEVEMENT

ENTERPRISE INACTION (Ages 12 - 15)

Fee: \$25 for all *Runs in Fall only*

By conceptualizing and starting their own money-making businesses, teens will discover the many elements involved in running a business. They will explore the circular flow of money in the economy, role play, ethical business decisions, and more.

SAT 3:00 p.m. - 4:00 p.m. Room E

PERSONAL ECONOMICS (Ages 12 - 15)

Fee: \$25 for all *Runs in Winter I only*

Personal Economics focuses on personal skills and interests, career options, and personal and family financial management. These "life skills" include things every teen should know, including how to use a credit card (wisely), how to write a check, how to understand the stock market, and more.

SAT 3:00 p.m. - 4:00 p.m. Room E

SNACK ATTACK

(Ages 13 - 18)

Members - \$45 Program Members - \$65

Runs in Winter I only

Do you love to eat? Snack Attack participants experiment in making quick, afterschool type snacks for kids on the go who are always ready for good food. Try your hand at making granola bars, rice krispie treats, and more.

SAT 5:30 p.m. - 6:30 p.m. Room E

Family Programs

*Karen Johnson, Director of Teen, Family and Arts Programs, can be reached at 718 551-9316
e-mail • kjohnson@ymcanyc.org*

Today's demanding schedules mean that for most families, "quality time" together is precious. The Cross Island YMCA creates meaningful family activities for every member of your family to enjoy.

*In addition, for these activities, membership also includes priority registration both at the branch and on the web. A family membership is open to **all** families. Get one low price on a whole family membership. Your kids will receive free or lower rates on all youth programs, while adults will enjoy our free Health & Wellness classes listed on page 3.*

*Look for our Family Arts Programs on
Pages 36 & 37*

FAMILY SERVICE DAY

Join us for a day of family fellowship and service to the community. Details to follow.

FREE TO ALL FULL FAMILY MEMBERS

Saturday, November 19, 2005



PARENTS NIGHT OUT

Early Bird Registration (prior to Friday)

Family Members - \$5 per child per evening

Youth Members, Program Members & Guests -\$15 per child per evening

Same Day Registration

Family Members - \$10 per child per evening

Youth Members, Program Members & Guests -\$25 per child per evening

Do you need time to go out to dinner, go shopping, or just relax? Leave your children, ages 4-12, with trained caregivers at the Cross Island YMCA. Parents' Night Out is held twice every month. Refer to updated schedules and flyers for specific information. Children will be served pizza and participate in age-appropriate activities such as arts and crafts, reading books, sports and movies.

Hours: 6:30 p.m. - 10:00 p.m.

September 16 & 30

December 2 & 16

October 7 & 21

January 6 & 20

November 4 & 18

FREQUENT Y'ER PROGRAM

Join the Cross Island Frequent Y'ers Program - for FULL Family members only. It's an added-value program. Register for 12 paid programs and get the 13th program at a reduction of the average of your 12 paid programs. **EXAMPLE:** 6 paid programs at \$50 each and 6 paid programs at \$100. Average = \$75. 13th Program fee is less \$75. Program log will begin the day you register your family to be Frequent Y'ers. **Certain programs not eligible. Registration required.**

FAMILY FUNSWIM

FREE TO ALL FAMILY MEMBERS

JK Pool

Tuesday, October 4 2:15 p.m. - 3:15 p.m.

Monday, October 10 2:15 p.m. - 3:15 p.m.

Friday, November 25 12:30 p.m. - 2:00 p.m.

December 26 - January 31 (See special schedule)

Family Programs

*Karen Johnson, Director of Teen, Family and Arts Programs, can be reached at 718 551-9316
e-mail • kjohnson@ymcany.org*

FAMILY NIGHT

All YMCA families are invited to join fun-filled evenings of supervised activities including art projects, family fitness, recreation, special-event theme nights, and swimming.

**FREE TO ALL FULL FAMILY MEMBERS
Youth Members, Program Members & Guest
Families** - \$7 per family (2 adults & 2 children/\$2 per person above the maximum.)

Pre-Registration is requested by the Wednesday prior in order to properly prepare. Watch for flyers with more information.

Hours: 7:00 p.m. - 9:00 p.m.

See below for dates.

FAMILY KICKBALL

Friday, September 23, 2005

Family Kickball will take place in the backyard, weather permitting. Join us for a fun game of kickball followed by a pizza dinner.

FAMILY MOVIE NIGHT

Friday, October 14, 2005

Join us for a movie and snacks on our huge big screen TV! Children are encouraged to wear pajamas.



FAMILY SCAVENGER HUNT

Friday, November 11, 2005

Search the YMCA for items big and small. The family to complete the hunt first will win a prize!

FAMILY BINGO NIGHT

Friday, December 9, 2005

Join us for a pizza dinner followed by several rounds of Bingo.

FAMILY IRONCHEF NIGHT

Friday, January 13, 2006

Families will receive a limited number of ingredients and will be left to their own devices to create a dish from them. Dishes will be judged on taste and creativity. The family with the winning dish will receive a prize.

MEMORY SCRAPBOOKING

Members - \$10 Program Members - \$15

Want to find out what the rave is with scrapbooking but not exactly sure where to start? Want to ensure that your memories will be preserved for generations to come? This introductory class will teach you the correct ways to safely store and mount your pictures using various styles and techniques. This is a perfect opportunity to get started on a baby, family, and/or wedding album. Please bring a handful of 4x6 pictures of an event. Classes are held in Nursery Room D.

Hours: 7:00 p.m. - 9:00 p.m.

September 7 & 21

October 5 & 19

November 2 & 16

December 7 & 21

Y Swim Lessons - Youth Program

Lisa Losh-DiPaola, Aquatics Director, can be reached at 718 551-9308
e-mail • llosh@ymcanyc.org

A seven level program with each level building upon the preceding one. Designed to develop participant's full potential, encourage awareness of safety in and around water, and perfect swim skills. The five components are personal safety, personal growth, stroke development, water games and safety, and rescue. Children must be tested before entering classes with exception only of those in the Beginner Polliwog level.

PLEASE NOTE: In-class evaluation on the eighth class of each session. Participants must be evaluated in order to register. New and returning participants will be evaluated Monday through Friday 4:00 p.m. - 5:00 p.m. and Saturday by appointment only. Classes are subject to cancellation or change. Minimum age is 6 years.

BEGINNER POLLIWOG

(45 MINUTES) JK POOL

No Prerequisite

Members - \$70 Program Members - \$125

MON 3:15 p.m. - 4:00 p.m. 4:00 p.m. - 4:45 p.m. 4:45 p.m. - 5:30 p.m.	FRI 3:15 p.m. - 4:00 p.m. 4:00 p.m. - 4:45 p.m. 4:45 p.m. - 5:30 p.m.
TUE 3:15 p.m. - 4:00 p.m. 4:00 p.m. - 4:45 p.m. 4:45 p.m. - 5:30 p.m.	SAT 8:15 a.m. - 9:00 a.m. 9:00 a.m. - 9:45 a.m. 9:45 a.m. - 10:30 a.m. 10:30 a.m. - 11:15 a.m. 11:15 a.m. - 12:00 p.m. 12:00 p.m. - 12:45 p.m. 12:45 p.m. - 1:30 p.m.
WED 3:15 p.m. - 4:00 p.m. 4:00 p.m. - 4:45 p.m. 4:45 p.m. - 5:30 p.m.	SUN 10:15 a.m. - 11:00 a.m.
THU 3:15 p.m. - 4:00 p.m. 4:00 p.m. - 4:45 p.m. 4:45 p.m. - 5:30 p.m. 5:30 p.m. - 6:15 p.m.	

ADVANCED POLLIWOG

(45 MINUTES) JK POOL

Prerequisite - Ability to swim with face in water with a good flutter kick and arm stroke. Ability to swim on back with a good flutter kick and arm stroke. Bubble can be worn.

Members - \$70 Program Members - \$125

MON 3:15 p.m. - 4:00 p.m. 4:00 p.m. - 4:45 p.m. 4:45 p.m. - 5:30 p.m.	FRI 3:15 p.m. - 4:00 p.m. 4:00 p.m. - 4:45 p.m. 4:45 p.m. - 5:30 p.m.
TUE 3:15 p.m. - 4:00 p.m. 4:00 p.m. - 4:45 p.m. 4:45 p.m. - 5:30 p.m. 5:30 p.m. - 6:15 p.m.	SAT 8:15 a.m. - 9:00 a.m. 9:00 a.m. - 9:45 a.m. 9:45 a.m. - 10:30 a.m. 10:30 a.m. - 11:15 a.m. 11:15 a.m. - 12:00 p.m. 12:00 p.m. - 12:45 p.m. 12:45 p.m. - 1:30 p.m.
WED 3:15 p.m. - 4:00 p.m. 4:00 p.m. - 4:45 p.m. 4:45 p.m. - 5:30 p.m.	SUN 11:00 a.m. - 11:45 a.m.
THU 3:15 p.m. - 4:00 p.m. 4:00 p.m. - 4:45 p.m. 4:45 p.m. - 5:30 p.m. 5:30 p.m. - 6:15 p.m.	1:30 p.m. - 2:15 p.m. 2:15 p.m. - 3:00 p.m.

GUPPY

(1 HOUR)

Prerequisite - Swim front crawl for 25 yards with rotary breathing, flutter kick and a good arm stroke. Swim back crawl for 25 yards with good flutter kick and arms. Knowledge of sidestroke and elementary backstroke.

Members - \$84 Program Members - \$152

MON 3:30 p.m. - 4:30 p.m. 4:30 p.m. - 5:30 p.m.	JK Pool Small Pool
TUE 3:30 p.m. - 4:30 p.m. 4:30 p.m. - 5:30 p.m.	JK Pool JK Pool
WED 3:30 p.m. - 4:30 p.m.	Small Pool
THU 3:30 p.m. - 4:30 p.m. 4:30 p.m. - 5:30 p.m. 5:30 p.m. - 6:30 p.m.	Small Pool Small Pool JK Pool
FRI 3:30 p.m. - 4:30 p.m. 4:30 p.m. - 5:30 p.m.	JK Pool JK Pool
SAT 9:00 a.m. - 10:00 a.m. 10:00 a.m. - 11:00 a.m. 11:00 a.m. - 12:00 p.m. 12:00 p.m. - 1:00 p.m. 2:00 p.m. - 3:00 p.m.	JK Pool JK Pool JK Pool JK Pool JK Pool
SUN 12:00 p.m. - 1:00 p.m. 1:00 p.m. - 2:00 p.m.	JK Pool JK Pool

Y Swim Lessons - Youth Program

Lisa Losh-DiPaola, Aquatics Director, can be reached at 718 551-9308
e-mail • llosh@ymcanyc.org

MINNOW (HOUR) SMALL POOL

Prerequisite - Swim 50 yards of each - front crawl and back crawl. Swim 25 yards elementary backstroke, sidestroke and rudimentary breaststroke. Knowledge of diving.

Members - \$84 Program Members - \$152

MON 4:30 p.m. - 5:30 p.m.	SAT 9:00 a.m. - 10:00 a.m.
TUE 3:30 p.m. - 4:30 p.m. 4:30 p.m. - 5:30 p.m.	11:00 a.m. - 12:00 p.m. 1:00 p.m. - 2:00 p.m.
WED 3:30 p.m. - 4:30 p.m. 4:30 p.m. - 5:30 p.m.	2:00 p.m. - 3:00 p.m. 3:00 p.m. - 4:00 p.m.
THU 3:30 p.m. - 4:30 p.m.	SUN 2:00 p.m. - 3:00 p.m.
FRI 3:30 p.m. - 4:30 p.m.	

FISH (HOUR) SMALL POOL

Prerequisite - Swim 100 yards of each - front crawl and back crawl. Well developed elementary backstroke - 50 yards, strong breaststroke - 25 yards. Comfortable in deep water. Knowledge of diving.

Members - \$84 Program Members - \$152

MON 3:30 p.m. - 4:30 p.m.
TUE 3:30 p.m. - 4:30 p.m.
WED 3:30 p.m. - 4:30 p.m.
THU 3:30 p.m. - 4:30 p.m. 4:30 p.m. - 5:30 p.m.
FRI 4:30 p.m. - 5:30 p.m.
SAT 8:00 a.m. - 9:00 a.m. 10:00 a.m. - 11:00 a.m. 1:00 p.m. - 2:00 p.m. 2:00 p.m. - 3:00 p.m.
SUN 3:00 p.m. - 4:00 p.m.



FLYING FISH (HOUR) SMALL POOL

Prerequisite - Swim 200 yards front crawl stroke, 100 yards of back crawl. 50 yards of each - elementary backstroke, breaststroke and dolphin kick. Strokes should be smooth and consistent. Knowledge of racing start dives and flip turns.

Members - \$84 Program Members - \$152

MON 3:30 p.m. - 4:30 p.m.
TUE 3:30 p.m. - 4:30 p.m. 4:30 p.m. - 5:30 p.m.
WED 3:30 p.m. - 4:30 p.m.
THU 3:30 p.m. - 4:30 p.m. 4:30 p.m. - 5:30 p.m.
FRI 4:30 p.m. - 5:30 p.m.
SAT 11:00 a.m. - 12:00 p.m. 1:00 p.m. - 2:00 p.m. 2:00 p.m. - 3:00 p.m. 3:00 p.m. - 4:00 p.m. 5:00 p.m. - 6:00 p.m.

SHARK (HOUR) SMALL POOL

Prerequisite - Swim 200 yards individual medley. All strokes must be smooth and consistent. Strong diving skills and flip turns.

Members - \$84 Program Members - \$152

TUE 3:30 p.m. - 4:30 p.m.
WED 4:30 p.m. - 5:30 p.m.
THU 4:30 p.m. - 5:30 p.m.
FRI 3:30 p.m. - 4:30 p.m.
SAT 10:00 a.m. - 11:00 a.m. 1:00 p.m. - 2:00 p.m. 2:00 p.m. - 3:00 p.m. 3:00 p.m. - 4:00 p.m. 5:00 p.m. - 6:00 p.m.

Y Swim Lessons

Lisa Losh-DiPaola, Aquatics Director, can be reached at 718 551-9308
e-mail • llosh@ymcanyc.org

PORPOISE CLUB (HOUR) SMALL POOL

Prerequisite - Successfully completed the Shark level and interested in continuing in aquatics. Club members will have the opportunities to suggest activities in addition to participating in water sports and games, endurance swimming, basic rescue and basic teaching skills. Tryouts required.

Members - \$84 Program Members - \$152

MON	4:30 p.m. - 5:30 p.m.
WED	4:30 p.m. - 5:30 p.m.
SAT	12:00 p.m. - 1:00 p.m. 4:00 p.m. - 5:00 p.m. 6:00 p.m. - 7:00 p.m.

YOUTH SWIM TEAM SMALL POOL

September thru mid June

Tryouts required. Fee will be prorated for late enrollment. Fee includes entry fees, USS membership, and awards, bathing suit, team parka and 2 bathing caps. Y membership is required. For more info contact Coach Peter Scala at 718 479-0505 ext. 161.

BLUE TEAM

MON	5:30 p.m. - 7:30 p.m.
WED	4:30 p.m. - 5:15 p.m. * 5:30 p.m. - 7:30 p.m.
FRI	5:30 p.m. - 7:30 p.m.
SAT	6:45 a.m. - 8:30 a.m. 8:45 a.m. - 9:15 a.m. *

Fee: \$825

Payment Schedule
September 26 - \$300
November 28 - \$275
January 30 - \$250

GREENTEAM

TUE	5:30 p.m. - 7:30 p.m.
WED	4:30 p.m. - 5:15 p.m. * 5:30 p.m. - 7:30 p.m.
THU	5:30 p.m. - 7:00 p.m.
FRI	5:30 p.m. - 7:30 p.m.
SAT	6:30 a.m. - 8:30 a.m. 8:45 a.m. - 9:15 a.m.

Fee: \$925

Payment Schedule:
September 27 - \$300
November 28 - \$325
January 30 - \$300

* Cybex



JUNIOR DEVELOPMENT SWIM TEAM SMALL POOL

September thru mid June

Tryouts required. Fee will be pro-rated for late enrollment. Must be at Shark Level to qualify. Fee includes entry fee, USS Membership, awards, bathing suit, team parka and 2 bathing caps. Y membership is required.

Fee: \$485

TUE	4:30 p.m. - 5:30 p.m.
FRI	3:30 p.m. - 4:30 p.m.
SAT	6:45 a.m. - 8:30 a.m.

TEENINSTRUCTIONAL SWIM

Members - \$84 Program Members - \$152

BEGINNER LEVEL

No Prerequisite

TUE	7:00 p.m. - 8:00 p.m.	JK Pool
SAT	6:00 p.m. - 7:00 p.m.	JK Pool

ADVANCED BEGINNER LEVEL

Prerequisite - able to swim one lap front crawl and one lap on back.

TUE	5:30 p.m. - 6:30 p.m.	JK Pool
SAT	6:00 p.m. - 7:00 p.m.	JK Pool

INTERMEDIATE LEVEL

Prerequisite: must be able to swim 50 yards front crawl, 50 yards back crawl, and have knowledge of one other stroke.

THU	7:30 p.m. - 8:30 p.m.	Small Pool
SAT	6:00 p.m. - 7:00 p.m.	Small Pool

TEENADVANCED LEVEL

Prerequisite: must be able to swim 100 yards front crawl, 100 yards back crawl, 50 yards breaststroke, front dive and be confident in deep water.

THU	7:30 p.m. - 8:30 p.m.	Small Pool
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Adult Aquatics

Lisa Losh-DiPaola, Aquatics Director, can be reached at 718 551-9308
e-mail • llosh@ymcanyc.org

SWIM MANHATTAN

SWIM Manhattan CHALLENGE! 2094 laps. You'll receive a free t-shirt for improving your fitness. Pick up a log sheet at the Member Registration Desk. Have a Member Services Representative verify your distance. Turn your log in at the Member Registration Desk to receive your free T shirt.

Y SWIM LESSONS ADULT PROGRAM

Members - \$84 Program Members - \$152

BEGINNER LEVEL

No previous swimming experience. This course will teach the front crawl starting with flutter kick and progressing to arm stroke and rhythmic breathing, back float and kick. Deep water safety skills may be introduced.

TUE	9:00 a.m. - 10:00 a.m.	JK Pool
TUE	7:30 p.m. - 8:30 p.m.	JK Pool
WED	9:30 a.m. - 10:30 a.m.	JK Pool
WED	7:30 p.m. - 8:30 p.m.	JK Pool

ADVANCED BEGINNER LEVEL

Perfect your front crawl and back crawl. Learn to do a front dive and tread water. Introduction to some personal water safety skills, breaststroke kick and elementary back stroke.

THU	9:00 a.m. - 10:00 a.m.	Small Pool
THU	7:30 p.m. - 8:30 p.m.	Small Pool

INTERMEDIATE LEVEL

Participants should be able to swim 50 yards front crawl and back crawl. Instruction covers sidestroke and breaststroke. Perfect freestyle and back stroke while increasing endurance.

THU	9:00 a.m. - 10:00 a.m.	Small Pool
THU	8:30 p.m. - 9:30 p.m.	Small Pool

CO-ED WATER POLO (Ages High School - Adult)

Members - \$60 Program Members - \$100

Are you a good swimmer? Come play recreational water polo. Experienced and new players are welcomed.

FRI	8:30 p.m. - 10:15 p.m.	Small Pool
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MASTER SWIM TEAM

Members - \$65 Program Members - \$150

Swim team practice for adults ages 20 and up. Swimmers must be able to swim 1 lap of freestyle. A knowledge of backstroke and breaststroke are welcome. The goal is to improve swimming techniques, improve swim time and practice for USMS competitions. Workouts are 3 times a week.

MON, WED, FRI 7:30 p.m. - 8:30 p.m.

HEALTH & SAFETY TRAINING

COMMUNITY CPR AND FIRST AID (FULL COURSE)

Dates to be announced.

COMMUNITY CPR (RE-CERTIFICATION)

Dates to be announced.

CPR FOR PROFESSIONAL RESCUER WITH AED (RE-CERTIFICATION)

Dates to be announced.

LIFEGUARD TRAINING

Fee: \$220 plus materials

Participants must be 16 before the first day of class. This is an intensive lifeguard certification program for individuals seeking employment as a lifeguard. Course includes CPR for the Pro. Rescuer, First Aid, AED and Lifeguard Training. It is a 50 hour course which meets on Sundays. Attendance is required at all classes. **Dates to be announced**

AMERICAN RED CROSS LIFEGUARD TRAINING (RECERTIFICATION)

Fee: \$50 Members & \$75 Program Members

Plus \$35 Certification Fee

Course runs for 8 hours on a Sunday.

Dates to be announced.

Pool Schedule & Rules

ADULT LAP SWIM			FAMILY RECREATIONAL SWIM		
MON	6:00 a.m. - 9:00 a.m.	Small Pool	MON	5:30 p.m. - 8:30 p.m.	JK Pool
	6:00 a.m. - 10:00 a.m.	JK Pool	TUE	5:30 p.m. - 7:00 p.m.	JK Pool
	10:00 a.m. - 4:30 p.m.	Small Pool	WED	7:30 p.m. - 8:30 p.m.	JK Pool
	4:30 p.m. - 8:30 p.m.	JK Pool	THU	5:30 p.m. - 7:30 p.m.	Small Pool
	8:30 p.m. - 10:15 p.m.	Small Pool	FRI	5:30 p.m. - 9:30 p.m.	JK Pool
TUE	6:00 a.m. - 10:00 a.m.	JK Pool	SAT	3:00 p.m. - 7:30 p.m.	JK Pool
	6:00 a.m. - 2:30 p.m.	Small Pool	SUN	11:00 a.m. - 6:00 p.m.	JK Pool
	2:30 p.m. - 5:30 p.m.	JK Pool			
	5:30 p.m. - 10:15 p.m.	Small Pool			
WED	6:00 a.m. - 10:00 a.m.	JK Pool	YOUTH AND TEEN LAP		
	6:00 a.m. - 9:00 a.m.	Small Pool	MON	5:30 p.m. - 6:30 p.m.	JK Pool
	10:00 a.m. - 2:30 p.m.	Small Pool	TUE	5:15 p.m. - 6:15 p.m.	JK Pool
	2:30 p.m. - 8:30 p.m.	JK Pool	WED	6:30 p.m. - 7:30 p.m.	JK Pool
	8:30 p.m. - 10:15 p.m.	Small Pool	THU	5:30 p.m. - 6:30 p.m.	JK Pool
THU	6:00 a.m. - 9:00 a.m.	Small Pool	FRI	5:30 p.m. - 9:00 p.m.	JK Pool
	6:00 a.m. - 10:00 a.m.	JK Pool	SAT	4:00 p.m. - 6:00 p.m.	Small Pool
	10:00 a.m. - 2:30 p.m.	Small Pool	SUN	11:00 a.m. - 4:45 p.m.	JK Pool
	2:30 p.m. - 8:30 p.m.	JK Pool			
	8:30 p.m. - 10:15 p.m.	Small Pool			
FRI	6:00 a.m. - 10:00 a.m.	JK Pool	TEEN LAP		
	6:00 a.m. - 9:00 a.m.	Small Pool	MON	8:30 p.m. - 9:00 p.m.	JK Pool
	10:00 a.m. - 3:30 p.m.	Small Pool	SAT	7:00 p.m. - 9:00 p.m.	Small Pool
	3:30 p.m. - 4:30 p.m.	JK Pool	SUN	5:00 p.m. - 6:45 p.m.	JK Pool
	4:30 p.m. - 5:30 p.m.	Small Pool			
	5:30 p.m. - 10:15 p.m.	JK Pool			
SAT	8:00 a.m. - 9:00 a.m.	JK Pool	YOUTH RECREATIONAL SWIM		
	8:30 a.m. - 1:00 p.m.	Small Pool	MON	5:30 p.m. - 8:30 p.m.	JK Pool
	1:00 p.m. - 7:00 p.m.	JK Pool	TUE	5:30 p.m. - 7:00 p.m.	JK Pool
	7:00 p.m. - 9:45 p.m.	Small Pool	WED	7:30 p.m. - 8:30 p.m.	JK Pool
SUN	7:00 a.m. - 12:00 p.m.	JK Pool	THU	5:30 p.m. - 7:30 p.m.	Small Pool
	11:00 a.m. - 2:00 p.m.	Small Pool	FRI	5:30 p.m. - 9:30 p.m.	JK Pool
	2:00 p.m. - 6:45 p.m.	JK Pool	SAT	3:00 p.m. - 7:30 p.m.	JK Pool
			SUN	11:00 a.m. - 6:00 p.m.	JK Pool

* Schedule Subject to Change

Two lanes are available at these times:

MON 3:30-5:30 p.m. **WED** 3:30-5:30 p.m.
TUE 5:30 - 8:00 p.m. **SAT** 10:00-3:00 p.m.

FOR YOUR COMFORT...

The JK Pool Temperature is maintained between 84° & 90° and the deck at 2° warmer. Our lessons for small children and disabled population are conducted in the JK Pool.

The Small Pool Temperature is maintained between 80° and 84° - a cooler atmosphere for our Barracuda Swim Team and lap swimmers.

ALL SWIMMERS MUST WEAR A BATHING CAP AND SHOWER PRIOR TO ENTRY.

FAMILY SWIM REGULATIONS

All children under 8 years of age must be accompanied in the pool area by a parent who is dressed in proper swim attire. Children under 4 feet in height must be accompanied by a parent in the pool. Parent must be a member or purchase a guest pass. Parent is required to stay in the building for children under 12.

ATTIRE

No gym shorts, cutoffs or other converted street clothing may be worn as bathing suits.

YMCA Total Health Initiative

*Rolando Prieto, Health & Wellness Director, can be reached at 718 551-9326
e-mail • rprieto@ymcanyc.org*

Promoting healthy, active lifestyles for all ages, building positive relationships, and achieving a lifelong balance of spirit, mind, and body.

Benefits:

for you and your family

- Greater spiritual health
- Ability to cope with stress
- Improved self-perception
- Develop healthy eating habits
- Capacity to be a Healthy Role Model

Enjoy:

- Private space for Ready Fit program
- Fully equipped for Cardio and Strength Training
- Friendly, knowledgeable and qualified staff
- A Holistic Approach (Spirit, Mind & Body) to lifelong fitness

Some Alarming Statistics:

- 64% of U.S. adults are either overweight or obese
- 13% of youth are obese and 50% are inactive
- Major chronic diseases associated with obesity include heart disease, certain cancers, stroke, rheumatoid arthritis and diabetes
- Top 3 causes of death in the US are heart disease, cancer and stroke
- 6% of all New Yorkers report having clinically significant emotional distress
- 40% of U.S. adults are sedentary
- Sedentary behavior is a risk factor for a variety of chronic health conditions

JOIN THE CROSS ISLAND YMCA TODAY

and help us lead a transformation in our community focusing on Total Health and influencing behaviors for active living. Advance our mission as a community service organization by addressing the lifestyle health crisis.

***YMCA. We build strong kids, strong families,
and strong communities.***

YMCA PERSONAL FITNESS PROGRAM

is designed for those new to exercising or those who haven't exercised for a considerable length of time and require regular instruction, monitoring, and motivation.

- Individual appointments with your 12-Week Counselor
- A fitness program based on your exercise history and personal goals
- An appropriate cardiovascular workout and orientation to the equipment
- Instruction on warm-up, cool-down, stretching and correct use of strength training equipment
- An expectation that you will exercise three times per week
- Feedback and encouragement
- Guaranteed satisfaction

12-WEEK Program
FREE with Membership
Call today for an appointment.

Health & Wellness

*Nel Eustaquio, Strength Training Supervisor, can be reached at 718 551-9309
e-mail • neustaquio@ymcanyc.org*

STRENGTH TRAINING CENTER

The state-of-the-art Strength Training Room provides a total body workout.

Orientation for all equipment is requested and available FREE by appointment only. Appointments can be made at the Member Reception Desk.
Proper exercise attire required. Ages 16+

ONE-ON-ONE PERSONAL TRAINING

Let a certified Personal Trainer take your workouts to the next level. Our trainers will design a personalized fitness workout and help guide you and motivate you while you reach your fitness goals.

	Members	Program Members
Private (1 Person)	\$45/per hour \$30/per ½ hour	\$65/per hour \$40/per ½ hour
Semi-Private (2 People)	\$30/each per hour	\$45/each per hour

Special Package Rates for Members Only - 5 pre-paid classes - \$180 OR 10 pre-paid classes - \$340 OR 20 pre-paid classes - \$580

** Ask our trainers about how new members can receive a FREE Personal Training Session **

PROPER STRENGTH TRAINING FOR WOMEN

Members 1x \$120 • 2x \$200
Program Members 1x \$160 • 2x \$270
(times per week per session)

For women who wish to learn proper form and technique for safe strength training.

TUE 6:00 p.m. - 7:00 p.m.
WED 7:30 p.m. - 8:30 p.m.
SAT 10:00 a.m. - 11:00 a.m.
SUN 10:00 a.m. - 11:00 a.m.

PROPER STRENGTH TRAINING FOR TEENS

Members - \$80 Program Members - \$110

Teens are taught proper form and techniques for safe strength training. Children under 16 years old may not use the Strength Training Center outside the class. Children 14 years and under may not use the Cardio Rooms outside the class.

SAT 6:00 p.m - 7:00 p.m

PROPER STRENGTH TRAINING FOR OLDER ADULTS

Members 1x \$120 • 2x \$200
Program Members 1x \$160 • 2x \$270
(times per week per session)

This class educates older active adults on proper form and techniques for safe strength training. Minimum registration required.

MON 9:00 a.m. - 10:00 a.m.
WED 10:00 a.m. - 11:00 a.m.

INTRO TO BODYBUILDING

Members 1x \$120 • 2x \$200
Program Members 1x \$160 • 2x \$270
(times per week per session)

Learn the basics of building lean muscle for the major muscles of the body. Open enrollment.

TUE 6:00 p.m. - 7:00 p.m.
SUN 11:00 a.m. - 12:00 p.m.

Health & Wellness

*Noel Eustaquio, Strength Training Supervisor, can be reached at 718 551-9309
e-mail • neustaquio@ymcanyc.org*

PERSONAL COMMITMENT, JR. (Ages 8 - 12)

Members - \$160 Program Members - \$230

This 8-week program includes basic exercise (both cardiovascular and strength training). The group setting offers emotional support and suggestions for behavior modification and nutrition. The purpose: lose weight, gain self-esteem and become educated regarding safe and sensible diet and exercise habits. On-going registration. Class meets 2 times a week.

TUE 4:30 p.m. - 5:30 p.m.

THU 4:30 p.m. - 5:30 p.m.

PERSONAL COMMITMENT TEENS (Ages 13 - 17)

Members - \$160 Program Members - \$230

This 8-week program includes basic exercise (both cardiovascular and strength training). The group setting offers emotional support and suggestions for behavior modification and nutrition. The purpose: lose weight, gain self-esteem and become educated regarding safe and sensible diet and exercise habits. On-going registration.

TUE 4:30 p.m. - 5:30 p.m.

THU 4:30 p.m. - 5:30 p.m.

Please note for Personal Commitment Families, Jr. and Teens:

Children under 16 years old may not use the Strength Training Center outside the class. Children 14 years and under may not use the Cardio Rooms outside the class.

PERSONAL COMMITMENT FAMILIES

Members - \$340 Program Members - \$460

** Fee is per family. Children must be at least 12 years old.*

Up to 4 family members meet with a personal trainer 2x/week for one hour for cardiovascular, strength training and flexibility training. PC Family focuses on exercise and making physical fitness a regular part of your lifestyle. Trainers help determine fitness goals to achieve weight loss, increase strength and endurance and improve flexibility. After 5-weeks you will reduce stress, sleep better and gain more energy. Call to schedule an appointment

Hours available upon request

BUFF BRIDE

8 week Program 3x/week

\$650 (Exclusive Bride Package)

\$750 (Bride Plus One Package)

(Total of 24 1-hour sessions)

8 Weeks Before "I Do" Look your best on your Wedding Day! Let our qualified and certified Personal Trainers help you meet your deadline. Say "I DO" to our Buff Bride Commitment Program, which includes physical assessment, cardiovascular, muscle toning/body sculpting and flexibility. Special focus on requested areas.

Hours available upon request

PRE/POST NATAL PERSONAL TRAINING

Nutrition and Exercise training with Kim Cripps, Certified Personal Trainer & Pre/Post Natal Specialist.

	Members	Program Members
Private (1 Person)	\$45/per hour \$30/per ½ hour	\$65/per hour \$40/per ½ hour
Semi-Private (2 People)	\$30/each per hour	\$45/each per hour

Special Package Rates for Members Only - 5 pre-paid classes - \$180 OR 10 pre-paid classes - \$340 OR 20 pre-paid classes - \$580

Health & Wellness

*Nita Zackson, Health & Wellness Coordinator, can be reached at 718 551-9337
e-mail • nzackson@ymcanyc.org*

FREE TO ALL MEMBERS

1-Hour Classes Program Members 1x \$105 • 2x \$135 • 3x \$165 • 4x \$185

½ Hour Express Classes Program Members 1x \$80 • 2x \$105

For days & times of Fitness Classes see schedule on pages 29 & 30

Mix-It-Up

30-minutes of low impact aerobics, 30-minutes of step aerobics.

Dance Salsa & Sculpt

Latin aerobics followed by body sculpting.

Step & Sculpt

A combination of high-energy step followed by body sculpting.

BOSU Boot Camp

Build cardiovascular and muscular endurance, while focusing on core stability and balance.



Step Challenge

Fast-paced, non-stop step aerobics with complex choreography.

▲ Dancercise/Sculpt

Low-impact dance aerobics followed by body toning with the use of weights and mats.



Low Impact Aerobics

High-energy, low-impact cardiovascular workout.

Advanced Cardio Combo

High-energy, multi-level floor aerobics and step, followed by full body strength training.

Kickbox Aerobics

An intense cardio workout involving boxing and kicking movements.

Club Dancing

High-energy recreational dance program with Instructor Darryl.

SPINNING

A certified SPINNING instructor leads you through a moderate to intense 45-minute cycling session. Spaces are limited. No registration is required for members. Simply sign-in at the Member Reception Desk up to a half hour prior to each class.

Spinning & Sculpt

45-minutes of SPINNING followed by 45-minutes of body sculpting.

Body Toning

Tone-up and Sculpt while building strength and muscular endurance.

▲ Master Fitness for Older Adults

Geared towards adults 55 and over, this workout combines low impact aerobics, body conditioning, balance, flexibility, and strength exercises.

Sculpt Express

Total body sculpting using weights, benches and mats.

▲ Indicates Beginner Classes

Health & Wellness

*Nita Zackson, Health & Wellness Coordinator, can be reached at 718 551-9337
e-mail • nzackson@ymcanyc.org*

FREE TO ALL MEMBERS

1-Hour Classes Program Members

1x \$105 • 2x \$135 • 3x \$165 • 4x \$185

½ Hour Express Classes Program Members

1x \$80 • 2x \$105

*For days & times of Wellness Classes see
schedule on pages 29 & 30*

Yoga For Relaxation

A beginner/intermediate yoga class designed to improve flexibility and strength.

Morning Yoga

Relieve stress, improve physical condition and achieve a sense of the Spirit, Mind, Body connection.

Advanced Yoga Challenge

Perform intermediate to advanced dynamic flow of postures, connected by breath, leading to a healthier mind and body.

Chair Aerobics

This class provides a complete workout that encourages you to go at your own pace. The chair assisted workout combines low-impact aerobics, body conditioning & flexibility exercises.

Tai Chi

Using a series of slow, controlled movements Tai Chi enhances the body's vital energy and provides a general sense of well-being.

Pilates & Pilates Express

Designed to increase strength and flexibility while focusing on abdominals and back.

Super Stretch

Increase flexibility and learn relaxation techniques through yoga, tai chi, and classic athletic stretches.

 *Indicates Beginner Classes*

PRE NATAL EXERCISE

Members - \$50 Program Members - \$105

Learn nutrition and exercises for expectant mothers.

SUN 9:45 a.m. - 10:30 a.m. Room A

POST NATAL EXERCISE

Members - \$50 Program Members - \$105

Learn nutrition and exercises for new mothers.

SUN 10:45 a.m. - 11:30 a.m. Room A

TAI CHI FOR ARTHRITIS

Members - \$50 Program Members - \$105

A team of doctors affiliated with The Arthritis Foundation has developed this progressive program giving step by step instructions each week. The Sun method in this class is used for the purpose of ease.

FRI 12:00 p.m. - 1:00 p.m. Mini Gym

ADULT BALLROOM DANCING

Members - \$50 Program Members - \$105

Learn to Fox-trot, Tango, Rumba, Waltz, Swing, Latin, Mambo/Salsa, Cha-Cha and Merenge with Darryl Williams, an experienced professional instructor.

TUE 8:00 p.m. - 9:00 p.m. Room A

Aquatic Health & Wellness

*Nita Zackson, Health & Wellness Coordinator, can be reached at 718 551-9337
e-mail • nzackson@ymcanyc.org*

FREE TO ALL MEMBERS

1-Hour Classes Program Members

1x \$105 • 2x \$135 • 3x \$165 • 4x \$185

(times per week per session)

*For days & times of Wellness Classes see
schedule on pages 29 & 30*

▲ Twinges in the Hinges

45-minutes of non-impact water exercise class designed to improve cardiovascular fitness, strength and flexibility with 15-minutes of free swim.

Aqua Exercise

45-minutes of instructional water aerobics, body conditioning, and stretching followed by 15-minutes of free swim.

Aqua Jog

Try the Y's Aqua Jog Classes. Class include warm-up and plenty of Aqua Jog. No swimming experience required. Participants should be comfortable in deep water.

Water Workout

A high energy, non-impact water aerobic class including strength training and stretching.

▲ *Indicates Beginner Classes*

SYNCHRONIZED SWIMMING

FREE TO ALL MEMBERS

Program Members - \$105

Swim to music, learn stunts and fancy strokes. Adults only. Minimum class size of 6 people.

THU 9:00 a.m. - 10:00 a.m. Small Pool

▲ WATER WALKING

FREE TO ALL MEMBERS

Program Members

1x \$80 • 2x \$105 • 3x \$165

(times per week per session)

This new fitness concept is therapeutic, aids cardiovascular endurance and releases stress. Join the FUN! 30 minutes of water walking is equal to 2 hours of walking on terra firma.

TUE & THU 12:00 p.m. - 12:30 p.m. JK Pool

FRI 2:30 p.m. - 3:00 p.m. JK Pool

MON- FRI 6:00 a.m. - 9:00 a.m. JK Pool*

**For members only*



Group Exercise Class Schedule

Classes are subject to change.
* Additional Fee.

MONDAY		
6:00 am - 9:00 am	Water Walking	JK Pool
9:00 am - 10:15 am	Step & Sculpt	Mini Gym
9:00 am - 10:00 am	Aqua Exercise	JK Pool
9:15 am - 10:15 am	Low Impact **	Large Gym
10:00 am - 10:45 am	Aqua Jog	Small Pool
10:30 am - 11:30 am	Master Fitness	Large Gym
11:30 am - 12:30 pm	Beginner Tai Chi **	Mini Gym
11:45 am - 12:30 pm	Twinges in the Hinges	JK Pool
12:45 pm - 1:30 pm	Twinges in the Hinges	JK Pool
5:30 pm - 6:00 pm	Sculpt Express	Mini Gym
6:00 pm - 7:00 pm	Adv. Step Challenge	Mini Gym
7:15 pm - 8:00 pm	<i>SPINNING</i>	Mini Gym
7:00 pm - 8:00 pm	Dancercise/Sculpt	Large Gym
8:15 pm - 9:15 pm	Yoga for Relax. **	Room A
8:30 pm - 9:30 pm	Water Workout	JK Pool

TUESDAY		
6:00 am - 9:00 am	Water Walking	JK Pool
8:30 am - 9:15 am	Super Stretch **	Mini Gym
9:15 am - 10:30 am	Dance Salsa/Sculpt	Mini Gym
9:45 am - 10:30 am	Chair Aerobics	Large Gym
10:00 am - 10:45 am	Aqua Jog	Small Pool
10:30 am - 11:30 am	Morning Yoga **	Mini Gym
11:00 am - 11:45 am	Aqua Exercise	JK Pool
12:00 pm - :12:30 pm	Walter Walking	JK Pool
6:00 pm - 6:45 pm	<i>SPINNING</i>	Mini Gym
7:00 pm - 8:00 pm	Body Toning	Mini Gym
7:00 pm - 7:45 pm	Yoga for Relax. **	Room A
8:00 pm - 9:00 pm	Mix-it-Up	Mini Gym
8:00 pm - 9:00 pm	Ballroom Dance*	Room A
8:15 pm - 9:15 pm	Water Workout	JK Pool

GROUP EXERCISE CLASS POLICY AND PROCEDURE

** **Full Family Members age 9-13 years old may participate with Parent Participation**

Full Family Members ages 14-15 may participate in all group exercise classes with a signed parent consent form.

Full Family Members ages 16 and up may participate in all group exercise classes.

WEDNESDAY		
6:00 am - 9:00 am	Water Walking	JK Pool
9:15 am - 10:45 am	SPINNING/Sculpt	Mini Gym
9:00 am - 10:00 am	Aqua Exercise	JK Pool
9:15 am - 10:15 am	Low Impact **	Large Gym
10:30 am - 11:30 am	Master Fitness	Large Gym
11:45 pm - 12:30 pm	Twinges in the Hinges	JK Pool
12:45 pm - 1:30 pm	Twinges in the Hinges	JK Pool
5:30 pm - 6:00 pm	Pilates Express	Mini Gym
6:00 pm - 7:00 pm	BOSU Boot Camp	Mini Gym
7:15 pm - 8:00 pm	<i>SPINNING</i>	Mini Gym
8:15 pm - 9:30 pm	Kickbox Aerobics	Mini Gym
8:30 pm - 9:30 pm	Pilates	Room D
8:30 pm - 9:30 pm	Water Workout	JK Pool

You're WhY...We're Making a Difference Every Day

Group Exercise Class Schedule

Classes are subject to change.
* Additional Fee.

THURSDAY		
6:00 am - 9:00 am	Water Walking	JK Pool
8:30 am - 9:15 am	Super Stretch	Mini Gym
9:00 am - 10:00 am	Synchronized Swim	Small Pool
9:15 am - 10:30 am	Salsa & Sculpt	Mini Gym
9:45 am - 10:30 am	Chair Aerobics	Large Gym
10:00 am - 10:45 am	Aqua Jog	Small Pool
10:30 am - 11:30 am	Morning Yoga **	Mini Gym
11:00 am - 11:45 am	Aqua Exercise	JK Pool
12:00 pm - 1:00 pm	Water Walking	JK Pool
5:30 pm - 6:15 pm	Adv. Step Challenge	Mini Gym
6:15 pm - 7:00 pm	Body Toning	Mini Gym
7:15 pm - 8:00 pm	<i>SPINNING</i>	Mini Gym
8:00 pm - 9:00 pm	Inter. Tai Chi **	Room A
8:00 pm - 9:00 pm	Yoga for Relax. **	Room B
8:00 pm - 9:00 pm	Water Workout	JK Pool
8:15 pm - 9:30 pm	Kickbox Aerobics	Mini Gym

FRIDAY		
6:00 am - 9:00 am	Water Walking	JK Pool
6:15 am - 7:00 am	Pilates	Mini Gym
8:30 am - 10:00 am	Adv. Step/Sculpt	Mini Gym
9:00 am - 10:00 am	Aqua Exercise	Small Pool
9:15 am - 10:15 am	Low Impact **	Large Gym
10:00 am - 10:45 am	Aqua Jog	Small Pool
10:30 am - 11:30 am	Master Fitness	Large Gym
11:45 am - 12:30 pm	Twinges in the Hinges	JK Pool
12:00 pm - 1:00 pm	Tai Chi for Arthritis*	Mini Gym
2:30 pm - 3:00 pm	Water Walking	JK Pool
6:15 pm - 7:15 pm	Int./Adv. Yoga **	Room D
8:00 pm - 9:00 pm	Club Dancing	Mini Gym

SATURDAY		
9:00 am - 10:30 am	Adv. Step/Sculpt	Mini Gym
10:30 am - 12:00 pm	Adv. Cardio Combo	Mini Gym
12:00 pm - 12:45 pm	<i>SPINNING</i>	Mini Gym
12:15 pm - 1:00 pm	6-Pack Abs*	Room D
2:30 pm - 4:00 pm	Kickbox Aerobics	Mini Gym

SUNDAY		
8:15 am - 9:15 am	Water Workout	JK Pool
8:30 am - 9:30 am	Pilates	Mini Gym
9:15 am - 10:15 am	Water Workout	JK Pool
9:35 am - 11:05 am	Adv. Cardio Combo	Mini Gym
9:45 am - 10:30 am	Pre-Natal*	Room A
10:45 am - 11:30 am	Post-Natal*	Room A
11:15 am - 12:15 pm	Beginner Tai Chi **	Mini Gym



Health & Wellness

*Rolando Prieto, Health & Wellness Director, can be reached at 718 551-9326
e-mail • rprieto@ymcanyc.org*

READY FIT FREE TO ALL MEMBERS

For inexperienced gym members who need an orientation. Personal trainers will introduce our cardiovascular and strength training equipment. At the end of the 12-week program our trainers will discuss the next steps to your ReadyFit Program.

WALK/RUNCLUB

FREE TO ALL MEMBERS

Program Members - \$10 Fall Only

Beginner Runners: Learn how to run and burn fat.
Intermediate Runners: Learn how to increase your speed. Beginners or experienced will have fun. Participants must register at the Member Registration Desk.

Weekly Runs

Meet in the lobby every Sunday at 8:30 a.m.

ADVANCED WALKERS GROUP

FREE TO ALL MEMBERS

Program Members 1x \$80 • 2x \$105
(times per week per session)

Burn calories, improve cardiovascular fitness and learn how to take your target heart rate. *Fall Session Only.*

TUE & THU 9:00 a.m. - 10:00 a.m

6 PACK ABS

\$25 for a ½ hr. session \$170 for 10 ½ hr. sessions

Concentrated Spot Training exercises exclusively designed to flatten and tone the abdomen, strengthen core and lower back. Work one-on-one with a certified trainer while focusing on specific abdominal areas: rectus abdominus, transverse abdominus and obliques, targeting toward toning and strengthening the waistline. Call 551-9309 to schedule an appointment.

PHYSICAL FITNESS EVALUATION

Members - \$25 Program Members - \$50

A certified fitness specialist will test blood pressure, resting heart rate, body fat composition, recovery heart rate, flexibility, muscular strength and endurance.

BODY FAT ANALYSIS

Members - \$20 Program Members - \$35

Consultation includes body fat and lean muscle weight analysis with complete assessment report and exercise recommendations.

STRENGTH TRAINING EVALUATION

Members - \$35 Program Members - \$50

A one-hour session with a certified personal trainer to evaluate your current strength training level and develop your workout program.

PERSONAL STRETCH

\$25 for a ½ hr. session \$170 for 10 ½ hr. sessions

Let a certified Personal Trainer help relieve stress, improve flexibility, strength and overall physical condition. Schedule an appointment at 718 551-9309.

Youth & Teen Sports

*Kwame Tawiah, Sports Director, can be reached at 718 551-9334
e-mail • ktawiah@ymcanyc.org*

START SMART (AGES 4 - 5)

Members - \$70 Program Members - \$125

This program focuses on familiarizing youngsters with various sports and fitness activities and operates as an orientation to sports. Activities include soccer, basketball, baseball, floor hockey and other sports appropriate for this age group. Register for one day and time only. *Parent participation required.*

SAT 9:15 a.m. - 10:00 a.m. Large Gym
SUN 11:15 a.m. - 12:00 p.m. Large Gym

JR. KNCKS (Ages 7 - 18)

\$50 for all participants
Winter II Session

League will consist of skill development and team games. Sponsored by the New York Knicks, this low cost basketball program brings youth the opportunity to learn basic basketball skills and participate in recreational league play. Registration begins on November 28, 2005.

**Volunteer coaches and referees are needed.
Schedule to be announced.**

INSTRUCTIONAL BASKETBALL (Ages 6 - 14)

Members - \$70 Program Members - \$125

Total skill development program that involves all aspects of the game: dribbling, running, shooting and defense.

FRI 6:30 p.m. - 7:30 p.m. Ages 6 - 8
FRI 7:30 p.m. - 8:30 p.m. Ages 9 - 14
SUN 1:00 p.m. - 2:00 p.m. Ages 6 - 8
SUN 2:00 p.m. - 3:00 p.m. Ages 9 - 14

INSTRUCTIONAL SOCCER (Ages 6 - 13)

Members - \$70 Program Members - \$125

Soccer is the world's most popular sport. It provides good physical conditioning that develops stamina, strength and endurance. This program will focus on all fundamental techniques such as passing, dribbling, shooting, trapping and goalkeeping skills. Classes are held outdoors.

SAT 9:00 a.m. - 10:00 a.m. Ages 6 - 8
SAT 10:00 a.m. - 11:00 a.m. Ages 9 - 13

CHEERLEADING (Ages 5 - 12)

Members - \$70 Program Members - \$125

Learn stunts, cheers, dance moves and tumbling skills. Classes are held in the Large Gym.

SAT 5:30 p.m. - 6:30 p.m. Ages 6 - 9
SAT 6:30 p.m. - 7:30 p.m. Ages 10 - 12

INSTRUCTIONAL RACQUETBALL (Ages 8 - 14)

Members - \$70 Program Members - \$125

Racquetball Pro Lorraine Galloway, ranked #1 in the National Women's Open Amateurs, will instruct participants in fundamentals of racquetball. Skill instruction includes: strokes, grips, foot work, game strategy and rules.

WED 4:00 p.m. - 4:45 p.m. Ages 8 - 11
WED 4:45 p.m. - 5:30 p.m. Ages 12 - 14

Youth & Teen Sports

Kwame Tawiah, Sports Director, can be reached at 718 551-9334
e-mail • ktawiah@ymcanyc.org

INSTRUCTIONAL BASEBALL (Ages 6 - 15)

Members - \$70 Program Members - \$125
Runs Fall Session Only

Come learn the skills and fundamentals of the great American past time - baseball. Experienced and trained coaches will teach all aspects of the game including hitting, pitching, base running, fielding and various other skills. Classes are held outdoors.

SUN 1:00 p.m. - 2:00 p.m. Ages 6 - 9
SUN 2:00 p.m. - 3:00 p.m. Ages 10 - 15

INSTRUCTIONAL WRESTLING (Ages 8 - 12)

Members - \$70 Program Members - \$125

Participants will learn the fundamentals of the sport of wrestling, the rules of the game, good sportsmanship and healthy eating habits. All participants will need to have protective headgear in order to participate. Classes will be held in the Large Gym.

FRI 4:45 p.m. - 6:00 p.m. Ages 7 - 13

INSTRUCTIONAL VOLLEYBALL FOR GIRLS (Ages 7 - 16)

Members - \$70 Program Members - \$125

Girls will learn the skills and rules of the game of volleyball. Class includes drills and games. Classes are held in the Large Gym.

Youth Beginner

SUN 3:00 p.m. - 4:00 p.m. Ages 7 - 12

Youth Intermediate

SUN 4:00 p.m. - 5:00 p.m. Ages 13 - 16

INSTRUCTIONAL TRACK & FIELD

(Ages 6 - 14)

Members - \$70 Program Members - \$125
Runs Fall Session Only

Participants will learn the proper tactics and techniques of track and field, proper running form while improving runners performance, developing a race strategy and learning to prepare for meets.

MON & WED 6:00 p.m. - 7:00 p.m. Ages 6 - 9
MON & WED 7:00 p.m. - 8:00 p.m. Ages 10 - 14



INSTRUCTIONAL POSITIONAL FOOTBALL (Ages 7 - 14)

Members - \$70 Program Members - \$125
Runs Fall Session Only

Participants will learn the fundamentals of the sport of football, the rules of the game, good sportsmanship, as well as healthy lifestyle habits. No tackling will be permitted in this class. Classes will be held outdoors at Brookville Park in Rosedale. Boys and girls will be placed on teams based on age.

SAT 9:00 a.m. - 10:00 a.m. Ages 7 - 10
SAT 10:00 a.m. - 11:00 a.m. Ages 11 - 14

Adult Sports

*Kwame Tawiah, Sports Director, can be reached at 718 551-9334
e-mail • ktawiah@ymcanyc.org*

RACQUETBALL RESERVATIONS

- Reservations may be made up to 7 days in advance for a one-hour period by YMCA members only.
- Reservations may be made in person at the Member Reception Desk or called in by phone.
- There is a 15-minute period before the court is reassigned.
- Members must go to the Member Reception Desk to reassign the court.
- Courts may be reserved for single or double occupancy.
- The person whose name appears on the reservation sheet must be a participant on that court during that hour.
- The last reservation of the day is at 9:00 p.m. Monday through Saturday and 6:00 p.m. on Sunday.
- An individual who purchases a daily guest pass may reserve a court in person only.

RACQUETBALL RULES

- Protective eye wear must be used when playing.
- Please wear proper gym attire and sneakers.
- Courts are for racquetball, handball or YMCA supervised activity only.
- You must be at least 13 years of age to use the racquetball courts unless accompanied by an adult.

LOOKING FOR A RACQUETBALL GAME

Looking for a game of racquetball or someone different to play? Fill out a "Looking for a Game" card at the Member Reception Desk. Put it on the bulletin board near the courts. It's a great way to make new friends.

ADULT INTRODUCTION TO RACQUETBALL

FOR MEMBERS ONLY - FREE

Learn the game of racquetball with Instructor Lorraine Galloway, ranked #1 in the National Woman's Open Amateurs. Registration required.

First Monday of each session 8:00 p.m. - 9:00 p.m.
Fall - September 12 **Winter I** - November 21

ADULT RECREATIONAL BASKETBALL

For Members Only...
FREE TO ALL YMCA MEMBERS

Adults 18 & over play full court games up to 12 points or twenty minute time limit per game.

WED 8:15 p.m. - 10:00 p.m. Large Gym

** All participants must register for this program*

ADULT RECREATIONAL VOLLEYBALL

For Members Only...
FREE TO ALL YMCA MEMBERS

Adults 18 & over play 15 point games or twenty minute time limit per game.

MON 8:15 p.m. - 10:00 p.m. Large Gym

** All participants must register for this program.*

OPENGYM

The Large Gym is available for open recreation at the following times:

MON 6:00 a.m. - 9:00 a.m. 11:30 a.m. - 5:00 p.m.*	FRI 6:00 a.m. - 9:00 a.m. 1:00 p.m. - 2:30 p.m. 2:30 p.m. - 6:00 p.m.* 9:00 p.m. - 10:15 p.m.
TUE 6:00 a.m. - 8:30 a.m. 8:30 a.m. - 10:00 a.m.* 11:00 a.m. - 2:30 p.m.* 9:15 p.m. - 10:15 p.m.	SAT 7:00 a.m. - 8:00 a.m. 8:00 a.m. - 9:00 a.m.*
WED 6:00 a.m. - 9:00 a.m. 11:30 a.m. - 2:30 p.m. 2:30 p.m. - 3:30 p.m.*	SUN 7:00 a.m. - 11:00 a.m. 5:15 p.m. - 6:45 p.m.
THU 6:00 a.m. - 9:00 a.m. 9:00 a.m. - 10:00 a.m.* 11:00 a.m. - 2:30 p.m.* 9:15 p.m. - 10:15 p.m.	

** Half Gym
** Schedule subject to change*

Martial Arts

*Kwame Tawiah, Sports Director, can be reached at 718 551-9334
e-mail • ktawiah@ymcanyc.org*

“WAY OF BUSHIDO” ADULT MARTIAL ARTS PROGRAM

Members 1x \$90 • 2x \$140
Program Members 1x \$105 • 2x \$165
(times per week per session)

This system is made up of several different martial art sciences and several aspects of self defense. Learn how to utilize every part of your body as a weapon of self defense. Chief instructor Guy Blackman holds a 6th degree black belt with the American Bushido Federation.

WED 8:00 p.m. - 9:15 p.m. Room A
FRI 8:00 p.m. - 9:15 p.m. Room A

* Minimum of 5 registered to run the class.



MARTIAL ARTS YOUTH PROGRAM

(Ages 6 - 16)

Members 1x \$103 • 2x \$140 • 3x \$180
Program Members 1x \$175 • 2x \$200 • 3x \$250
(times per week per session)

“Way of Bushido” Martial Arts System is a collection of martial sciences proven effective in defense situations. The object is to develop techniques, as well as instill positive characteristics such as self-respect, self-discipline, honor and righteousness, based on the code of morality known as Bushido.

Youth Beginner

MON 6:30 p.m. - 7:45 p.m.
WED 6:30 p.m. - 7:45 p.m.
SAT 11:30 a.m. - 12:45 p.m.

Youth Intermediate

WED 6:30 p.m. - 7:45 p.m.
FRI 6:30 p.m. - 7:45 p.m.
SAT 1:00 p.m. - 2:30 p.m.

Y-Arts & Humanities

*Karen Johnson, Director of Teen, Family and Arts Programs, can be reached at 718 551-9316
e-mail • kjohnson@ymcany.org*

POTTERY FOR YOUTH & ADULTS

Members - \$150 Program Members - \$185
(plus the cost of materials)

Participants in this class will explore with clay through hand-building and working on the potter's wheel. Through demonstration and hands-on experience, students will learn techniques of hand-building (slab, coil, etc.), wheel-throwing, and decorating (glazing, slip trailing, etc.). Develop an understanding of the basics of ceramics in this class.

TUE 6:00 p.m. - 8:00 p.m. Ages 16+
THU 4:00 p.m. - 5:30 p.m. Ages 8-15

Program located at: Queens High School Of Teaching
74-20 Commonwealth Blvd. • Bellerose, NY 11426.

FAMILY POTTERY

Members - \$130 for adults • \$100 for children under 18
Program Members - \$175 for adults •
\$140 for children under 18
(plus the cost of materials)

Parents and children come together in this class to learn about ceramics. Meet other families while learning basic pottery techniques!

THU 6:00 p.m. - 8:00 p.m.

Program located at: Queens High School Of Teaching
74-20 Commonwealth Blvd. • Bellerose, NY 11426.

PICASSOS

(Ages 4 - 6)

Program Fee: \$75 *(plus the cost of materials)*

Children will learn about the basics of drawing and painting using a variety of mediums. From charcoal to watercolors to pastels to ink, students will explore different ways of bringing their ideas to life.

BABY PICASSOS

WED 4:00 p.m. - 4:45 p.m. Ages 4 - 6

LITTLE PICASSOS

WED 4:45 p.m. - 5:30 p.m. Ages 7 - 11

Program located at: Queens High School Of Teaching
74-20 Commonwealth Blvd. • Bellerose, NY 11426.



ADULT DRAWING

(Ages 16+)

Members - \$100 Program Members - \$150
(plus the cost of materials)

Students will learn the fundamentals of drawing through observation and experimentation. Using various types of charcoal, pencils, ink, and paper, students will try their hands at portraiture, landscape, still life, and more. If you've always wanted to learn more about the most basic form of art, this is the class for you.

TUE 6:00 p.m. - 8:00 p.m.

Program located at: Queens High School Of Teaching
74-20 Commonwealth Blvd. • Bellerose, NY 11426.

Y-Arts & Humanities

*Karen Johnson, Director of Teen, Family and Arts Programs, can be reached at 718 551-9316
e-mail • kjohnson@ymcanyc.org*

BEGINNER CARTOONING

(Ages 8 - 12)

Members - \$45 Program Members - \$65
(plus the cost of materials)

With rising popularity cartoons such as Dragonball Z, Digimon, and others have gained worldwide acclaim. The heart of this phenomenon breaks down to basic cartooning. In this class you can learn how to tell a story through a combination of words and pictures, practice your drawing skills, and examine a variety of techniques used by famous cartoonists. Learn how to create cartoons and comic strips like the pros.

SAT 4:00 p.m. - 5:30 p.m. Room A

ADVANCED CARTOONING

(Ages 10 - 14)

This class will investigate the art of cartooning beyond just that of the superhero. We will focus on comic book backgrounds, architecture, and more deeply explore the task of the story teller. Final projects of students will be displayed at our Art Expo.

SAT 5:30 p.m. - 7:00 p.m. Room A

CREATIVE WRITING

(Ages 8 - 13)

Program Fee: \$65 for 10 sessions

This class will allow participants to explore a variety of literary forms in both poetry and prose. Through workshops and the WOW (Writer Of the Week) series, participants will learn to appreciate each other's writing and, by extension, enhance their own abilities.

SAT 3:00 p.m. - 4:00 p.m. Room A

PHOTO COLLAGING FOR TEENS

(Ages 12 - 18)

Program Fee: \$10 (plus the cost of materials)

Do you love taking pictures? Do you have albums and boxes full of pictures of your friends and family? Put your pictures together in our photo collaging class! In this class, you will be able to turn your memories into artwork by cutting and pasting your photographs into intricate montages of your life stories.

WED 5:30 p.m. - 6:30 p.m.

** Mini-Class - runs for 4-weeks each session.
Participants should call for more details.*

FAMILY CRAFT-A-DAY

Program Fee: \$40 per family (plus the cost of materials)

If you like to make a variety of arts n'crafts, from picture frames to beaded keychains and everything in between, then this is the class for you. With a new project every week, these crafts make beautiful gifts. (Or just keep them for yourself!)

WED 6:30 p.m. - 7:30 p.m.

** Mini-Class - runs for 4-weeks each session.
Participants should call for more details.*



Y Performing Arts

*Karen Johnson, Director of Teen, Family and Arts Programs, can be reached at 718 551-9316
e-mail • kjohnson@ymcanyc.org*

BABY BALLET

(Ages 3 - 4)

Members - \$70 Program Members - \$125

This introduction to classical ballet will include preparatory exercises to develop coordination. It will also allow participants to experience classical music, increase their sense of balance, and improve their reflexes. Children must wear ballet slippers.

FRI 5:15 p.m. - 6:00 p.m. Mini Gym
SAT 1:00 p.m. - 1:45 p.m. Mini Gym

BEGINNER BALLET

(Ages 5 - 7)

Members - \$70 Program Members - \$125

Children learn barre exercises, center technique, adagio, and basic turns and will be introduced to classical music as they learn about controlling their movements and improving posture and flexibility. Children must wear ballet slippers.

FRI 6:00 p.m. - 6:45 p.m. Mini Gym

BABY TAP

(Ages 3 - 4)

Members - \$70 Program Members - \$125

This class will introduce students to the basics of rhythm and time. Emphasis will be placed on rhythmic movements and sound. Our goal will be the musicality of "One Big Tap Shoe," teaching the class to dance as a whole. Tap shoes must be worn.

TUE 5:15 p.m. - 6:00 p.m. Mini Gym

BEGINNER TAP

(Ages 5 - 7)

Members - \$70 Program Members - \$125

This class will bring dance to students in the form of tap as a structured dance form as well as self expression through sound and movement. Learn to keep time and rhythm, develop a sense of muscle memory and the ability to dance with and without the aid of music. Tap shoes must be worn.

SAT 5:30 p.m. - 6:15 p.m. Mini Gym

ADULT MODERNDANCE

Members - \$70 Program Members - \$125

Enjoy working out while learning modern dance techniques. Stretch, improve flexibility and coordination, and get a great workout. No dance experience necessary.

SAT 1:45 p.m. - 2:30 p.m. Mini Gym

ADULT BEGINNER BALLET

Members - \$70 Program Members - \$125

Improve strength, flexibility and alignment by using traditional ballet barre work, floor work and movement techniques. Now you can get a great workout and experience the benefits of ballet at the same time!

SAT 4:00 p.m. - 4:45 p.m. Mini Gym

ADULT BEGINNER TAP

Members - \$70 Program Members - \$125

In this class, dancers will be given the tools necessary to express themselves through sound and movement, while keeping time, rhythm and tonality. Emphasis will be geared to weight placement and music made by the feet. Several styles of tap may be introduced depending on the progress of the class, (i.e. theatrical tap and jazz.) Tap shoes must be worn.

SAT 4:45 p.m. - 5:30 p.m. Mini Gym

JUNIOR FLY GIRLS

(Ages 8 - 11)

Members - \$70 Program Members - \$125

Learn dance moves like the ones you see on MTV! This class will combine flexibility with coordination to teach pre-teens some really cool dance routines. Using mostly contemporary hip hop music, we'll learn basic choreography and have a great workout, too!

SAT 6:15 p.m. - 7:00 p.m. Mini Gym

Gymnastics

Charlie Sferrazza, Gymnastics Coordinator, can be reached at 718 479-0505 ext. 416

The Cross Island YMCA follows a strict and straight-forward progressive Gymnastics program. Each level is geared to advance gymnasts in safe, consistent and productive progressions. The program teaches safety awareness, body awareness, values education and skills instruction with safety as our #1 concern. Gymnastics events are under the jurisdiction of USA Gymnastics.

1 HOUR CLASSES

Members 1x \$120 • 2x \$160 • 3x \$200

Program Members 1x \$171 • 2x \$211 • 3x \$266
(times per week per session)

1 ½ HOUR CLASSES

Members 1x \$140 • 2x \$185 • 3x \$220

Program Members 1x \$211 • 2x \$252 • 3x \$293
(times per week per session)



DAY	TIME	LEVEL	AGE	SEX
TUE & THU	3:30 - 4:30 p.m.	1	5 - 7	Male
	3:30 - 4:30 p.m.	1	5 - 7	Female
	3:30 - 4:30 p.m.	1	8 - 13	Female
	3:30 - 4:30 p.m.	1	8 - 13	Male
	4:30 - 5:30 p.m.	1	5 - 7	Female
	4:30 - 6:00 p.m.	2	5 - 7	Female
	4:30 - 6:00 p.m.	2	8 - 13	Female
	4:30 - 6:00 p.m.	2	5 - 7	Male
	4:30 - 6:00 p.m.	2	8 - 13	Male
	6:00 - 7:30 p.m.	3	8 - 13	Female
SAT	12:30 - 1:30 p.m.	1	5 - 7	Male
	12:30 - 1:30 p.m.	1	8 - 13	Male
	12:30 - 1:30 p.m.	1	5 - 7	Female
	12:30 - 1:30 p.m.	1	8 - 13	Female
	12:30 - 2:00 p.m.	2	8 - 13	Female
	1:30 - 2:30 p.m.	1	5 - 7	Female
	1:30 - 3:00 p.m.	2	8 - 13	Male
	1:30 - 3:00 p.m.	2	8 - 13	Female
	1:30 - 3:00 p.m.	3	8 - 13	Female

GYMNASTICS PRE-TEAM & TEAM

Young people advancing through the Cross Island Y's Progressive Gymnastics Program are encouraged to become a member of our team. Team members train with certified gymnastics coaches three days per week. Team fee includes local meets. Gymnasts who qualify for State, Regional or National Gymnastic meets must pay a separate fee. Team members have the opportunity to try out for the Empire State Games every summer. The schedule below is for both Girls and Boys Teams.

Team Fees

Participants must be YMCA members.

Team Fee: \$280 (3 times per week)

Pre-Team Fee: \$245 (2 times per week)

Full payment must be made at registration. Late registration could result in losing your child's spot.

TEAM SCHEDULE

DAY	TIME
TUE	4:30 p.m. - 8:45 p.m.
THU	4:30 p.m. - 8:45 p.m.
SAT	1:00 p.m. - 6:00 p.m.

PRE-TEAM SCHEDULE

DAY	TIME
TUE	4:30 p.m. - 6:30 p.m.
THU	4:30 p.m. - 6:30 p.m.
<i>Must attend both classes.</i>	

Tennis - Fall Program

Ron John, Tennis Coordinator, can be reached at 718 479-0505 ext. 418

JUNIOR DEVELOPMENT

6 Classes (1 time per week)
Members - \$100 Program Members - \$125
12 Classes - (2 times per week)
Members - \$190 Program Members - \$240

Beginner - Playing for the first time or has not passed beginner test
Advanced Beginner - Passed Beginner test
Intermediate - Passed Advanced Beginner test
Students registered for incorrect level will be removed from class.

BEGINNER CLASSES

All beginner classes meet 1x per week for one hour

PEE WEE (Ages 7 - 9)
MON 6:00 p.m. - 7:00 p.m.
SAT 9:00 a.m. - 10:00 a.m.
SAT 12:00 p.m. - 1:00 p.m.
JUNORS (Ages 10 - 13)
WED 6:00 p.m. - 7:00 p.m.
SAT 10:00 a.m. - 11:00 a.m.
SAT 12:00 p.m. - 1:00 p.m.
SAT 1:00 p.m. - 2:00 p.m.
SENIORS (Ages 14 - 17)
SAT 11:00 a.m. - 12:00 p.m.

ADVANCED BEGINNER CLASSES

*Saturday classes meet 1x per week for one hour.
Week-day classes meet 2x per week.*

		AGE
MONWED	5:00 p.m. - 6:00 p.m.	10 - 13
SAT	2:00 p.m. - 3:00 p.m.	10 - 13
SAT	3:00 p.m. - 4:00 p.m.	10 - 13
SAT	2:00 p.m. - 3:00 p.m.	14 - 17

INTERMEDIATE CLASSES

*Saturday classes meet 1x per week for one hour.
Week-day classes meet 2x per week. Open to all ages.*

TUE/THU 6:00 p.m. - 7:00 p.m.
SAT 3:00 p.m. - 4:00 p.m.

ADULT CLASSES

Members - \$185 Program Members - \$230
4:1 Student/Instructor Ratio
Classes meets for 6 weeks

BEGINNERS:

MON 7:00 p.m. - 8:30 p.m.

ADVANCED BEGINNER

TUE 7:00 p.m. - 8:30 p.m.



Classes may be canceled due to inclement weather and will be made-up at the end of the session.

Tennis - Fall Program

Ron John, Tennis Coordinator, can be reached at 718 479-0505 ext. 418

PRIVATE & SEMI-PRIVATE LESSONS

(By Appointment Only)

PRIVATE	Members	Prog Members
Half Hour Lessons	\$35	\$40
6 ½ hr Lessons	\$175	\$200
One Hour Lesson	\$50	\$60
6 - 1 Hour Lessons	\$250	\$300
SEMI-PRIVATE - 2 students (prices per person)		
6 - 1 Hour Lessons	\$160	\$185



TOURNAMENT TRAINING

Members - \$295 Program Members - \$350

Must have approval of Tennis Coordinator.

Classes meet twice per week for 6 weeks (12 classes)

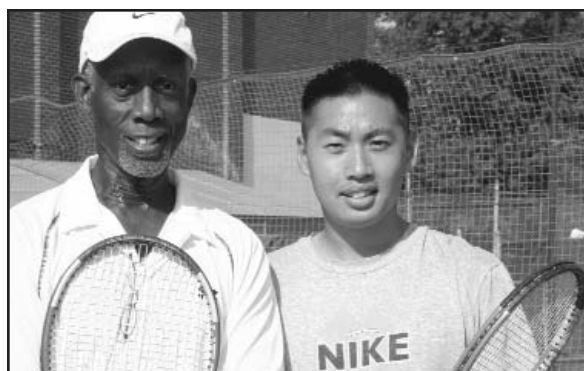
TUE & THU 5:30 p.m. - 7:00 p.m.

FALL JUNIOR DEVELOPMENT TENNIS TOURNAMENT

Fee: \$10

Sunday, October 16, 2005

Look for flyers for more information



HIT & PLAY

Members - \$120 Program Members - \$160

Work on strokes and strategies for singles and doubles while meeting other players on your level. All participants must see Ron for an evaluation prior to start of class. Classes run for 6-weeks.

SUN 10:00 a.m. - 11:30 a.m.

Computer Learning Center

*Marianne DeMarco, Technology Coordinator, can be reached at 718 551-9314
e-mail • mdemarco@ymcanyc.org*

BEGINNERS - LEVEL I

(Ages 17 and over)

Members - \$110 Program Members - \$160

Never used a computer before? Feel like computer terms are written in a different language? This computer basics class will provide a discussion of computer terminology, an introduction to using the mouse and keyboard, instruction on working with Windows and a basic introduction to the Internet.

MON & WED 9:00 a.m. - 9:55 a.m.

TUE & THU 10:00 a.m. - 10:55 a.m.

MON & WED 6:00 p.m. - 6:55 p.m.

SAT 10:10 a.m. - 12:00 p.m.

BEGINNERS - LEVEL II

(Ages 17 and over)

Members - \$110 Program Members - \$160

Students will learn the basic skills to save, store, organize, find, and use files effectively. The class will also include information on creating and renaming folders, finding misplaced documents, adding and removing programs and printers and basic computer maintenance.

TUE & THU 6:00 p.m. - 6:55 p.m.

OPENLAB HOURS

(Ages 17 and over)

**FREE for YMCA Members and
Computer Learning Center Program
Participants**

MON 10:00 a.m. - 11:00 a.m.

TUE 7:00 p.m. - 8:00 p.m.

SAT 1:00 p.m. - 2:00 p.m.

LEARNING THE INTERNET

(Ages 17 and over)

Members - \$110 Program Members - \$160

Feeling left behind on the information Superhighway?

Come learn about the Internet and the World Wide Web.

Class will also provide the basics of searching the Internet,

sending e-mails and learning to navigate different web sites.



TUE & THU 9:00 a.m. - 9:55 a.m.

MON & WED 7:00 p.m. - 7:55 p.m.

MICROSOFT OFFICE ADVANCED

(Ages 17 and over)

Members - \$110 Program Members - \$160

Learn how to use all office applications, including Microsoft Word, Excel and Powerpoint, as a powerful work-reducing tool that allows you to perform at your highest efficiency.

TUE & THU 12:00 p.m. - 12:55 p.m.

GET CREATIVE WITH MICROSOFT PUBLISHER

(Ages 17 and over)

Members - \$110 Program Members - \$160

Learn to make creative and colorful greeting cards, posters and more. A fun introduction to graphics.

MON & WED 11:00 a.m. - 11:55 a.m.

Computer Learning Center

*Marianne DeMarco, Technology Coordinator, can be reached at 718 551-9413
e-mail • mdemarco@ymcanyc.org*

WORD 2000 (Ages 17 and over)

Members - \$110 Program Members - \$160

Dress up your documents with Microsoft Word. Learn to create documents, edit and format text, correct spelling errors, and adjust the margins. You will also learn how to open, save, print files and more.

MON & WED 10:00 a.m. - 10:55 p.m.

MON & WED 8:00 p.m. - 8:55 p.m.

SAT 2:10 p.m. - 4:00 p.m.

EXCEL 2000 (Ages 17 and over)

Members - \$110 Program Members - \$160

This class will provide an introduction using Microsoft Excel 2000, a spreadsheet program for business and/or personal use. Learn how to create a simple spreadsheet, edit and format the spreadsheet and perform calculations.

MON & WED 12:00 p.m. - 12:55 p.m.

TUE & THU 11:00 a.m. - 10:55 a.m.

TUE & THU 7:00 p.m. - 7:55 p.m.

DIGITAL PHOTOGRAPHY / ADOBE PHOTOSHOP

(Ages 17 and over)

Members - \$110 Program Members - \$160

Explore types of digital cameras, what kind fits your needs, costs, (camera, software, printer, ink, etc.) Learn how to use your digital camera. View slide shows of your photos. Repair your photos. Print and e-mail pictures using software.

Look for flyers for more information.

INTERNET FOR CHILDREN (Grades 2 - 6)

Members - \$50 Program Members - \$75

Children will learn how to surf the Internet and stay safe online. Learn how to use the Internet to research for homework help and projects by using search engines and Internet sites.

TUE 6:00 p.m. - 7:00 p.m.



COMPUTER MAINTENANCE (Ages 17 and over)

Members - \$110 Program Members - \$160

Keep your computer problem free. If you take care of your computer it will take care of you. Learn about the basic maintenance procedures to keep your computer and you happy. Empty the temporary items and finally understand what cookies are. Defragment the computer to make it run faster. Discuss updates, viruses, Spyware, firewalls, and what to do with them.

TUE & THU 8:00 p.m. - 8:55 p.m.

SAT 12:10 p.m. - 2:00 p.m.

Individuals with Special Needs

Jean Dattner, Special Populations Programs, can be reached at 718 551-9325
e-mail • jdattner@ymcanyc.org

These programs were created in an effort to accommodate the needs of youth and adults with physical, emotional and mental challenges. Our goal is to support and enrich lives through inclusion or adaptive programming as needed.

Our facility is primarily barrier free. Locker rooms are adjacent to the pool. A lift is available for pool entrance and exit. The environment is warm for maximum comfort and relaxation in and out of the water. Participants are required to submit a doctor's note indicating that swimming and/or physical activity is permissible and making any suggestions as to indicated or contra-indicated activities.

The Y is committed to including all those who are interested in our programs regardless of ability to pay. Every effort will be made to provide scholarships when needed.

ARTHRITIS WATER EXERCISE

Members 1x \$40 • 2x \$60
Program Members 1x \$67 • 2x \$118
(times per week per session)

Gentle movements performed in warm water to increase or maintain range of motion, strengthen muscles and enhance overall fitness. Each exercise is designed to help a specific joint and its surrounding muscles. Exercise in water minimizes stress on joints and often helps decrease pain and stiffness. Class subject to cancellation due to insufficient enrollment.

MON 10:45 a.m. - 11:30 a.m.
FRI 10:45 a.m. - 11:30 a.m.

INSTRUCTIONAL WATER EXERCISE FOR ADULTS WITH DISABILITIES

FREE TO ALL MEMBERS

Program Members 1x \$70 • 2x \$100 • 3x \$120

Exercise, walking and swimming skills individualized to suit personal needs. Instruction is provided as well as time to practice. Enhance physical fitness, maintain/improve muscle tone and improve flexibility.

WED 10:30 a.m. - 11:30 a.m.
FRI 2:00 p.m. - 3:00 p.m.
SAT 2:00 p.m. - 3:00 p.m. *No instruction*

PRIVATE 1/2 HOUR SWIMMING

On Grant

10 Weeks Members - \$50 **Program Members** - \$70

Non-Grant

10 Weeks Members - \$80 **Program Members** - \$100

Taught by specially trained aquatic staff and personalized to suit the needs of each individual. Scheduled at the child's convenience, but coincides with a children's group swimming class.

*Note: There is a wait list for this program.

LESSONS FOR YOUTH WITH DISABILITIES

Scheduled individually by Jean Dattner.

HALLOWEENSOCIAL

For Youth & Adults with Special Needs

Thursday, October 27, 2005

7:30 p.m. - 9:00 p.m. Large Gym

Enjoy snacks. Music and socialization. Please RSVP to Jean Dattner or Jeanne Gervasi.

Individuals with Special Needs

Jean Dattner, Special Populations Programs, can be reached at 718 551-9325
e-mail • jdattner@ymcanyc.org

RESPITE FOR ELEMENTARY AGE MENTALLY CHALLENGED CHILDREN

On Grant

Members - \$60 Program Members - \$80

Non-Grant

Members - \$90 Program Members - \$120

Gym activities, swimming, arts and crafts and snack time; geared to children who can follow simple directions. All participants must be screened prior to the first class.

SAT 10:00 a.m. - 1:00 p.m.

INCLUSION

If you have a child with a disability who might benefit from mainstreaming in our Gym/Swim or aquatics programs contact Jean Dattner. Every effort will be made to place your child in an appropriate class.

CHAIRLIFT FOR POOL ENTRY/EXIT

A chairlift is available in the JK Pool.

HOLIDAY LUNCHEON

For Youth & Adults with Special Needs
Wednesday, December 7, 2005

12:00 p.m. - 2:00 p.m.

Large Gym

Enjoy a holiday lunch with all the trimmings. Music and socialization. Please RSVP to Jean Dattner.

RESPITE FOR MENTALLY CHALLENGED TEENS AND ADULTS

On Grant

Members - \$60 Program Members - \$80

Non-Grant

Members - \$90 Program Members - \$120

A maximum effort is made to provide 3 hours of fun, fitness and skill enhancing activities; calisthenics, volleyball, T-ball, basketball, swimming and water games, etc. Ages 16 to 45 years. Sliding Fee Scale.

SAT 1:00 p.m. - 4:00 p.m.

SPECIAL OLYMPICS TRAINING

No Fee. Registration required. Tryouts required.

Land Sports: Starts September 14

WED 6:00 p.m. - 7:00 p.m.

Swimming: Starts September 21

WED 7:00 p.m. - 7:30 p.m.

FALL GREENKILL TRIP

For Youth & Adults with Developmental Disabilities

Dates to be announced

Bus departs at 4:00 p.m. Friday and returns Sunday at 4:00 p.m. Hiking, nature study, crafts, sports, evening social and cafeteria dining.

Calendars

SEPTEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Redeem Your Coupon on Page 52</i>				1	2	3 Teen Center
					No Programs August 29 - September 11	
4	5 No Programs Close at 1pm Labor Day	6	7	8	9	10 Teen Center
No Programs August 29 - September 11						
11	12 Fall Session Begins Adult Intro to Racquetball	13	14	15	16 Parents Night Out	17 Teen Center
18 Harmony 5K Walk/Run	19	20	21	22 Autumn Begins	23 Family Night Kickball	24 Teen Center
25	26	27	28	29	30 Parents Night Out	

Calendars

OCTOBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Teen Center
2	3	4	5	6	7 Parents Night Out	8 Teen Center
9	10 Autumn Golf Classic	11	12	13	14 Family Movie Night	15 Teen Center Family Service Day
16 Jr. Development Tennis Tournament		18	19 S.T.A.R. Theatre Tea	20	21 Parent Night Out	22 Teen Center
Community Health Awareness • October 15 - October 21						
23	24	25	26	27 Special Needs Halloween Social	28	29 Hallowfest
Same day, time & level registration for Gym/Swim & Youth Swim Lessons						
	30	31				

Calendars

NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4 Parents Night Out	5 Teen Center
Same day, time & level registration for Gym/Swim & Youth Swim Lessons						
6 Registration Y Members	7	8	9	10 Registration Currently Enrolled Program Members	11 Family Scavenger Hunt	12 Teen Center
13 Member Longevity Brunch	14 Registration for New Participants	15	16	17	18 Parents Night Out Family Health & Wellness Weekend	19 Teen Center International Dinner Dance
20 Fall Session Ends	21 Winter I Session Begins Adult Intro to Racquetball	22	23	24 Thanksgiving CLOSED	25	26 Teen Center
National Family Week • November 20 - November 26						
27	28	29	30			

Calendars

DECEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Parents Night Out	3 Teen Center
4	5 Try a new class this week	6	7 Special Populations Holiday Luncheon	8	9 Family Bingo Night	10 Teen Center
11	12	13	14 Holiday Luncheon	15	16 Parent Night Out Tree of Love	17 Teen Center
18 Breakfast with Santa	19	20	21	22	23	24 Christmas Eve Close at 1 pm
25 Christmas Day CLOSED	26	27	28	29	30	31 New Year's Eve Close at 1 pm
No Programs December 24 - January 1						

Calendars

JANUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 New Year's Day CLOSED	2	3	4	5	6 Parents Night Out	7 Teen Center
8	9	10	11	12	13 Family Iron Chef Night	14 Teen Center
15	16	17	18	19	20 Parents Night Out	21 Teen Center
Same day, time and level registration for Gym/Swim & Youth Swim Lessons						
22 Registration Y Members	23	24	25	26 Registration Currently Enrolled Program Members	27	28 Teen Center
29	30 Registration for New Participants	31				

Events

HARMONY 5K WALK/RUN

Sunday, September 18, 2005

Free to all.

9:00 a.m. (*Rain or Shine*)

Registration begins Monday, August 1, 2005.
Pre-register by 9/4 and receive a free t-shirt.
For more information contact Nita Zackson at
718 551-9337.

COMMUNITY HEALTH AWARENESS

October 15 - 21, 2005

Receive FREE health information and screenings.
Look for flyers for more information.

FAMILY HEALTH & WELLNESS WEEKEND

November 18 - 20, 2005

Look for flyers for more information.

AUTUMNGOLF CLASSIC

Monday, October 10, 2005

Glen Head Country Club

For more information contact Marianne DeMarco
at 718 551-9314.

S.T.A.R. THEATRE TEA

Wednesday, October 19, 2005

\$8 per person

12:00 - 2:30 pm

Large Gym

An afternoon of entertainment from S.T.A.R theatre
group accompanied by desserts and refreshments.

DEFENSIVE DRIVING

Look for upcoming dates - October 2005

7:00 p.m. - 10:00 p.m.

\$45 - per person

Learn how to drive defensively, lower your insurance
liability and collision by 10%, reduce up to 4 points
from your license and be a safer driver. Must attend
both classes. For more information contact Carol
Cimilluca, Member Services Director at
718 551-9327.

HALLOWFEST

Saturday, October 29, 2005

FREE TO ALL

Look for flyers for more information.
Experience a spooky night at the YMCA.

NATIONAL FAMILY WEEK

November 20 - 26, 2005

Celebrate National Family Week at the Cross Island
YMCA. Look for flyers on special activities through-
out the week.

Events

MEMBER LONGEVITY BRUNCH

Sunday, November 13, 2005
11:30 a.m. - 1:00 p.m.

Celebrate your membership anniversary. Invitations will be mailed to members celebrating their 10 year and above anniversary. Contact Carol Cimilluca, Member Services Director at 718-551-9327 if you'd like information on attending.

TREE OF LOVE

Friday, December 16, 2005
\$10 per light • 5:00 p.m.

The Tree of Love is a beautiful way to honor someone who is far away or someone who is close by and "Lights up your Life." Proceeds support our Kid to Camp program and are tax-deductible. For more information contact Marianne DeMarco at 718 551-9314.

HOLIDAY LUNCHEON

Wednesday, December 14, 2005
Members - \$6 Program Members - \$8
12:30 - 2:30 pm • Large Gym

Enjoy a holiday lunch with all the trimmings. Music, dancing and socialization.

BREAKFAST WITH SANTA

Sunday, December 18, 2005
9:00 a.m. - 10:00 a.m.

Members - \$3 per person
Program Members & Guests - \$5 per person

Enjoy breakfast, arts & crafts and games, plus photo opportunity with Santa.

Y TRIP MEETINGS

A brown bag lunch group meets approximately every 2 months. Open to members and guests. Discussions include upcoming events and excursions including lectures, theatrical performances and trips. Light refreshments served. Look for flyers on our bulletin boards for dates and information on future bus tours. For more information contact Nita Zackson, Senior Ambassador at 718 551-9337.

A Gift for you and yours...

One Week - FREE!
at the Cross Island YMCA

Gift a relative, friend or colleague with this coupon.
Offer valid September 12 - October 31, 2005

238-10 Hillside Avenue • Bellerose, NY 11426 • 718 479-0505

18 & up with photo i.d. Families welcomed. One promotion per person per calendar year.

Membership Application



APPLICATION FOR MEMBERSHIP YMCA OF GREATER NEW YORK

PHOTO ID REQUIRED

NAME	MS. MRS. MR.	FIRST NAME	M.I.	LAST NAME	
	STREET		APT.	HOW DID YOU HEAR ABOUT THE YMCA? (PLEASE CHECK) <input type="checkbox"/> Friend/Family <input type="checkbox"/> Other <input type="checkbox"/> YMCA Member <input type="checkbox"/> Promotion <input type="checkbox"/> Internet <input type="checkbox"/> You're a Previous Member <input type="checkbox"/> Publication (Please specify) <input type="checkbox"/> Walk By Branch	
CITY	STATE	ZIP CODE			
HOME PHONE	DATE OF BIRTH	GENDER			
HOME E-MAIL	BUSINESS PHONE	BUSINESS E-MAIL			
PARENT / COMPANY NAME		WHAT PROMPTED YOU TO JOIN? (PLEASE CHECK) <input type="checkbox"/> Branch Tour <input type="checkbox"/> Guest Pass <input type="checkbox"/> Staff Member SPECIAL PROMOTION (PLEASE CHECK) <input type="checkbox"/> 12 Days of Fitness <input type="checkbox"/> Winter Special <input type="checkbox"/> Summer Special <input type="checkbox"/> Ready Fit Program <input type="checkbox"/> Branch Open House <input type="checkbox"/> Other _____			
EMPLOYEE	POSITION				
	STREET				
	CITY	STATE	ZIP CODE		
EMERGENCY CONTACT INFORMATION	NAME	RELATIONSHIP	PHONE NUMBER		
	I WOULD LIKE TO VOLUNTEER FOR (PLEASE CHECK) <input type="checkbox"/> FUNDRAISING <input type="checkbox"/> YOUTH PROGRAM <input type="checkbox"/> FITNESS DUFF <input type="checkbox"/> OTHER _____				
THIS INFORMATION IS FOR STATISTICAL PURPOSES ONLY:					
RACE (CIRCLE ONE) WHITE BLACK HISPANIC AMERICAN INDIAN OR ALASKAN ASIAN OR PACIFIC ISLANDER					
HOUSEHOLD INCOME (CIRCLE ONE) 0-\$13,999 \$14,000-\$24,999 \$25,000-\$39,999 \$40,000-\$54,999 \$55,000-\$74,999 \$75,000-OVER					
FAMILY MEMBERS					
NAME (LAST IF DIFFERENT)		BIRTHDATE	GENDER	RACE	EMPLOYER
SECOND ADULT 1.					
CHILDREN 2.					
3.					
4.					
5.					
6.					

LAST NAME

FIRST NAME

MEMBER NUMBER

Membership Application



APPLICATION FOR MEMBERSHIP YMCA OF GREATER NEW YORK

PHOTO ID REQUIRED

Our Mission:

The YMCA of Greater New York is a community service organization which promotes positive values through programs that build spirit, mind and body, welcoming all people, with a focus on youth.

Code of Conduct:

At the YMCA of Greater New York, we expect staff, members and guests to behave in accordance with our mission and values at all times, respecting the rights and dignity of others.

At the YMCA we demonstrate Respect, Responsibility, Honesty and Caring by:

- Speaking in respectful tones; refraining from the use of vulgar or derogatory language.
- Resolving conflicts in a respectful, honest and caring manner; never resorting to physical contact or threatening gestures.
- Respecting others by refraining from intimate behavior in public; abstaining from contact of a sexual nature.
- Respecting the property of others; never engaging in theft or destruction.
- Creating a safe, caring environment; never carrying illegal firearms or devices.
- Participating in programs to build a healthy spirit, mind and body; never engaging in the use, sale, dispensing or possession of illegal drugs or narcotics, or the unsanctioned use of alcohol on YMCA premises.

Adherence to the YMCA Code of Conduct and regulations is essential. Noncompliance may result in suspension or termination of YMCA membership privileges.

Membership Draft Rollover:

Membership is continuous. Near the anniversary of your membership, you will receive a letter listing membership fees for the next year. All members paying by bank or credit card draft will have their payments roll over automatically at the end of the year unless you give your YMCA Branch Membership Office 30 day written cancellation notice.

Replacement of Lost ID

A \$10 replacement fee will be charged for lost membership cards.

Guest Passes (Adults Only) Excluding branches at capacity (South Shore) or peak times at other branches

Adult members and family members receive free guest passes annually if branch capacity allows. All guests must present valid photo identification. Members must accompany guests while in the facility.

Cancellations

Cancellations require a 30-day written notice prior to monthly draft date. Bank drafts and credit card payments must be cancelled no later than the 2nd day of the month for the draft to be cancelled for the following month.

1. For protection, the YMCA advises against bringing items of value onto the premises.
The YMCA is not responsible for lost or stolen valuables.
2. I have read and understood the conditions of membership and agree to adhere to the YMCA's code of Conduct.
3. I have received the Physical Activity Readiness Questionnaire (PAR-Q) Form.

Signature

Date

MEMBERS MUST PRESENT THEIR MEMBERSHIP CARD & SWIPE EACH TIME TO GAIN ENTRANCE TO THE BRANCH

Giving & Volunteer Opportunities

*Bernadette Lee, Director of Resource Development, can be reached at 718 551-9318
e-mail • blee@ymcanyc.org*

HERITAGE SOCIETY

Please consider joining the Cross Island YMCA Heritage Society. By making a gift to a favorite cause or charity, you are linking your name in perpetuity with those ideals and goals with which you strongly identify.

There are many ways to become a member of the Y's Heritage Society and to establish an Endowment Fund

- an outright gift of cash, securities, or tangible personal property
- a deferred gift – proper planning can save estate taxes
- a provision in your Will directing a percentage or fixed amount to the Y
- name the Y as a primary beneficiary of your life insurance policy
- transfer ownership of your life insurance policy to the Y
- create a tax-deductible trust that can provide you with income generated for life – and gift to the Y in the future.

VOLUNTEER OPPORTUNITIES

Our programs and services are greatly enhanced by the dedication and support of teen and adult volunteers. Share your knowledge, enthusiasm and guidance by helping us provide values-based programs as a non-profit, community service organization.

- Clerical
- Child Care
- Individuals with disabilities
- Special Events
- Sports
- Photography
- Committees
- Board of Managers
- Fundraising
- Journalism
- Public relations
- Newspaper clipping
- Peer Mentoring

Volunteer applications are available at the Member Registration Desk.



Our Board, Values & Code of Conduct

OUR VALUES

Respect

Welcoming and treating all people with the highest quality is the key characteristic of our YMCA. We demonstrate a high regard for individuals with an appreciation of their skills, talents and opinions.

Responsibility

We set and achieve the highest standards for our facility, member service programs, fund-raising, communications, and financial efforts. Every member, donor, volunteer, and staff shares in the YMCA's success. Responsibility entails recognizing and accepting implicit and explicit accountability for one's choices, decisions, and actions.

Caring

Treating every member, donor, volunteer, and staff with fairness is our highest expression of caring. We value concern for others, including expression of appreciation for professional and personal needs, while recognizing exceptions.

Honesty

Demonstrating truthfulness, reliability and trustworthiness through words and actions.

OUR CODE OF CONDUCT

At the Cross Island YMCA, we expect staff, members and guests to behave in accordance with our mission and values, respecting the rights and dignity of others.

We speak in respectful tones, using honorable language. We do not use vulgar language or shout.

We are responsible for resolving conflicts using respect, honesty and caring. We do not resort to physical contact or threatening gestures.

We respect differing attitudes in regard to public, intimate activities. We do not engage in sexual activity or sexual contact within the facility.

We respect the property of others and insure that all are able to benefit from the use of YMCA property. We do not steal.

We are all responsible for creating a safe, caring environment. We do not carry weapons or use devices in a harmful manner.

We are responsible for following YMCA guidelines pertaining to attire, use of equipment and facility, membership, and locker room procedures. We do not ignore these guidelines.

We participate in YMCA programs to build a healthy spirit, mind and body. We do not use drugs, alcohol, or smoke in or near the building.

Strict adherence to the Code of Conduct is essential.

Non-compliance may result in suspension or termination of membership.

OUR BOARD OF MANAGERS

Daniel Gerstman, Chair
Harvey Gerstman Associates

Marie Cutrone Smith, Vice Chair
Consolidated Edison

Andrew Bose, CPA, Treasurer
Andrew Bose, CPA

Bruce Abbate, Secretary
LMNPrinting

Harmon Arond
Retired

Thomas Early
Health Plus

George Franke
Mr. Ribbon, Inc.

Kathy Gibbons
Laffey Associates

Chenetta Hagin
Washington Mutual

Leslie Lerner, A.I.A.
The Beechwood Organization

Karen Meraglia
Commerce Bank

Neal Modi
Cordial Realty Group

Rishi Modi
Student

Thomas Murn
Answer Vending

Kennedy Mykoo
CitiMortgage

John T. O'Reilly
Bulova

Charles Siglain
Benjamin Moore

ADVISORY BOARD

Thomas Diana
Charles Neuman
Sen. Frank Padavan
James Wrynn

Giving Opportunities

CAPITAL CAMPAIGN FOR KIDS

The future wears a child's face today.
You can brighten it with a generous gift to the Cross Island YMCA Capital Campaign for Kids.

On behalf of kids, we have launched our largest fundraising campaign ever – a legacy building effort to renovate and expand our current facilities to increase our capacity to serve the community.

FUND RAISING GOAL - \$1.05 Million

Total Project Cost:
\$6 Million

We hope to raise \$1,050,000 in the local community. This \$1,050,000 will be matched by the YMCA of Greater New York. Other resources – which include government support, the plant fund and capital reserves – will add another \$3,900,000.

For more information contact James L. Sanders, Executive Director at 718 479-0505 ext.104

2005 STRONG KIDS CAMPAIGN

Last year, the Cross Island YMCA served over 14,000 youngsters through After School Child Care, Summer Camp and other values-based programs. The need to provide scholarships grows each year. Please help the YMCA ensure that no child is turned away.

Enclosed is a tax deductible gift in the amount of: \$

Charge my: VISA MasterCard American Express

Account Number

Expiration Date

Signature

Name of Cardholder

Please mail your contribution to:

Name

Cross Island YMCA
238-10 Hillside Avenue
Bellerose, NY 11426

Address

City

State

Zip

Cross Island YMCA

238-10 Hillside Avenue
Bellerose, NY 11426

Tel (718) 479-0505
Fax (718) 468-9568

www.ymcanyc.org/crossisland

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