SAVE THE DATES!

Registration Days
These are the days to SAVE BIG, learn about our PROGRAMS, meet STAFF, and take TOURS!

Tours will be available by appointment only due to COVID-19.
All participants must adhere to social distancing requirements and wear their face mask throughout the tour.

EARLY-BIRD & ONLINE SAVINGS!
Register for Fall Programs • Tues, Sept 22

Members: $20 Off | Community: $30 Off | Discounts available Sept 22 - Oct 3
Discounts cannot be combined with other offers and registration must be for a class within the same department.
You must be currently enrolled in a class or be a Bronx House Family Member in order to receive this discount.
Does not apply to private classes.

Fall Registration Day
Saturday, Oct 3 • 11am-2pm

WINTER REGISTRATION
Saturday, Dec 12 • 11am-2pm
Discounts valid from December 7–13, 2020

Fitness Membership Special
$0 Registration Fee!
Adult, Adult Couple, Family and Single Parent Family Memberships

Discounts on all Group Classes
$20 Off Member
$30 Off Community
Save up to $500 Off Day Camp!
Full season with $500 deposit.

REGISTER EARLY
Classes Fill Up!

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Classes Fill Up!
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Visit bronxhouse.org

Building Hours
Mon-Fri: 8am-9pm
Sat: 9am-12pm (Temporary Hours)
Sun: Closed (Temporary Hours)

Business Office Hours
Mon-Fri: 8:30am-7:45pm
Sat: 9am-11:45am (Temporary Hours)
Sun: Closed (Temporary Hours)

Holiday Closings
Monday, September 7
Labor Day - CLOSED

Friday, September 18
Erev Rosh Hashanah - CLOSING AT 7PM

Saturday, September 19
Rosh Hashanah - CLOSED

Sunday, September 20
Rosh Hashanah - CLOSED

Monday, September 28
Yom Kippur - CLOSED

Thursday, November 26
Thanksgiving Day

Friday, November 27
Day after Thanksgiving
Fitness, Gym, Aquatics - Open 9am-12pm

Thursday, December 24
Christmas Eve - CLOSING AT 6PM

Friday, December 25
Christmas Day - CLOSED

Thursday, December 31
New Year’s Eve - CLOSING AT 6PM

Friday, January 1, 2021
New Year’s Day - CLOSED

Join the conversation!
Executive Staff

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

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Chief Operating Officer
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Wallace Pre-K for All Education Director
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BH Pre-K For All Education Director
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Lisa Agosto
Senior Services Assistant Director
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lisa@bronxhouse.org

Anne Cohen
School for Performing Arts Director
ext. 236
anne@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
Matthew 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* **

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John Beres
Richard A. Brook
George Carmel*
Ed Friedman
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Mark J. Hausner
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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 Morgenthau**

* 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
Capital One Bank
Con Edison
Hyde & Watson Foundation
Music for Youth
New York Yankees Foundation
Rethink Food
Sephardic Foundation
Sports for Youth
The New York Community Trust
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
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
Ramapo for Children
ReelAbilities Film Festival
Riverdale Children’s Theatre
Silver Sneakers
Temple Hatikva
Washington Heights YM-YWHA
Young Israel of Pelham Parkway Jewish Center
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<th>Winter 2021 Session</th>
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<tr>
<td></td>
<td>December 6, 13</td>
<td>March 7, 14, 21</td>
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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. Please note that all members must adhere to Bronx House face mask and social distancing policies due to COVID-19.

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
As a safety precaution due to COVID-19, we will not be allowing guests until further notice.

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.

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
Due to the pandemic, we have increased our scholarships for those who have faced hardships (loss of work, etc) and will 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.

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.
WELCOME HOME!

We are delighted to announce the reopening of our Fitness and Wellness Center as of Thursday, September 10. We truly appreciated your past loyalty and patience as we safely reopen our facilities. We will begin our reopening in carefully planned phases. Here is what to expect during Phase One of our re-opening process.

Phase One: BEGINS THURSDAY, SEPTEMBER 10

HOURS OF OPERATION AND BOOKING APPOINTMENTS
Monday-Friday: 9am-12pm and 6pm-9pm
Saturday: 9am-12pm
Closed Sundays

We will be limiting our capacity to 33%, and all members must make an advance reservation to ensure usage. Only members with a reservation and valid membership card will be admitted. All members must scan in and out as per New York State requirements. Hours will be expanded if needed.

Reservations will be in 45-minute increments, with 15-minutes between time slots to allow for social distancing and time for staff to clean equipment. You can reserve your spot 24-hours in advance. PLEASE CALL 718-792-1800 ext. 0 to make a reservation. Walk-ins are welcome, provided we have not exceeded our limit. If we are at capacity, you will not be allowed entry.

Upon entry to Bronx House, all members and staff must answer a brief health screening and have their temperature taken. Anyone with a fever of 100 or higher will not be allowed in the building. Additionally, all members must sign a new waiver and “Code of Conduct.” Please bring your mask. All staff and members will need to wear a mask while inside Bronx House at all times. THIS IS A NYS REQUIREMENT. Please consider how it might impact your workout.

WHAT’S AVAILABLE
At this time, as per NYS and NYC guidelines, only our Fitness Center will be open. All other Fitness and Wellness facilities, including the gymnasium, swimming pool, and group exercise studios must remain closed. If you would like to use an exercise mat, please bring your own. We have removed many smaller items (bands, yoga blocks, etc.) to accommodate new regulations. Please feel free to bring your own.

Every other piece of cardio equipment (treadmills, bicycles, elliptical machines, etc.) will be available. The same policy will be in place for weight machines. Staff will implement a 30-minute time-limit when members are waiting for equipment. At this time, we are exploring the possibility of offering classes outdoors on Pelham Parkway. More to follow on this soon.

Bathrooms will be available on the mezzanine level only. At this time, locker rooms, showers, saunas, and family changing area will remain closed. Water stations will have the bottle-fill feature only. Please bring a bottle to fill.

CLEANING

You will see increased cleaning and sanitation protocols. We have installed Merv 13 filters on our HVAC system, as required by NY State. Signage reminding everyone to wipe down equipment before and after use, wash hands before and after working out, social distance, etc. will be posted throughout the Fitness Center.

WHAT’S NEXT? PHASE TWO

We anxiously await permission from NYC to resume use of our indoor pool and group exercise classes (land and water) in our second phase of re-opening. In addition, part of our Phase Two, we anticipate expanding hours, personal training, gymnasium activities, and increasing available spaces and times. We are committed to being diligent in our safety protocols, as well as our understanding that this is a very fluid and changing situation. We are prepared to adjust as needed. Please continue to check this page for updates.

RESERVATIONS

Because your safety is our top priority, we are using a reservation system to ensure we can adhere to all social distance requirements - so you can safely and confidently enjoy your return to fitness at Bronx House. Reservation information is above.

WILL THERE BE GROUP EXERCISE CLASSES?

It is likely that when we first open, we will NOT be able to hold group exercise classes. Current guidelines and recommendations do not allow for gatherings of more than 10 people indoors. This, in addition to social distancing, makes group exercise a challenge. We are looking for creative solutions to make this possible while adhering to all safety guidelines. For example, holding classes outside, running the same class multiple times (with cleaning in between) to allow for safer and broader participation.

CLEANING AND DISINFECTING

FOLLOWING NYS GUIDELINES FOR SAFETY

Fall/Winter 2020/21 • 718.792.1800 • bronxhouse.org
We are in the process of developing a comprehensive cleaning and disinfecting protocol that will use CDC/EPA-approved cleansers and follow best practices.

Our Fitness Center staff and Maintenance Clean Team will be wiping down, sanitizing, etc., our spaces and equipment throughout our hours of operation.

For your safety, deep disinfecting will be done when we are closed, and there is a substantial period of time (i.e. after closings) where nothing is touched after being cleaned. We secured an ample supply of cleaning materials, gym wipes, hand sanitizer, and soap.

WHEN WILL MY MEMBERSHIP RESUME AND WHAT DO I NEED TO DO?
As of September 4, if you did not cancel your membership (frozen), your membership will automatically be reactivated and you will be billed for September.

Here’s a quick recap on some of the important re-opening plans and protocols.

• Jessica Cruz, our Aquatics Director will oversee our re-opening. Please feel free to contact Jessica with any questions at jessica@bronxhouse.org
• No locker rooms facilities (including showers) or water fountains will be available.
• No Group-Ex classes or Swimming will be permitted at this time.
• Reservations in advance MUST be made to guarantee a time slot (45 min). We will expand our hours if needed.
• There will be a limit on the number of reservations accepted per time slot. Walk-ins will be accepted if space is available.
• MASKS MUST BE WORN AT ALL TIMES.
• ALL MEMBERS MUST BRING THEIR MEMBERSHIP CARDS AND SIGN IN AND OUT.
• Sorry, but for your (and everyone’s) safety, NO MEMBERSHIP CARD, NO ADMISSION. If you need to replace your membership card, you may purchase a new one in the main office.

Please watch our “WELCOME HOME” video and see how we’re ready for you!
### Membership Fees

<table>
<thead>
<tr>
<th>Membership Category</th>
<th>One Year Commitment</th>
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<td>Monthly</td>
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<tr>
<td>Senior Couple</td>
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</tr>
</tbody>
</table>

*Full Payment includes 13th Month Free & $0 Reg. Fee

### 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

### Notes
- 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 susand@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! Please note that all fitness members and guests must wear face masks, comply with hand washing and social distancing protocols. Workout sessions will be limited to 45 minutes.

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

For information on our Pool, Gymnasium, and Group Exercise schedules, visit [www.bronxhouse.org](http://www.bronxhouse.org).

**Fitness Center COVID-19 Schedule**

Mon-Fri: 9am-12pm and 6pm-9pm  
Sat: 9am-12pm  
Sun: Closed

- Teen Hours: Mon-Fri: 3pm-Close  
- 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 jessica@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 eblasts 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.

---

**FITNESS & WELLNESS**

Jessica Cruz, Interim Fitness Director  
jessica@bronxhouse.org  
(718) 792-1800, ext. 251

---

**Due to COVID-19, access to the Fitness Center will be LIMITED and FACEMASKS will be required.**
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!

Due to COVID-19, there are no Indoor GroupEx Classes

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. Please note that pool members will be expected to adhere to Department of Health guidelines. Locker room and family changing room is currently closed due to COVID-19.

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. All swimmers over 3 years of age must wear a swim cap. Child/ren under the age of 9 must be accompanied by an adult inside the pool. Child will be asked to exit the pool, if an adult is not in the water. NO EXCEPTIONS!

Bronx House Swim Academy
Bronx House Swim Academy is proud to offer the newly updated American Red Cross Swimming and Water Safety programs, which combine 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 Advanced Water Tots 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. All students must wear a swim cap and adhere to social distancing protocols. Lockers will be closed until further notice. Family changing area is closed due to COVID-19.

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. 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 24-36 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 breath control with rolling on back and stomach, proper kicking. Swimmers must be comfortable in the water to be in this class.

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 breath 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 objects 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 under 5-7 feet of water. Able to swim Front Crawl, Back Stroke, and Elementary Back Stroke. Developing skills to remove any flotation devices for 10 yards & retrieving objects from under 3-5 feet of water. Able to swim Front Crawl, Back Stroke, and Elementary Back Stroke. Developing skills to remove any flotation devices for 10 yards & retrieving objects from under 3-5 feet of water.

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, treading 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 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.
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. The main focus of the lessons will be on continuing to build & improve the newer stroke techniques and 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 are for those who feel like they need a more personal attention. All private lessons, 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 a special needs 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.

Due to COVID-19, our pool is CLOSED until NYC DOH allows us to reopen.
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
- Arts & Crafts
- Sports, Games, Miniature Golf, Ga-Ga, Tennis

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 (1 per week) and activities.

- 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

Located at Henry Kaufmann Campgrounds
Pearl River | Rockland County

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

2021 Summer Camp Dates
Pending on NYC DOE Calendar
Full Summer • Half Sessions
General Camp Hours: 7:45am-5:30pm
(depending on bus assignment)

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Pending on NYC DOE Calendar
Full Summer • Half Sessions
General Camp Hours: 7:45am-5:30pm
(depending on bus assignment)

Located at
Henry Kaufmann Campgrounds
Pearl River | Rockland County

2021 Summer Camp Dates
Pending on NYC DOE Calendar
Full Summer • Half Sessions
General Camp Hours: 7:45am-5:30pm
(depending on bus assignment)

We have Air Conditioned Buses and offer Early Drop-Off & Late Pick-Up!
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 State Park Pool
- Bowling
- Ice Skating
- iPlay America
- Camelback Mountain Waterpark
- Rockland Pool
- Mountain Creek Water Park
- Exciting Overnights
- Summer Learning - S.T.E.M.

Located at HKC

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

Watch out for our 2021 Camp Brochure this Winter!
NEW for 2021!

Located at HKC

NEW HOMEBASE (formerly shelters)

NEW POOL COMPLEX
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.

**Afterschool Activities**

Homework Help • Literacy • Arts & Crafts • Weekly Swimming • Dance • S.T.E.M. • Club Activities

Project-Based Learning • Sports Clinic

**Afterschool 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 Afterschool programs in Bronx Park, Pelham Academy, and Bronx Green, please call 718-792-1800 ext. 263

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**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 Afterschool programs at:

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

In light of learning that all SONYC programming will be remote for the Fall, students will participate in activities geared towards middle schoolers, including Robotics, STEM/STEAM, Dance, Theatre, Sports Clinics, Step, and Cooking Classes.

Due to Covid-19 concerns and the need for sanitizing, the Afterschool program will be operating remotely until further notice.
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)

The class is designed to prepare your child 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.

Fall Trimester Themes
Go with the Flow: Friday, Oct 9 & Saturday, Oct 10
The Colors of Fall: Friday, Oct 23 & Saturday, Oct 24
My 5 Senses: Friday, Nov 6 & Saturday, Nov 7
Land, Air & Water: Friday, Nov 20 & Saturday, Nov 21
Build a World: Friday, Dec 4 & Saturday, Dec 5

Winter Trimester Themes
Bundle Up: Friday, Jan 8 & Saturday, Jan 9
1, 2, 3 Count with Me Friday, Jan 22 & Saturday, Jan 23
Let it Snow: Friday, Feb 5 & Saturday, Feb 6
A-B-C Rock: Friday, Mar 5 & Saturday, Mar 6
Mix it Up: Friday, Mar 19 & Saturday, Mar 20

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

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.
Pre-K Fall Soccer & Winter Basketball
10 Saturdays beginning Oct 10, 10am
Ages 3-5

Children learn the basics of both soccer and basketball, while having fun in a safe, nurturing, and enjoyable environment.

Member: $190  Community: $245
Plus $20 insurance fee

Co-Ed Indoor Fall Soccer & Winter Basketball for Grades 1-6
10 Saturdays beginning Oct 10

Bronx House indoor soccer and basketball offers 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 and basketball-related games and activities.

Member: $190  Community: $245
Plus $20 insurance fee
With Kids Spending Less Time in School, Now is the Perfect time to Enroll Your Child in an Enrichment Program!

Enrichment Programs

Math & Literacy
Grades K-7 • Saturdays beginning Oct 10
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

Children Arts

Junior Chefs
Saturdays beginning Oct 10
Grades 4-6: 1pm-2pm
Grades 1-3: 2:15pm-3:15pm
This fun cooking class will teach kids the basics of proper food handling and preparation and basic cooking techniques beginning with kid-friendly recipes. Kids will be able to take home cooking projects and create a recipe book.

Member: $190  Community: $245, plus insurance: $20

Painting
Saturdays beginning Oct 10
Grades 4-6: 11am-12pm
Grades 1-3: 10am-11am
Learning to paint will create a burst of interest for painting, foster creativity, teach and strengthen fundamental painting techniques, and support their growth of skills for advanced learning.

Member: $190  Community: $245, plus insurance: $20

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 Cooking-Holiday Recipes
Saturday, November 14 | 3-5pm
This hands-on workshop will focus on a variety of tasty holiday recipes.

Free w/Family Membership  Community: $10/Family

Family Arts & Crafts
Saturday, March 13 | 3-5pm
Create a variety of fun and interesting arts and crafts projects to take home.

Free w/Family Membership  Community: $10/Family
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

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

We are currently waiting for NYC DOE Calendar.

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MUSIC
DANCE
VOICE
ACTING

SAVE $20-$30 OFF ANY 10-SESSION REGISTRATION Offer ends 10/3/20 with this ad

Call Now! 718.792.1800 or Visit bronxhouse.org

School for Performing Arts
990 Pelham Parkway South • Bronx, NY 10461
CALL 718.792.1800 • Visit bronxhouse.org
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. **Students have the option of meeting with instructors in person or remotely.**

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:

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

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.
**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**
Classes will be filled at 50% capacity due to COVID-19. Face masks and social distancing protocols must be adhered to by all participants.
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.

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**GROUP INSTRUCTION FEES**

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

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

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

- **Beginner Violin**
  Ages 6-8

- **Beginner Piano**
  Ages 6-8

- **Violin Ensemble**
  Ages 10+

- **Rhythm Class**
  Ages 10+

- **Percussion Ensemble**
  Ages 10+

- **Children’s Chorus**
  Ages 7-10

- **Beginner Guitar**
  Ages 7-10

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

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**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.

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

Classes for Children and Youth
Our school-year schedule consists of two 10-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)
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
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)

Intro to Classical Ballet       Ballet Level A
Members: $220/quarterly        $250/quarterly
Community: $325/quarterly     $370/quarterly

• 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.
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 age 60+ to meet, stay healthy, have some fun, and connect to a community.

**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

**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.

At this moment, we have gone completely virtual and will remain so until further notice from the NYC Department for the Aging. Don’t worry, we’ll show you how to Zoom with us!

Some of our virtual programs include:
Fitness • Tai Chi & Yoga • Music Hour • Stretching • Book Club • Self Defense
English-Speaking Support Group • Current Event Discussions
Bronx House Summer Camp is located on the beautiful 100-acre rustic Henry Kaufmann Campgrounds in Rockland County. Campers will experience Sports, Arts, Boating, Nature, High Ropes Course, Archery, Yoga, Climbing Wall, Overnights, Swimming & more!

Contact: Leon Davis at (718) 792-1800, ext. 232 or leon@bronxhouse.org ▪ Visit bronxhouse.org

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