Apply today for Sept 2020, so your child isn’t left out!

For children born in 2016, you can choose from 2 locations:

1) 990 Pelham Parkway South (Code: 11XAPP)
2) 2222 Wallace Avenue (Code: 11XAPQ)

3 Ways to Apply:
1) By phone: (718) 935-2009
2) Visit any DOE Family Welcome Center
3) Online: MySchools.nyc

Need help? You can always stop by Bronx House for assistance with your online and over-the-phone application. You can also pick up a copy of the Pre-K Directory book.

990 Pelham Parkway South Bronx, NY 10461 718.792.1800 • bronxhouse.org
To Schedule a Tour or RSVP for an Info Session, Contact:
Natasha Khan at ext. 264 or earlychildhood@bronxhouse.org

SPRING OPEN HOUSE
FREE!

Saturday, March 7 | 11am–3pm
Face Painting • Bounce House • Games • Arts ‘n Crafts
Program Demos • Fitness Demos & Assessments

BIG SAVINGS ON CAMP, FITNESS & ALL GROUP CLASSES!

Discounts valid March 7–14, 2020
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Visit bronxhouse.org

Spring Hours thru June 27
Building
Mon-Fri: 8am-9pm
Sat & Sun: 8am-5pm

Business Office Hours
Mon-Fri: 8:30am-7:45pm
Sat & Sun: 8am-4:45pm

Summer Hours - June 28-Sept. 4
Building
Mon-Thur: 8am-9pm
Fri: 8am-7pm
Sat: 8am-4pm
Sun: 8am-12pm

Business Office Hours
Mon-Thur: 8am-7:45pm
Fri: 8am-6:45pm
Sat: 8am-3:45pm
Sun: Closed

Holiday Closings/Hours
Thursday, April 9 & Friday, April 10, 2020
Passover
Open for Fitness, Aquatics, Vacation Program

Sunday, April 12, 2020
Easter Sunday - Closed

Saturday, May 23, 2020
Memorial Day Weekend
Fitness, Gym, Aquatics - 8am -12pm

Sunday, May 24, 2020
Memorial Day Weekend
Fitness, Gym, Aquatics - 8am -12pm

Monday, May 25, 2020
Memorial Day - Closed

Friday, July 3 & Saturday, July 4, 2020
Independence Day - Closed

Monday, September 7, 2020
Labor Day - Closed

Annual Maintenance Closings
Bronx House is committed to making your experience more comfortable and enjoyable. We will be closing different areas of the facility for our annual maintenance and improvements.

August 24, 2020
Pool, Gym, Fitness Center Close
Subject to change.

All departments will reopen on Wednesday, September 9, 2020 - Subject to change.
Executive Staff

Howard Martin
Chief Executive Officer
ext. 224
howie@bronxhouse.org

Amee Abusch
Chief Operating Officer
ext. 220
amiee@bronxhouse.org

Alberto Cruz
Chief Program Officer
ext. 222
alberto@bronxhouse.org

Christopher DeGiulio
Director of Finance
ext. 243
chris@bronxhouse.org

Leon Davis
Managing Director, Children, Youth & Family Programs & Day Camps
ext. 232
leon@bronxhouse.org

Olga Martinez-Atkinson
Managing Director, After School Programs
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olga@bronxhouse.org

Ronnie Bruno
Tween & Teen Director
(718) 792-1800, ext. 229
ronnie@bronxhouse.org

Jessica Cruz
Aquatics Director
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jessica@bronxhouse.org

Tomas Ithier
Building Operations Director
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tomas@bronxhouse.org

Natasha Khan
Early Childhood Director
ext. 239
natasha@bronxhouse.org

Susan Martinez
Bronx House Afterschool Director
ext. 259
susan@bronxhouse.org

Maxxi Prather
PS 105 ASP Coordinator
(718) 824-7350, ext. 1641
maxxi@bronxhouse.org

Omari Rambert
Bronx Park Middle School Site Director
(917) 580-2818
omari@bronxhouse.org

Arisleidy Ruiz
Fitness & Wellness Director
ext. 244
ari@bronxhouse.org

Caprice Saul
Pelham Academy M.S. Site Director
(917) 580-1437
caprice@bronxhouse.org

Octavia Vaughn-Wilson
Bronx Green Middle School Site Director
(646) 787-6026
octavia@bronxhouse.org

Kiki Walton
Wallace Pre-K for All Education Director
(718) 653-1044
kiki@bronxhouse.org

Administrative/Program Staff

Janet Anderson-Bott
BH Pre-K For All Education Director
ext. 249
janet@bronxhouse.org

Lisa Agosto
Senior Services Assistant Director
ext. 228
lisa@bronxhouse.org

Holley Bartlett-La Sala
School for Performing Arts Director
ext. 236
holley@bronxhouse.org

Daniela Breton
Senior Services Director
ext. 225
daniela@bronxhouse.org

Board of Directors

Chairman of the Board
John Usdan*

President
Mark J. Hausner

Vice Presidents
Manoj Pardasani, Ph.D.
Mark Rubin
Adam Weiss

Treasurers
Mathew Rubin
Mindy L. Grant

Secretary
Ed Friedman

Vice President Emeritus
Kenneth H. Treitel, D.D.S.

Secretary Emeritus
Lawrence Prospect**

Chairman of the Board Emeriti
Elias Karmon**
Martin E. Messinger*
Blanche C. Rifkin**

Directors
John Beres
Richard A. Brook
George Carmel*
Ed Friedman
Mindy L. Grant
Mark J. Hausner
Nargis Hilal
Myron J. Meadow
Manoj Pardasani, Ph.D.
Kirstie Reynoso
Mark Rubin
Mathew Rubin
Richard S. Sharan
Kenneth H. Treitel, D.D.S.
John Usdan*
Adam Weiss
David Weiss

Honorary Directors
Joseph R. Lasser**
Mark D. Litt**
Henry Morgenthaler

* Past President
** Deceased
THANKS TO OUR PARTNERS

Our Mission
As a community center, Bronx House offers dynamic educational, health, recreational and cultural programs that are enriching and meaningful. Guided by our Jewish communal values and traditions, Bronx House welcomes all people to engage in opportunities to lead a better life.

Bronx House would like to thank our partners in the community for helping to support our mission.

Bronx House Board of Directors

UJA-Federation of New York

United Neighborhood House

FOJP Service Corporation

City and State Funding Sources
NYS Child and Adult Care Food Program
NYC Department for the Aging
NYC Department of Cultural Affairs
NYC Department of Education
NYC Department of Youth and Community Development
NYS Council on the Arts
NYS Office of Children & Family Services
NYS Office of Homeland Security

Foundations
Con Edison
Hyde & Watson Foundation
Music for Youth
New York Yankees Foundation
Sports for Youth
Washington Square Fund

Elected Officials
NYC Councilman Mark Gjonaj
US Congresswoman Alexandria Ocasio-Cortez
NYS Senator Alessandra Biaggi
NYS Assemblywoman Nathalia Fernandez
Bronx Borough President Ruben Diaz Jr.

Partners in the Community
49th Precinct NYPD
49th Precinct Neighborhood Coordination Officers
49th Precinct Community Affairs Officers
Allergic To Salad
American Red Cross
B-PECA
Bronx Advocates for Justice
Bronx Community Planning Board #11
Bronx Green Middle School
Bronx Jewish Community Council
Bronx Park Middle School
Dignity of Children
Girls Inc.
Girls Scouts
Henry Kaufmann Campgrounds
Hudson River Museum
IDNYC
INCLUDEnyc
JCC of Pelham Parkway
The Jewish Board
MOMA
Music for Autism
New Amsterdam Fencing Academy
New York Blood Center
New York Botanical Garden
New York Public Library
NYC Board of Elections
NYC Department of Education Learning Partners
Partnership for After School Education (PASE)
Pelham Academy of Academics and Community Engagement
Pelham Parkway Neighborhood Association
PS 105
Rampapo for Children
ReelAbilities Film Festival
Riverdale Children’s Theatre
Silver Sneakers
Temple Hatikva
Washington Heights YM-YWHA
<table>
<thead>
<tr>
<th>Spring 2020 Session</th>
<th>Summer 2020 Session</th>
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<tbody>
<tr>
<td><strong>Monday</strong> March 16, 23, 30 April 6, 20, 27 May 4, 11, 18 June 1</td>
<td><strong>Monday</strong> June 29 July 6, 13, 20, 27 August 3, 10</td>
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<tr>
<td><strong>Tuesday</strong> March 24, 31 April 7, 21, 28 May 5, 12, 19, 26 June 2</td>
<td><strong>Tuesday</strong> June 30 July 7, 14, 21, 28 August 4, 11</td>
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<td><strong>Wednesday</strong> March 25 April 1, 8, 22, 29 May 6, 13, 20, 27 June 3</td>
<td><strong>Wednesday</strong> July 1, 8, 15, 22, 29 August 5, 12</td>
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<tr>
<td><strong>Thursday</strong> March 26 April 2, 23, 30 May 7, 14, 21, 28 June 4, 11</td>
<td><strong>Thursday</strong> July 2, 9, 16, 23, 30 August 6, 13</td>
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<tr>
<td><strong>Friday</strong> March 27 April 3, 24 May 1, 8, 15, 22, 29 June 5, 12</td>
<td><strong>Friday</strong> July 10, 17, 24, 31 August 7, 14, 21</td>
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<tr>
<td><strong>Saturday</strong> March 21, 28 April 4, 25 May 2, 9, 16, 30 June 6, 13</td>
<td><strong>Saturday</strong> July 11, 18, 25 August 1, 8, 15, 22</td>
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<tr>
<td><strong>Sunday</strong> March 15, 22, 29 April 5, 26 May 3, 10, 17, 31 June 7</td>
<td><strong>Sunday</strong> June 28 July 12, 19, 26 August 2, 9, 16</td>
</tr>
</tbody>
</table>

**SAVE THE DATE!**

**SPRING OPEN HOUSE**
Saturday, March 7
**Why Bronx House?**
When you belong to Bronx House, you become part of a larger community. Whether you like to swim, play hoops, dance, work out or enjoy a class, we’ll make sure you have the ultimate experience. Your membership includes use of the fitness center, pool, sauna, gym, fitness classes and free workshops. Family members also receive discounts on classes and other special activities offered throughout the year, including Day Camp.

**Membership Information**
Members receive a membership card upon registration. You must present photo identification in order to obtain a membership. To protect your membership privileges, you will be required to scan your card each time you enter the facility and fitness center. **MEMBERS WILL NOT BE ADMITTED WITHOUT THEIR MEMBERSHIP CARDS.** There are no children under 13 allowed in the Fitness Center. There is a $20 charge for replacement of lost cards.

**Payment Options**
Our auto-payment plan via credit card or bank charge makes it easy and convenient to enjoy your membership. All payments are billed on the first of the month. There are various payment plans to choose from and members who pay their membership in full will receive a discount off the full membership price. If payment is returned for insufficient funds or if a payment is received late, a service fee of $35 will be added to the payment amount.

**Guest Policy**
Members receive 2 FREE guest passes upon initial registration to be shared with family and friends. Guests are also welcome to enjoy our fitness and swim facilities. Guests may purchase a one day guest pass for $15 or a one day Fitness Class Pass for $10 in our main office. Guests must present a photo identification card in order to obtain a guest and/or class pass.

**Membership Refund Policy**
- Memberships are non-refundable, except within three days of purchase.
- Membership may be frozen or extended one time each year for a minimum of 1 month and maximum of 3 months with a valid medical note.
- Memberships can be canceled with proof of move of more than 25 miles from the facility without a cancellation fee.

**Cancellations**
All requests for refunds and cancellation of membership must be in writing. Annual memberships renew automatically unless written notice is given prior to renewal.

A cancellation fee of $250 will apply to monthly and semi-annual payment categories for those that want to cancel their membership prior to the expiration date.

**Class Information**
All classes must be paid in full at registration. Bronx House reserves the right to cancel any class or activity. If a class is canceled before it begins, all tuition and insurance payments will be refunded in full; once a class begins, all refunds will be pro-rated. Bronx House further reserves the right to combine classes in the event of insufficient registration. Classes are subject to a minimum enrollment. There will be a $25 late fee for participants who register on or after the first day of classes.

Member rates for programs and classes are available for Bronx House family members.

**Special Discounts**
Sibling/Parent Discount: Any family that has one child registered at the full rate will receive a 10% discount on subsequent registrations.

**Group Classes Only**
MULTI-CLASS DISCOUNT: Register for two or more simultaneous 10-week sessions and receive a 10% discount on the second registration.

Please note that discounts can’t be combined.

**Class Refund Policy**
If a participant drops out of a class prior to its start, a refund will be issued. No tuition refunds will be granted after the first class except for medical reasons. If there is a medical reason, the participant must provide a doctor’s note within two weeks and will receive a prorated tuition refund or credit. All credits must be used within our fiscal year (July 1–June 30).

All requests for refunds must be in writing.

All refunds are subject to a $35 administrative charge. Insurance fees are non-refundable (except for program cancellations).

**Scholarships Available**
We offer a limited number of scholarships in some of our programs. Please feel free to inquire about these scholarships when registering for a program. All information provided to us is kept confidential.
Annual Memberships are valid for one year from date of purchase.

Couples must reside in the same home and provide proof.

Family is defined as up to two adults with dependent children up to age 24 living in the same home.

30 days notice required for cancellation on “No Contract” membership.

Monthly payment option automatically rolls over into another full year once membership expires, unless we receive 30 days written notice of cancellation.

All requests for cancellations must be emailed to ari@bronxhouse.org

MEMBERSHIP FEES

<table>
<thead>
<tr>
<th>Membership Category</th>
<th>One Year Commitment Monthly</th>
<th>One Year Commitment Semi-Annual</th>
<th>One Year Commitment Full</th>
<th>No Contract Month to Month</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult</td>
<td>$47</td>
<td>$270</td>
<td>$530*</td>
<td>$57</td>
</tr>
<tr>
<td>Adult Couple</td>
<td>$55</td>
<td>$315</td>
<td>$600*</td>
<td>$63</td>
</tr>
<tr>
<td>Single Parent Family</td>
<td>$55</td>
<td>$315</td>
<td>$600*</td>
<td>$63</td>
</tr>
<tr>
<td>Family</td>
<td>$65</td>
<td>$365</td>
<td>$700*</td>
<td>$74</td>
</tr>
<tr>
<td>Tween/Teen</td>
<td>N/A</td>
<td>$80</td>
<td>$150</td>
<td>N/A</td>
</tr>
<tr>
<td>Senior</td>
<td>N/A</td>
<td>$115</td>
<td>$220</td>
<td>N/A</td>
</tr>
<tr>
<td>Senior Couple</td>
<td>N/A</td>
<td>$190</td>
<td>$370</td>
<td>N/A</td>
</tr>
</tbody>
</table>

Registration Fee
$50/Individual
$100/Couple, Single Parent Family, Family Fee is paid upon initial registration.

Trial Membership
Unsure if Bronx House is right for you? A 1-month trial membership is available for $50 (one time only).

Bronx House Membership Perks
- Come in after your 6th Family membership payment and receive a $100 credit towards any Bronx House children’s program, including Performing Arts, Aquatics, Early Childhood, Youth Sports, and Weekend Enrichment.
- Single Parent Family membership will receive a $75 credit towards any Bronx House children’s program, including Performing Arts, Aquatics, Early Childhood, Youth Sports, and Weekend Enrichment after your 6th payment.
- Healthy Living Workshops
- Monthly Membership Deals

SUMMER SPECIAL! 3 Months (May 26–Aug 23) Only $89 | Adults & College Students only (18+)

PRICE FREEZE!

Spring/Summer 2020 • 718.792.1800 • bronxhouse.org
Our **4,000 square foot state-of-the-art Fitness & Wellness Center** offers an amazing selection of programs and services that will get you the results you’re looking for. With plenty of support and encouragement from our professional staff, we’ll make sure you reach your goals and have the best possible experience. No matter what your fitness level is, if you’re looking to make a positive lifestyle change, Bronx House will get you started!

### Amenities
- 4,000 square feet
- Cardio, Machines, Free Weights
- Over 30 instructor-led Group Exercise Classes
- Sauna
- Indoor Pool
- Gymnasium/Basketball Court

For information on our Pool, Gymnasium, and Group Exercise schedules, visit www.bronxhouse.org.

### Fitness Center Schedule

<table>
<thead>
<tr>
<th></th>
<th>Mon-Fri: 8:30am-8:45pm</th>
<th>Sat: 8:30am-4:45pm</th>
<th>Sun: 8:30am-4:45pm</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Summer Hours</strong></td>
<td>Mon-Thurs: 8:30am-8:45pm</td>
<td>Fri: 8:30am-7pm</td>
<td>Sat: 8:30am-3:45pm</td>
</tr>
</tbody>
</table>

- Teen Hours: Mon-Fri: 3pm-Close • Sat & Sun: All Day
- Teens must be 13 years old to have access to the Fitness Center.
- The above schedule is subject to change based on membership interest or lack thereof. Membership cards must be presented upon entry and throughout the building. Locker rooms close 15 minutes after the Fitness Center closes.
- Children under the age of 13 are not allowed in the Fitness Center or allowed to participate in Group Fitness Classes.

### Orientation
Included with every new membership is a complimentary 30-minute introductory session with a fitness attendant, upon request. Please contact ari@bronxhouse.org if interested.

### On-Site Personal Training
Achieve your fitness goals safely and efficiently by working with one of our Certified Personal Trainers. Whether you’re looking to shed pounds, maintain weight, gain muscle, or develop healthier habits, our trainers are here to help you make it happen!

### Why Personal Training?
A personal trainer will assess your fitness needs and create a personalized workout that will get you moving toward your goals safely, effectively, and efficiently.

If you’ve never worked out in a gym before, having the safe direction of a personal trainer can make you more confident in your program and encourage you to stay more consistent with it. If you are a seasoned gym-goer, a personal trainer can introduce you to new and exciting challenges to help you pass your original goals and become even more fit and healthy! Personal Training is only offered to members. Visit bronxhouse.org for Personal Training rates.

### Health & Wellness Events
Our fitness department is always planning new and exciting fitness events throughout the year. Look for postings and flyers throughout the center to keep you in the loop about all new fitness events. Visit bronxhouse.org and follow us on Facebook and Instagram.
Group Exercise Fitness Classes
Fitness classes encompass a variety of formats that engage people of all ages and levels of fitness experience. All weekly classes are FREE to members age 13 and up (4 and up for specific children’s classes). For a complete description of classes and current schedules, visit bronxhouse.org.

Types of Fitness classes:

Cardio:
Theme Spin, Water Works, Boot Camp, Tabata, Spin Lite

Mind/Body:
Yoga Flow, Meditation, Vinyasa Yoga, Yoga-lates, Yin Yoga

Zumba:
Zumba, Zumba Gold, Zumba Toning,

Strength/Conditioning:
Senior Conditioning, TRX Interval, HITT, Pilates,
Core Crusher, Strong by 30

Kids Yoga
Bring balance and focus to your child’s life.

If you are not a member, but would like to participate in a class, we offer a 1-day class pass to the community for $10.

Aqua Fitness Classes
Members only

Water Works
Enjoy the soothing effect of the water as you exercise in the shallow end of the pool in this completely non-impact aerobic workout. Non-swimmers welcome.

Aqua Fit & Dance
A fun water-based exercise class that provides cardio-conditioning, body-toning, and is gentle on the joints. An exhilarating experience!

Silver Sneakers
Members of Participating Medicare Health Plans can join the nation’s leading fitness program for seniors.

These trademarked group exercise classes are designed for older adults ready to have fun and get fit! Classes incorporate gradual self-paced exercises and can be performed from a seated position although there may be some standing for balance improvement.

In addition to Group Exercise classes, Silver Sneakers members receive all out access to our Fitness Center and heated-indoor swimming pool.
The best community pool in town!
Whether you're looking for energizing water exercise classes, swim lessons, lap swimming or even recreational swimming, our heated indoor pool has something for all ages, needs, and abilities. Special hours in the pool are reserved for families, teens, and adult male and female only swim times, private swim lessons & private swim lessons for children with autism.

General Swim
We offer a variety of recreational/lap swims for all ages. Lap lane rules will be enforced at the discretion of the lifeguard on duty and MUST be followed. Our goal is to keep the pool at 83-85 degrees, depending on the season. All swimmers must shower before entering the pool. Any swimmers over 3 years of age must wear a swim cap. Any child under the age of 9 must be accompanied by an adult inside the pool.

Bronx House Swim Academy
Bronx House Swim Academy is proud to offer the newly updated American Red Cross Swimming and Water Safety programs, which combines the best in swim instruction with an even stronger emphasis on drowning prevention and water safety. From our water babies to our oldest students who want to learn how to swim, the Bronx House Swim Academy has you covered!

Members: $190    Community: $245 plus $20 insurance fee

Parent Toddler Swim Classes
The goal of parent/child classes is to teach safe behavior in and around the water and develop swimmer readiness for future swim lessons. Classes are run in a group setting focusing not only on comfort but creating a fun atmosphere where young swimmers learn and grow while having a great time. Water Babies through Water Sprites require a parent's involvement in the water. CHILDREN MUST WEAR A SWIM DIAPER, NOT DISPOSABLES. ALL ADULTS MUST WEAR A SWIM CAP.

Deck Policy
In an effort to maintain a safe and clean learning environment in our Aquatics Center, all families must remain in the lobby area while lessons are being conducted. Parents will be allowed to drop off children with aquatic staff at the pool entrance 5 minutes before instruction begins. All students must shower & wear a swim cap.

Make-Up Classes
Bronx House strives to meet all our swimmers’ needs. However, make-ups for one missed swim class will only be available for Private Lessons if we are notified in advance. No make-ups will be offered for Group Lessons.
Parent & Child Aquatics

Stage 1: Water Babies P/C 6-18 mos. (30-min)
Using songs, games and play children learn water-based motor skills such as kicking, arm movements, floating and blowing bubbles. All activities are designed to make babies more comfortable in the water.

Stage 2: Water Tots P/C 18-24 mos. (30-min)
Swim skills, such as breath control, proper kicking and arm movement, jumping into and climbing out the pool are taught. At this age repetition is key in learning. Focusing on a few skills per class and repeating them in a fun way is the best way for Tots to learn.

Stage 3: Advanced Water Tots P/C 26-36 mos. (30-min)
For toddlers who are comfortable in the water, this parent/child class begins to transition children to unassisted swimming. Essential skills such as kicking, arm movement, breath control and floating on both the stomach and back. Swimmers must be comfortable with putting their face in the water to be in this class.

Swim evaluation is not necessary for the above levels.

Preschool Aquatics

Level 1: Water Sprites PSA 3-4yrs (30-min)
This class is designed for those 3 or 4 year olds who are more independent and do not need parent involvement or those who have completed Advanced Water Tots. Through repetition and games, a variety of skills are introduced including bobbing, breath control, streamlining and the basics of freestyle. All swimmers must be comfortable separating from their parent or guardian.

Level 1: Olympic Sprites PSA 5 yrs. (30-min)
This class is designed for 5 year olds who are more independent & do not need parent involvement. Through repetition & games, a variety of skills are introduced including bobbing, breath control, streamlining & the basics of freestyle. All swimmers must be comfortable separating from their parent or guardian.

Level 2: Super Sprites PSA 3-4 yrs. (30-min)
Participants must have successfully passed Water Sprites to be registered for this class. In our advanced class, more independent swimming is explored as participants learn to build a foundation of swim technique with arm movements, continued effective kicking on their front & back as well as breathe control.

Level 3: Advanced Super Sprites PSA 4-5 yrs. (30-min)
Focuses more advanced techniques to prepare the participants for the older class Level. Child must be comfortable putting their heads in the water & should have the basic swim ability.

Swim evaluation is not necessary for these levels.
Swim Classes for Youth & Teens
ages 6-16 years old

Bronx House is proud to offer the American Red Cross Water Safety programs. The Bronx House learn to swim program consists of six comprehensive levels that teach swimmers of varying abilities how to swim skillfully and safely. All aquatic and safety skills are taught in a logical progression. The objective is to teach the youth to be water safe & strong swimmers. For the higher levels, to train those that would like to join a swim team or become a lifeguard in the future. If you do not know which level to sign up for, please speak with Bronx House Aquatics Director to conduct a swim evaluation.

Learn - to - Swim (all classes below - 45 min)

Level 1: Introduction to Water Skills (A 6-9 yrs) (B 10-16 yrs)
Helps participants feel comfortable in the water. Students are learning face submersion into the water, floating on their backs, streamline slides & the basic of the Front Crawl. Using their arms and legs in rhythm with bubble blowing while wearing a flotation device for 10 -20 yards.

Level 2: Fundamental Aquatic Skills (A 6-9 yrs) (B 10-16 yrs)
Gives participants success with fundamental skills. Students are comfortable swimming the Front Crawl with a flotation device and putting their faces in the water. Learning the Elementary Back Stroke & Back Stroke. Developing skills to remove any flotation devices for 10 yards & retrieving object from under 3-5 feet of water.

Level 3: Stroke Development (A 6-9 yrs) (B 10-16 yrs)
Builds on the skills in Level 2 through additional guided practice in deeper waters. At this level participants must be comfortable putting their faces in the water and rheumatic breathing. Retrieving objects from under 5-7 feet of water. Able to swim Front Crawl, Back Stroke, and Elementary Back Stroke for 23 yards & Thread water for at least 15 seconds. Breast Stroke will be introduced.

Level 4: Stroke Improvement (A 6-9 yrs) (B 10-16 yrs)
Develops confidence in the skills learned and improves other aquatics skills. All strokes are reviewed with distance swimming Front Crawl, Back Stroke, Elementary Back Stroke; Breast Stroke, Threading water for 20-30 seconds and Butterfly will be introduced.

Level 5: Stroke Refinement (10-16 yrs)
Provides further coordination and refinement of strokes. All stroke level are refined for distance and timed. Flip turns, open turns & diving are introduced.

Level 6: Swim Clinic/ Pre-lifeguard training (10-16 yrs)
Refines the strokes so participants swim them with ease, efficiency, power and smoothness over greater distances all strokes from prior levels. Competitive swimming is implemented and basic Lifeguard training.

Swim evaluation is necessary for these levels.

CPR, AED, Lifeguarding Course
May/June - Dates/Time TBA
If interested, contact jessica@bronxhouse.org
**Adult Swim Classes 17 years & older**
Whether you never got a chance to learn how to swim or you want to advance your techniques and skills. You’re never too old to learn or improve. We offer Adult Classes to suit your needs.

**Adult Classes (45 min)**

**Level 1: Adults Introduction to Aquatic Skills (17 yrs+)**
Helps participants feel comfortable in the water. This class is designed to start you off at the basics, taking small steps to overcome big challenges. Basic skills, such as face submersion, back floating, basic kicks and arm movements are taught at a pace that suits older less experienced swimmers. Our Red Cross certified instructors take the time to overcome your fears and work diligently to create comfort in the water.

**Level 2: Adults Stroke Development (17 yrs+)**
Builds on the skills in Level 1 through additional guided practice in deeper waters. The Intermediate course is designed for the adult who knows the basics of swimming but wants to improve their stroke and techniques. The class progresses at the pace of the swimmers and is done in way that builds not only ability but comfort in the water.

**Level 3: Adults Stroke Refinement (17 yrs+)**
Provides further coordination and refinements of strokes. This class is for Adults who have finished the Adult Stroke Development class. The main focus of the lessons will be on continuing to build & improving the newer stroke techniques & distance swim.

**Private Lessons, Semi-Private Lessons**
Offered to participants over the age of 3. Participant/s is/are able to choose the day and available time. Private lessons are one on one and offered for those who feel like they need a more personal attention. All private lessons last 30 minutes, are per-scheduled, for a total of 10 lessons, and are first come first serve. All of the instructors are Red Cross certified Instructors and have considerable experience working with swimmers of all ages and ability levels. To register for a private class, please speak with the Aquatics Director. We offer Semi-Private lessons, but the swimmers must be registered together. Please speak with the Aquatics Director to find an available time slot. We reserve the right to substitute for an instructor when they are out.
Swim evaluation is not necessary for private lessons.

**Private Fees:**
- **Members:** $280
- **Community:** $340

**Semi-Private Fees:**
- **Members:** $230
- **Community:** $290
  (per student/2 students)

**Private Swim Lessons for participant with Special Needs**
For our young swimmers with any physical or mental disabilities we offer Special Needs Swim Program. These classes are conducted as Private Lessons on Fridays and last 30 minutes. All classes are taught by some of our more experienced swim instructors who have spent many years working with students with all different ability levels. The register for our Special Needs Swim Program, please speak with the Aquatics Director to find an available time slot.

Please be sure to read our-make-up policy.
Summer Fun at Bronx House
For children ages 2.6-4
The program is designed to help transition children into our day camps. Some of the activities the children will be engaged in while at Bronx House are:

- Community picnics on the Parkway
- Visits to the local library
- Neighborhood nature walks
- Cooling off time in sprinklers
- Arts & Crafts

Fun Bunch
For children entering Kindergarten - 2nd Grade
Fun Bunch is a place for young children to learn, grow, and explore in the outdoors. Each day is a new opportunity for campers to let their curiosity and creativity run wild. Your child’s first years at camp will be filled with experiences they will never forget!

- 2 Swims Daily (Instructional & Recreational Swim)
- Archery
- Yoga
- Summer Learning - Reading
- Gardening & Nature
- Boating
- Cookouts & Late Nights
- Day Trips (2 per session)
- Special Celebrations (Carnival, Olympics)
- Dance & Music
- Sports, Games & Miniature Golf
- Arts & Crafts
- Ga-Ga
- Tennis

2020 Summer Camp Dates
Full Summer: Monday, June 29–Tuesday, August 18
(36 Camp Days)
1st Session: Mon, June 29–Fri, July 24 (19 days)
2nd Session: Mon, July 27–Tues, August 18 (17 days)
General Camp Hours: 7:45am-5:30pm
(depending on bus assignment)

Adventurers
For children entering 3rd-4th Grade
Adventurers offers an amazing opportunity for growing campers to participate in an exciting and constructive camp experience. Campers discover their own interests while participating in activities and trips that allow them to create new friendships and lasting memories! Includes all of the exciting activities as Fun Bunch Camp, with additional, age appropriate trips.

- Splashdown Water Park
- FDR State Park
- Lake Quassy Amusement & Water Park
- Discovery Museum
- Bear Mountain State Park
- Maritime Aquarium
- Liberty Science Center
- High Ropes Course
- Summer Learning - Reading

Located at
Henry Kaufmann Campgrounds
Pearl River | Rockland County

Located at HKC
We have Air Conditioned Buses and offer Early Drop-Off & Late Pick-Up!

Located at HKC
Spring/Summer 2020 • 718.792.1800 • bronxhouse.org
**Explorers**
*For children entering 5th-6th Grade*

Explorers provides the ultimate camp experience for 5th and 6th grade children. Campers expand their horizons and find new interests through activities, programs, and trips that are both challenging and fun. This is an experience your child can’t miss!

Includes most of the exciting activities as Adventurers Camp, and thrilling day trips too! Here’s what we’ve done in the past:

- Dorney Park & Wildwater Kingdom
- Bear Mountain
- Bowling
- Ice Skating
- iPlay America
- Camelback Mountain Waterpark
- Rockland Pool
- Mountain Creek Water Park
- Exciting Overnights
- Summer Learning - S.T.E.M.

**Teen Travel Camp**
*For Tweens & Teens entering 7th-10th Grade*

In this unique and exciting experience, tweens and teens will participate in programs that are fun, challenging, exciting and educational. Teen Travel Camp will provide memories that will last a lifetime while broadening your child’s horizons.

Teens attend trips 4 days/week and enjoy 1 day/week at our beautiful campgrounds at HKC. There will also be two great extended overnight trips to Philadelphia and Club Getaway - Berkshire Mountains, as well as exciting day trips. Here’s what we’ve done in the past:

- Mountain Creek Waterpark
- Camelback Mountain Waterpark
- Lake Compounce Amusement Park
- Dorney Park
- Ice Skating
- Bowling
- Rockland, FDR, and Bear Mountain Pools
- Historical Landmarks
- Sunken Meadow
- Leadership Workshops
Our program serves children entering Kindergarten to 6th grade. Bronx House aims to help improve your child’s academic performance, as well as promote healthy lifestyles, social skills, literacy skills and service to the community. We look forward to an exciting year where your child can grow, learn, and play.

After School Activities
Homework Help • Literacy • Arts & Crafts • Weekly Swimming • Dance • S.T.E.M. • Club Activities Project-Based Learning • Sports Clinic

After School Info

Days of Operation
The After School Programs operate Monday-Friday. Our program schedule corresponds closely with the New York City Department of Education Schedule. No afterschool programming is offered on DOE scheduled half days.

Program Hours
Monday-Friday, 3-6:30pm

Bus Pick-up
Bronx House buses pick up children at P.S. 76, 83, 89, 96, 97, 105, 108, 121, 153, St. Lucy’s, Van Nest Academy, Icahn Charter Schools and other community schools or you may drop off at Bronx House.

Discounts:
Pay in Full: Participants who pay in full will receive 10% off the full after school fee.

Family Membership:
All After School families will receive a 25% discount off Family Memberships.

Sibling Discount:
Any family with one child registered at the full ASP fee will receive a 25% discount off of the second child.

Financial Assistance
Financial Assistance is available through the Advantage Grant, which is sponsored by the New York State Office of Children and Family Services. Families interested in applying need to make an appointment to fill out income verification information.

To apply, please call Susan Martinez: (718) 792-1800 ext. 259.

For more information about after school programs in Bronx Park, Pelham Academy, Bronx Green and PS 105, please call 718-792-1800 ext. 263
Bronx House After School at P.S. 105

Grades K-5
Our program aims to improve children’s academic performance, physical activity and healthy lifestyle habits, while also promoting positive social and emotional growth, and service learning. We foster an environment where children can learn, play and grow together.

After School Activities
Homework Help • Literacy • Arts & Crafts
Monthly Swimming • Dance • S.T.E.M. • Club Activities
Project-Based Learning • Sports Clinic

P.S. 105 Program Days/Hours
Mondays-Fridays from school dismissal until 5:45pm.

After School Info

Days of Operation
The After School Programs operate Monday-Friday. Our program schedule corresponds closely with the New York City Department of Education Schedule. No after school programming during DOE scheduled half days.

SONYC Middle School Programs
Through SONYC (School’s Out NYC) funding from the Department of Youth and Community Development, we are excited to offer free after school programs at:

• Bronx Park Middle School
• Bronx Green Middle School
• Pelham Academy for Community Engagement and Academics

Students will participate in activities geared towards middle schoolers, including Robotics, STEM/STEAM, Dance, Theatre, Sports Clinics, Step, and Cooking Classes.

The after school program is open to students who attend any one of these schools. Participants do not need to go to these schools to participate in SONYC. Please stop by the school, check out our website or call us for registration information.

Program Hours
Monday-Friday, 2:20-5:30pm

Discounts:
Pay in Full: Participants who pay in full will receive 10% off the full after school fee.

Family Membership:
All After School families will receive a 25% discount off Family Memberships.

Sibling Discount:
Any family with one child registered at the full ASP fee will receive a 25% discount off of the second child.

Financial Assistance
Financial Assistance is available through the Advantage Grant, which is sponsored by the New York State Office of Children and Family Services. Families interested in applying need to make an appointment to fill out income verification information.

To apply, please call (718) 824-7350 ext. 1641.

Fees for P.S. 105 After School Program
Please contact olga@bronxhouse.org
The Early Childhood Center
The Early Childhood Center is designed to cater to families and their young children through a variety of classes that appeal to children 18 months – 36 months old. Our goal is to create a fun, enriching and supportive environment where parents and caregivers can develop an understanding of their babies and toddlers’ capabilities.

Step-Up
For children ages 2.9-4.0
(maximum 12 children)
9am-12pm
Options: 2 days per week:
(Tues & Thurs or Mon & Wed)
Or 4 days per week (Mon-Thurs)

This class is designed to prepare you children to step into Pre-Kindergarten for the following year. Children will be introduced to centers areas such as art, dramatic play, literacy, science, and gross motor skill building through play and the Creative Curriculum.

Members: 2 days $375  4 days $700
Community: 2 days $500   4 days $875
Plus $20 insurance fee

Exploring with My Grown-Up
For children ages 18-36 months
(accompanied by their grown-up)
Choose Fridays or Saturdays, 10:30-11:30am

Grown Ups and their little ones gather together for 60 minutes of exploration, games, and singing. Join us for all 5 classes or sign up for the class that best fits your schedule.

Spring Semester - 5 Great Themes!
Color Splash: Friday, April 3 & Saturday, April 4
Going Around in Circles: Friday, April 24 & Saturday, April 25
Move and Groove: Friday, May 8 & Saturday, May 9
Roar like a Lion: Friday, May 29 & Saturday, May 30
Buggin’ Out: Friday, June 12 & Saturday, June 13

Members: $30 per class  Community: $35 per class

Summer Fun at Bronx House
For children ages 2.6-4
Choose from hours 9am-12pm, 9am-3pm, and 8am-6pm

Looking for something fun and exciting for your pre-schooler this summer? Bronx House is proud to offer Summer Fun, a 6-week activity-filled summer program that revolves around 6 different summer-inspired weekly themes. Children will also enjoy cooling off in the sprinklers, picnicking on the Parkway, and playing in our Early Childhood playground. They will engage in neighborhood trips, classic children's games, and activities that are enriching enough to create a love for learning, and exciting enough to spark a love for Summer!

For more information, please contact our Early Childhood Department at (718) 792-1800 ext. 264
Children Age 4 Born in 2016  
Mon-Fri: 8:30am-2:50pm  
We are proud to offer Full Day Pre-K For All (PKA) program in conjunction with the NYC Dept. of Education. Our PKA program offers a warm, nurturing, and stimulating atmosphere where children can learn new skills, meet new friends, and discover the joys of learning. Our DOE approved curriculum prepares children for kindergarten through a developmentally appropriate and engaging approach.

The Pre-K Classroom  
Our PKA classroom is designed for 18 children and contains one (1) head teacher and one (1) assistant teacher. Choose from two locations: 990 Pelham Parkway South and 2222 Wallace Ave.

Our school day is shaped by activities that are both, beneficial and enjoyable to children. Including, but not limited to:

- Fine and Gross Motor Activities  
- Learning Centers  
- Small Group Activities  
- Social and Emotional Development  
- Early Literacy and Phonemic Awareness  
- Arts & Crafts

Our program is licensed and approved by the New York City Department of Health and the New York City Department of Education. Program is subject to funding.

Extended Hours are Available:  
Monday-Friday, 8am-6pm at 990 location.  
Registration for Extended Day begins in August.  
Fee: $400/month  
Please call for further information.
**Tee Ball**
Saturdays, 10am
Ages 3-5

Children ages 3-5 learn the basics of tee ball, while having fun in a safe, nurturing, and enjoyable environment.

**Member:** $190   **Community:** $245 plus $20 insurance fee

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**Indoor Soccer**
Saturdays
Grades 1-6, Co-ed
Grade 1-3: 11am
Grade 4-6: 12pm

Bronx House indoor soccer offers boys and girls a program that teaches a variety of fundamental skills, such as agility, balance coordination, physical awareness, and social skills in a fun and nurturing environment. Skills are taught through the use of different soccer-related games and activities.

**Member:** $190   **Community:** $245 plus $20 insurance fee

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**Basketball**
Saturdays
Grades 1-6, Co-ed
Grade 1-3: 1pm
Grade 4-6: 2pm

Boys and girls will have fun developing and improving their skills and self-confidence, while learning rules, offense, and defense. All participants will receive t-shirts and awards upon completion.

**Member:** $190   **Community:** $245 plus $20 insurance fee

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**Fencing**
Saturdays
One class, 12pm

Register your child for this exciting and challenging Olympic sport of agility, speed, and sheer fun. Parents rave about this safe and little known sport, often called physical chess. Professional instructors will teach children the basics of holding the weapon correctly, improving balance, and attack and defensive moves. All equipment (mask, weapon, fencing jacket and glove) are provided.

**Member:** $200   **Community:** $275 plus $20 insurance fee

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**Doubleheader Special!**
Sign up for both Soccer & Basketball
SAVE up to $70!

**Member:** $300   **Community:** $400 plus $20 insurance fee
Family Events
Join us for a variety of engaging and entertaining activities the whole family can enjoy together. Family Events are free to all Bronx House Family Members.

Family Olympics
Saturday March 14 | 3-5pm
Put your family fitness skills to the test by competing in our fun and energetic fitness challenges. Activities are for all ages. Earn a family award!

Free w/Family Membership    Community: $10/Family

Family Arts & Crafts
Friday April 24 | 6:30-8:30pm
Create a variety of fun and interesting arts and crafts projects to take home.

Free w/Family Membership    Community: $10/Family

Family Movie Day
Saturday, May 2
3-5pm
Bring the family to Bronx House to view a popular and entertaining family movie on our 100” screen. Munch on popcorn and other refreshments.

Free w/Family Membership    Community: $10/Family

Enrichment Programs
Math & Literacy
Grades K-7 • Saturdays
Math & Literacy class helps children improve academically and maintain high levels of academic performance.

Group - Both or 2 hours of one subject
Member: $250    Community: $300 plus $20 insurance

One subject
Member: $190    Community: $245 plus $20 insurance

1-On-1 Tutoring
Our 1-on-1 tutoring program will give students the opportunity to improve their academic performance through individual instruction under the guidance of a certified teacher.

Family Member: $50/class (5 class minimum)
Community: $55/class (5 class minimum) plus $20 insurance
Grades K-7

During vacations, full day programming is available from 8am to 6pm. Children go on exciting trips to indoor amusements, science centers, bowling, museums, and other fun places. Days also include activities in the building, such as arts & crafts, sports, competitions, swimming, movies, and more!

Member: $60/day    Community: $70/day

2020 Holidays and Program Dates:
- Spring Recess: April 9-17
- Anniversary Day: June 4
- Clerical Day: June 9

More detailed program information will be available a month prior to the program date.

PLANNING A BIRTHDAY PARTY?

Planning a birthday party for your child? We offer pool and other fun birthday party options that are sure to please. Parties are held on Sundays between 11am and 2pm and include a party room along with a 1-hour activity of your choice.

Contact Angelica Garcia at (718) 792-1800, ext. 227 for more information and availability.

Pool Party:
- Members: $350
- Community: $400

All Parties require a $100 refundable deposit.
The Tween & Teen Center
The Bronx House Tween and Teen Center provides Tweens (grades 5-8) and Teens (grade 9-12) with the opportunity to be part of a fun, safe, academic and supportive youth program. We have many exciting programs. You can register for one or multiple free programs throughout the year.

The following programs are free and open to Tweens and Teens thanks to the generous support of the Department of Youth and Community Development and Councilman Mark Gjonaj. These programs run from November through April.

Tween Program
Grades 5-8
The tween program will operate Saturdays in the Tween Lounge. Tween lounge is a great place for students to complete homework, play table games and hang out with friends. STEM programming will also take place.

Tween Lounge
Saturdays, 2-4pm

Saturday Night Live!
Mar 21, Apr 18, 6-8pm
Have nothing to do on Saturday night? Come in and bring a friend to be a part of Saturday Fun night. Each night will have a different theme, planned activities, and refreshments will be served.

Teen Program
Grades 9-12
College Tours
Bronx House offers 3-4 college tours throughout the school year for students in grades 9-12. Students will be exposed to colleges and universities in the Tri-State. Teens will have the opportunity to receive firsthand information regarding college life.

FREE SAT Prep Course
8 Saturdays | 3-hour classes starts March 14
SAT test date: Saturday, June 6
Students getting ready for college will benefit from Bronx House SAT Prep classes. Students will feel comfortable taking the exam, while learning strategies and techniques that will boost their score.

Teen Fitness
Ages 13 & up
Mon-Fri: 3pm-Close ▪ Sat & Sun: All Day
Please go to our website for current gym and pool schedule.
Heilbrunn Music School
Bronx House proudly continues our tradition of offering high quality music education geared to children and adults. Whether you are a serious music student or simply a music lover, we provide a wide range of programs to meet your interests and schedule. Our faculty of accomplished performers and seasoned educators provide stimulating and innovative lessons.

Private & Semi-Private Instruction
Private instruction consists of lessons where an individual student learns to play an instrument or to sing, developing technical skills and artistic abilities through one-on-one instruction. Semi-private lessons are for two students with one instructor. Instruction is available in the following instruments:

- Bass
- Cello
- Clarinet
- Drums/Percussion
- Flute
- Guitar
- Piano
- Recorder
- Saxophone
- Trumpet
- Voice
- Violin

Registration for private and semi-private music instruction is ongoing and offered in 10-week sessions.

Attendance Policy
Lessons missed by a teacher will be made up. Lessons missed by a student with 24 hours notice may be made up at the discretion of the teacher, for a maximum of one missed lesson.

Recitals
Private music students’ accomplishments are showcased in our winter and spring recitals. This offers all students the opportunity to perform for family and friends in a supportive and nurturing environment.

Spring Music Recital
Saturday, June 20, 1pm & 3pm
Group Instruction
Group lessons provide quality instruction in an affordable group setting (5-8 students). Not all classes are offered every session.

Group Class Policies
There are no refunds or make-ups for student absences. In the event that an instructor is unable to teach a class, when possible, a substitute instructor will be supplied and the class will be held. If a substitute cannot be secured, the class will be made up on the earliest date possible.

Scholarships
The Harriet and Robert Heilbrunn and Music for Youth Scholarship Funds provide a limited amount of partial and full scholarships for music lessons for students who qualify for financial assistance. To apply for a scholarship, please call (718) 792-1800, ext. 236.

Free Instrument Loans
The Tom Freston Instrument Lending Library
We are delighted to be able to offer instruments available for loan, free of charge, for use during lessons at Bronx House and practice at home.

Music Brigade
The Bronx House Music Brigade is a touring company of currently enrolled students who perform in local hospitals and nursing homes providing entertainment to residents and staff.

GROUP INSTRUCTION FEES

<table>
<thead>
<tr>
<th>Class</th>
<th>Fee</th>
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<tbody>
<tr>
<td>Members: $235 Community: $280</td>
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<tr>
<td>Plus $20 insurance fee</td>
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</tbody>
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- **Rhythm & Song**
  Ages 2.5-4

- **Pre-School Piano**
  Ages 4 & 5

- **Pre-School Violin**
  Ages 4 & 5

- **Beginner Violin**
  Ages 6-10

- **Beginner Piano**
  Ages 6-10

- **Violin Ensemble**
  Ages 10+

- **Rhythm Class**
  Ages 10+

- **Percussion Ensemble**
  Ages 10+

- **Children’s Chorus**
  Ages 7-11

- **Beginner Guitar**
  Ages 7-12

$25 late fee when you register on or after the 1st day of classes.

PRIVATE LESSON FEES

Private lessons are available for 30, 45 or 60 minutes and run for 10 weeks. Payment plan available.

- **30-minute lesson**
  Family Members: $350 Community: $380

- **45-minute lesson**
  Family Members: $455 Community: $505

- **60-minute lesson**
  Family Members: $525 Community: $610

SEMI-PRIVATE LESSON FEES

Semi-Private lessons are available for 30, 45 or 60 minutes and run for 10 weeks. The school does not provide the partner for semi-private lessons.

- **30-minute lesson**
  Family Members: $285 Community: $325

- **45-minute lesson**
  Family Members: $340 Community: $390

- **60-minute lesson**
  Family Members: $375 Community: $440

- All music lessons require a $20 insurance fee for Community.
- See page 7 for special discounts. All fees must be paid in full at registration to receive all discounts.
- One discount per student.
Welcome to The Dance Studio at Bronx House, where we offer a variety of dance classes which provide a strong foundation in diverse dance styles to children and youth of different ages and abilities. Our comprehensive and sequential approach fosters technique, artistry, and healthy exercise while our professional faculty provide individual attention in small class settings. Whether you are a first time student interested in a recreational activity or one who is considering dance as a profession, we have a class for you.

Classes for Children and Youth
Registration will open in May for our 7-week summer session. Our school-year schedule consists of two 15-week semesters. Check the office or website for our current schedule. Not all classes are offered every semester.

Our studio offers classes for youth in the following styles: Ballet, Tap, Jazz, Hip Hop, as well as a comprehensive Pre-School Dance program for ages 1.5-5. All students must be at minimum age by first lesson of session.

For more advanced and serious dance students, The Dance Studio offers STUDIO TO STAGE, open to all dancers in third grade and up who have at least one year prior dance experience. STUDIO TO STAGE is designed to improve technical training, introduce multiple dance styles, increase dance knowledge and history, and provide performance opportunities.

For individual class descriptions, schedules and more information on STUDIO TO STAGE please check our Dance Studio brochures, the Bronx House website, or call our office.

The Dance Studio Fees
Preschool thru age 17
Semester I and II (First or Second Semester Only)
Members: $260    Community: $335
Annual Rate if Paid in Full:
Members: $465    Community: $595
2 Payment Option:
Members: 2 payments of $250
Community: 2 payments of $325

• Plus $20 annual insurance fee for community
• There will be a $25 late fee for participants who register on or after the first day of classes
• Partial scholarships are available for those who qualify
• 10% Multi-Class or Sibling/Parent Discounts available

Pre School Dance Ages 1.5-5
• Creative Movement, 1.5-3 years
• Creative Ballet, 3-4 years
• Pre-Ballet, 4-5 years
• Pre-Ballet with Tap, 4-5 years

Dance Fundamentals Ages 5+
• Ballet Beginnings, 5 & 6 years
• Introduction to Classical Ballet, 6-9 years
  2nd grade and up or permission of instructor
• Ballet Level A, 8 years and up
  Pre-Requisite: Introduction to Classical Ballet (full year) or at least one year prior ballet experience.
• Ballet Level B, 10 years and up
  2 years ballet pre-requisite.
• Tap 1, 6-11 years
• Jazz 1, 6-11 years
• Jazz 1.5, 7-12 years (returning students only)
• Hip Hop 1, 6-11 years
• Hip Hop 2, 12 years and up
STUDIO TO STAGE Reperatory Company
Offered only during the school year
Open to students in 3rd grade and up and who have a minimum of one full year of prior dance experience.

Package includes the following class requirements depending on student level:
• Ballet Level A & Supplementary** & Repertoire*

  * Repertoire Class includes:
    The Nutcracker in Semester I and TBA in Semester II

  **Supplementary Dance Classes include:
    Tap, Jazz, Modern or Hip Hop

Package includes the following performance requirements for ALL LEVELS:
• The Nutcracker Variations
• Repertoire Variations in Spring Recital
• Outside Performance Opportunity

FEES: Includes Semester I & II (30 weeks Sept-May)

<table>
<thead>
<tr>
<th>Intro to Classical Ballet</th>
<th>Ballet Level A</th>
</tr>
</thead>
<tbody>
<tr>
<td>Members: $220/quarterly</td>
<td>$325/ quarterly</td>
</tr>
<tr>
<td>Community: $250/quarterly</td>
<td>$370/quarterly</td>
</tr>
</tbody>
</table>

• Quarterly payments: Sept/Nov/Jan/Mar

Check our website for upcoming information!

Dress Code
The Dance Studio at Bronx House has a required uniform to help students learn discipline, structure, and respect for themselves and their art form, and to help keep the attention on the instruction. All classes have their own designated color to highlight students' accomplishment as they progress from one level to another.

Centre Stage Boutique, located at 504 Fifth Avenue in Pelham (914) 738-9600 is a designated clothing and shoe provider for The Dance Studio at Bronx House, offering high quality at affordable prices. For your convenience, students can be sized during business hours at Centre Stage Boutique or during a Dance Studio session at Bronx House Fitting Day.

Spring Dance Recital
Sunday, June 7, Time TBA
Intro to Acting I
Ages 6-9
Through the use of theater games and improvisation techniques, Introduction to Acting I introduces young students to the basics of acting: Concentration, imagination and spontaneous expression. Through a sense of fun and exploring, children are encouraged to refine their listening skills and collaborate with one another.

Intro to Acting II
Ages 10-13
In addition to the goals stated in Introduction to Acting I, in Introduction to Acting II students will begin to explore the truthful use of self in imaginary circumstances. Beginning with exercises for relaxation, concentration, and sensitivity to other actors, techniques for moment to moment expression will be explored.

Monologue & Scene Study Workshop I
Ages 13+
This workshop offers a solid foundation for young actors who desire to develop new skills and techniques to excel at the craft of acting. An in-depth exploration of character, relationship, objectives & obstacles will be explored. End of term showcase and helpful guidance for those students preparing for auditions for NYC Specialized Arts High Schools, (Laguardia, Frank Sinatra, Talent Unlimited, Professional Children’s School, and others).

Monologue & Scene Study Workshop II
Ages 18+
This workshop is for adults seeking to discover their innate acting abilities, and can provide confidence for those who may use public relations/speaking in their professional activities and careers. This course offers the similar training to Monologue & Scene Study Workshop I, along with coaching and preparation for any students interested in exploring audition or performance opportunities.

15-week session
Members: $260  Community: $335 plus $20 insurance fee
Bronx House Weinberg Neighborhood Senior Center is a place for older adults to meet, stay healthy, have some fun and connect to a community. Adults aged 60 years and better are welcome to join us for light exercise, creative arts, weekly swim, health presentations, holiday parties, trips and a nutritious lunch. Our center has something for everyone!

Check out our activity calendar and menu at bronxhouse.org/senior-center

Senior Center Programs

Lunch Program
Spend your lunch hour with us in a welcoming environment, Monday through Friday at noon.

Meals are designed to help maintain a healthy lifestyle. The menu features traditional favorites and culturally inspired cuisine, as well as a daily alternative dish.

Adults 60 years of age and over are asked to contribute a suggested donation of $1.50. Those under 60 are welcome to join us as guests for $6.25.

Day Trips
Every month we offer several opportunities to get out of the neighborhood and explore other areas of the Bronx and beyond. Our outings include trips to museums, historic sites, and shopping trips.

Arts Programming
- Ceramics & Crafts
- Chorus
- Painting

Health & Wellness Programs
- Tai Chi & Yoga
- Stretching For Arthritis
- Senior Self Defense
- Nutrition Workshops & Health Education Speakers
- Weekly Support Groups by the Visiting Nurse Service of New York
- Tai Chi for Arthritis evidenced-based program
- Diabetes Workshop evidenced-based program

Computer Lab & Senior Technology Center
Our computer lab, equipped with 10 desktop stations, which are used for open computer time and instructional lessons to enhance computer skills. The technology center holds a smart television, telephone conferencing equipment and chairs designed for all body types and mobility ranges. A great place for members to take advantage of classes!

Transportation
Transportation to the Senior Center is available in the immediate area. Please contact the Senior Center for more info: (718) 792-1800, ext. 228.

Bronx House Weinberg Neighborhood Senior Center is funded by Bronx House, the NYC Department for the Aging, and Councilman Mark Gjonaj.
JEWISH PROGRAMMING

Daniela Breton, Senior Services Director • daniela@bronxhouse.org • (718) 792-1800, ext. 228

The Jewish holidays bring families, friends, and neighbors together to pray, remember traditions, and celebrate festivals as a community. Join the Bronx House community to share in a joyous celebration as we observe highlights of the Jewish calendar this Fall and Winter.

Holiday Programs for Seniors & Families

Purim Party
Tuesday, March 10, 11am
Purim celebrates the deliverance of the Jewish people in the ancient Persian Empire, where a plot had been formed to destroy them. Come dressed in costume or just as you are.

Model Seder
Sunday, April 5, 11am
Before the holiday of Passover begins, we will host a model Seder. This symbolic meal will feature a multi-course feast of roasted chicken, matzah, charoset, gefilte fish, pickles, and more. Traditional Seder is led by Rabbi Moshe Fuchs.

Please call in advance to register at (718) 792-1800, ext. 228.

Temple Hatikva
Kyle Cherry, Cantor | Stephen Schwartz, President

Bronx House is thrilled to continue our partnership with Temple Hatikva – a Reform/Conservative congregation that serves anyone of the Jewish faith, interfaith individuals or families, and anyone else interested. We invite you to join them for their traditional, yet modern services, adult education sessions, trips, and other events.

Please feel free to contact Cantor Kyle Cherry for your spiritual needs by email at cantorkyle@outlook.com or the synagogue at templehatikva@aol.com or via the temple’s website at www.templehatikva.com.
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