

TABLE OF CONTENTS

A Message From Our Executive Director

Dear Friends,

The year 2011-12 will mark the 100th year of service for Bronx House. Founded in the South Bronx as a settlement house for eastern European Jews in the early 1900's, today, we are proud to serve the entire Pelham Parkway community with an array of programs and services for ages 1 to 100+, with more than 15,000 people a year coming through our doors.

Our 100th year of service will be a special year! It will feature the establishment of the Bronx House and Bronx House Day Camp Alumni groups. In honor of this special anniversary our Board has pledged funds to hire a full time Director of Development. And, it will be highlighted by a very special celebration to commemorate our 100th year of service.

Today, we welcome people of all races, cultures, religions, genders and ethnicities because we believe that we are only as strong as our entire community. We are proud to offer a diverse selection of educational, cultural, social, recreational, healthy and physical activities for all ages. Last year Bronx House gave out over \$200,000 in financial assistance. If you need our help, please do not hesitate to ask – all requests are confidential.

I want to take a moment to thank those who have provided continued support so we can remain "the jewel in the crown" of Pelham Parkway.

Our Board of Directors; who give so generously of their time and resources.

UJA – Federation of NY; from whom we receive the majority of our philanthropic funds.

Our Elected Officials;
Bronx Borough President Ruben Diaz, Jr.
NY City Councilman James Vacca
NY State Assemblywoman Naomi Rivera
US Congressman Joseph Crowley
Bronx City Council Delegation – Council Member Joel Rivera

Our City and State Funding Sources;
NYC Department for the Aging
NYC Department of Youth and Community Development
NYC Department of Cultural Affairs
NYC Department of Education
NYS Office of Children and Family Services
NYS Council on the Arts

Our loyal and dedicated Bronx House staff.

And finally, you – our members.

Come on over and visit us – your neighbor – at our neighborhood Community Center. Take a tour – take a class – take a swim – at our house... **BRONX HOUSE.**

Howard Martin
 Executive Director



<u>Area Of Interest</u>	<u>Page</u>
Aquatics.....	8
Fees.....	3
General Information	4
Group Class Schedule.....	5
Jewish Programming.....	26
After School Programs	19
School for Performing Arts.....	14
(Music, Dance, and Theater)	
Parent Toddler Center	23
Senior Programs.....	24
Fitness and Wellness.....	6
Youth Sports.....	11
Social Action	28
Summer Camps	13
Teens & Tweens	21
Universal Pre-K.....	22



AUDITIONS FOR

**THE
WIZARD
OF**

OZ

**Wednesday, October 12, 4:30 – 6:30 or
Saturday, October 15, 3:00 – 5:00**

OPEN TO ALL CHILDREN IN GRADES 3 TO 8

**Presented by the
RIVERDALE CHILDREN'S THEATER
In association with
BRONX HOUSE SCHOOL FOR PERFORMING ARTS**

See Inside for more details!!!





JOIN US FOR OUR... **OPEN HOUSES**



Fall Open House

Saturday, September 10, 2011 — 11am - 2pm

Winter Open House

Saturday, January 7, 2012 — 11am - 2pm

Spring Open House

Saturday, March 24, 2012 — 11am - 2pm

We invite you to come learn more about our new and existing programs and meet our staff during our Open Houses. Please call or check our website for further information about these Open Houses. We look forward to seeing you then!



MEMBERSHIP FEES

ALL MEMBERSHIPS ARE VALID FOR ONE YEAR FROM
DATE OF PURCHASE UNLESS STATED OTHERWISE

MEMBERSHIP CATEGORY	MONTHLY PAYMENT PLAN	Pay Full Fee at Registration and Get 10% Off Annual Fee
TWEEN/TEEN	\$12	
SENIOR FITNESS 60+	\$18	MONTHLY AUTO PAYMENT PLAN Via Automatic Credit Card or Bank Charge
SENIOR COUPLE	\$30	
ADULT	\$45	
ADULT COUPLE	\$50	
SINGLE PARENT FAMILY	\$50	
FAMILY	\$60	

SENIOR/ADULT COUPLE MUST RESIDE IN THE SAME HOME AND PROVIDE PROOF
* FAMILY IS DEFINED AS ONE ADULT COUPLE OR ONE ADULT AND CHILDREN UP TO AGE 24 LIVING IN THE SAME HOME

FOR ALL CATEGORIES, PLEASE ADD THE FOLLOWING INSURANCE FEE:

FAMILY MEMBERSHIP: \$100 ALL OTHER CATEGORIES: \$50

ALSO AVAILABLE (ONE TIME ONLY) ONE MONTH TRIAL MEMBERSHIP: \$50

2011-2012 HOLIDAY CLOSINGS			
Day	Date	Holiday	Open\Closed
Monday	September 5	Labor Day	Closed
Wednesday	September 28	Erev Rosh Hashanah	3:00pm closing
Thursday	September 29	Rosh Hashanah	Closed
Friday	September 30	Rosh Hashanah	Closed
Friday	October 7	Erev Yom Kippur	3:00pm closing
Saturday	October 8	Yom Kippur	Closed
Thursday	November 24	Thanksgiving	Closed
Friday	November 25	Thanksgiving Holiday	Fitness & Aquatics Only Open 9:00am - 12pm
Sunday	December 25	Christmas	Closed
Sunday	January 1	New Year's Day	Closed
Monday	January 2	New Year's Holiday	Fitness & Aquatics Only Open 9:00am - 12:00pm
Monday	January 16	Martin Luther King's Day	Fitness & Aquatics Only Open 6:00pm - 9:00pm
Monday	February 20	President's Day	Fitness & Aquatics Only Open 6:00pm - 9:00pm
Friday	April 6	Erev Passover	5:00pm closing
Saturday	April 7	Passover	Fitness & Aquatics Only Open 9:00am - 12:00pm
Sunday	April 8	Passover	Fitness & Aquatics Only Open 9:00am - 12:00pm
Monday	May 28	Memorial Day	Fitness & Aquatics Only Open 9:00am - 12:00pm
Wednesday	July 4	Independence Day	Closed

GENERAL INFORMATION

BUILDING HOURS

Monday - Friday 8:00 AM - 9:00 PM
 Saturday & Sunday..... 8:00 AM - 5:00 PM

BUSINESS OFFICE HOURS

Monday - Thursday 8:30 AM - 8:00 PM
 Friday..... 8:30 AM - 6:30 PM
 Saturday & Sunday..... 8:00 AM - 5:00 PM

MEMBERSHIP INFORMATION

Memberships are valid for one year from the date you join (unless purchased during a membership special). Your membership expiration date will be printed on your membership card which you will receive upon registration. To protect your membership privileges, we ask that you show your membership card every time you enter the building. **Members will not be admitted without their membership cards.** There is a \$15 charge for replacement of lost cards.

PAYMENT

Payments for membership are accepted in Annual, or EFT Monthly payments. We accept cash, check, Visa, MasterCard, Discover or American Express as payment of membership and/or classes.

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 minimal enrollment.

MEMBER RATES APPLY TO FAMILY MEMBERS ONLY (For programs and classes).

GUEST POLICY

Members are invited to bring guests to our Fitness & Swim facilities. Guests may purchase a one-day guest pass for \$10 at the reception desk. The fee for a **maximum** of up to six guest passes within a year (July-June) will be applied toward membership if the guest decides to join Bronx House.

REFUND POLICY

Memberships: Memberships are non-refundable. Bronx House will extend memberships for serious illness under the following circumstances:

- Member calls in advance to inform membership privileges will not be used.
- Membership card is sent or brought in within two weeks of the start date of illness/injury along with medical note. The membership card will be held until membership is reinstated.

Membership may be frozen one time each year for a minimum of one month and a maximum of three months with a valid medical note.

Classes: 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 and will receive a pro-rated tuition refund.

All refunds are subject to a \$35 administrative charge. Insurance fees are not refundable (except for program cancellations).

SPECIAL DISCOUNTS

Sibling/Parent Discount - Any family that has one child registered at the full rate will receive a 10% discount on additional siblings or a parent.

Multi-Class Discount - Registered for two or more simultaneous 10-week sessions and receive a 10% discount on the second registration.

Multi-Session Discount - Register for 20 weeks and receive a 10% discount. Register for 30 weeks and receive a 15% discount.

Scholarships Available

We offer a limited number of scholarships in many of our programs. Please feel free to inquire about these scholarships; when registering for a program. All information provided to us is kept confidential.

INFORMATION

For information, please call (718) 792-1800
 VISIT OUR WEBSITE www.bronxhouse.org



GROUP CLASSES TRIMESTER SCHEDULE

Effective September 2011 - June 2012

**AQUATICS • YOUTH SPORTS • PARENT TODDLER
PERFORMING ARTS • WEEKEND ENRICHMENT**

TRIMESTER 1 (Fall 2011)				
Monday	September 19, 26	October 3, 17, 24, 31	November 7, 14, 21, 28	
Tuesday	September 20, 27	October 4, 11, 18, 25	November 1, 8, 15, 22	
Wednesday	September 21, 28	October 5, 12, 19, 26	November 2, 9, 16, 23	
Thursday	September 22	October 6, 13, 20, 27	November 3, 10, 17	December 1, 8
Friday	September 23	October 7, 14, 21, 28	November 4, 18	December 2, 9, 16
Saturday	September 24	October 1, 15, 22, 29	November 5, 12, 19	December 3, 10
Sunday	September 25	October 2, 9, 16, 23, 30	November 6, 13, 20	December 4
TRIMESTER 2 (Winter 2012)				
Monday	January 9, 23, 30	February 6, 13, 27	March 5, 12, 19, 26	
Tuesday	January 10, 17, 24, 31	February 7, 14, 28	March 6, 13, 20, 27	
Wednesday	January 11, 18, 25	February 1, 8, 15, 29	March 7, 14, 21, 28	
Thursday	January 12, 19, 26	February 2, 4, 16	March 1, 8, 15, 22	
Friday	January 13, 20, 27	February 3, 10, 17	March 2, 9, 16, 23	
Saturday	January 14, 21, 28	February 4, 11, 18, 25	March 3, 10, 17	
Sunday	January 15, 22, 29	February 5, 12, 26	March 4, 11, 18, 25	
TRIMESTER 3 (Spring 2012)				
Monday	April 2, 16, 23, 30	May 7, 14, 21, 28	June 4, 11, 18	
Tuesday	March 27	April 3, 17, 24	May 1, 8, 15, 22, 29	June 5
Wednesday	March 28	April 4, 18, 25	May 2, 9, 16, 23	June 6
Thursday	March 29	April 5, 19, 26	May 3, 10, 17, 24, 31	June 14
Friday	March 30	April 20, 27	May 4, 11, 18, 25	June 1, 8
Saturday	March 31	April 21, 28	May 5, 12, 19	June 2, 9, 16, 23
Sunday	April 1, 22, 29	May 6, 13, 20	June 7, 10, 17, 24	

All dates subject to change

FITNESS & WELLNESS

Victoria Tolbert, Director - ext. 244

Our Fitness and Wellness Center offers achievable results through the use of our facilities programs & services. It's an atmosphere full of support & encouragement for anyone interested in making positive lifestyle changes. We make our #1 goal, helping you reach yours!

Our 4,000 Square foot state-of-the-art Fitness & Wellness Center is designed to bring the best possible experience to everyone. What's truly unique is the warm, caring spirit of our professional staff that helps people at all stages of life build positive health habits.

Fitness Center Schedule:

Monday-Friday*8:30am - 9:00pm

Saturday8:30am - 4:45pm

Sunday8:30am - 4:45pm

*New! Extended Hours on Fridays

Above schedule is subject to change. We reserve the right to revert to shorter hours if lack of interest is noticed among members. Membership cards must be presented upon entry; no entry permitted without membership card. Locker rooms close 15 minutes after fitness facilities close. Please note that summer hours may vary.

EXERCISE EQUIPMENT

- Rex Orbi Linear Total Body Trainer
- Cybex Arc Trainer
- StairMaster Stair Climbers
- LifeFitness Treadmill/Bicycles
- Free Motion Cable Cross Machines
- Cybex Weight Machines
- Precor Elliptical Machines
- And a vast array of free weights & related equipment.

Our Programs Include:

- 1 on 1 Boxing Instruction
- Buddy/Partner Training
- Group Training
- Health & Wellness Seminars

PERSONAL TRAINING PROGRAM

Need a little one-on-one attention? Someone to keep you on track or a challenging routine to keep your workouts fresh? No matter what you need, we've

got qualified and motivated Personal Trainers who are ready to work with you. Our Fitness Director at Bronx House can help you choose the Personal Trainer best suited to your particular needs, schedule and goals.

Our Trainers Specialize In:

- Weight Loss/Weight Gain
- Sports Specific Training
- Pre/Post Rehabilitation
- Body Building

Never worked with a Personal Trainer before? Our Intro-Pack may be a good place to start. You'll get (3) introductory sessions for one low price. To learn more about the benefits of our Intro-Pack or any other program options below, please contact Victoria Tolbert at ext: 244

PERSONAL TRAINING RATES

50 Minutes	30 Minutes
1 session - \$42	1 session - \$27
5 sessions - \$200	5 sessions - \$130
10 sessions - \$378	10 sessions - \$246
20 sessions - \$714	20 sessions - \$464

50 Minute GroupFit (3-5 Individuals, 1 Trainer)

8 sessions \$144 per person

50 Minute Duo (2 Individuals, 1 Trainer)

1 session \$28 per person

5 sessions \$135 per person

10 sessions \$255 per person



GROUP EXERCISE CLASSES

We offer a wide variety of classes for people of all levels of experience!
(Schedule available at BH or Online)

New! TABATA - An effective high intensity interval training class that utilizes short 4-minute exercise cycles to help you burn fat and tone muscles... Burn a high amount of calories in each 4-minute interval.

New! DANCE EASY - Move to music through a variety of exercises that combines dance movements with low impact aerobics. This class is great for improving cardiovascular endurance, range of motion, coordination, and flexibility.

ZUMBA® - Latin Dance-Fitness fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Zumba® Fanatics achieve long term health benefits while experiencing an absolute blast in one exhilarating hour of caloric-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

SPINNING - Burn tons of calories while toning your lower body and increasing your heart rate. You will definitely enjoy this workout routine! All levels welcome.

EXTREME CARDIO - You will have your hands full in this non-stop, easy to follow class using light weights for an overall total body conditioning experience. All levels welcome

TOTAL BODY CONDITIONING - This strength class provides total body shaping and sculpting. All levels welcome

BOOTCAMP - An aggressive military-style, circuit workout featuring high-intensity conditioning and power moves.

STEP - This is an exciting step class featuring fun and high energy choreography that will challenge your heart and entire body! All levels welcome.

AWESOME ABS - This class offers intense core training that will help you get-the six-pack you've always wanted! All levels welcome.



PILATES - This class utilizes Mat Pilates exercise techniques that focus on core muscle groups by emphasizing the abdominals and back. This class will help improve posture and create firm, sleek abs.

SENIOR PILATES - is specially designed for older adults. This Pilates workout will restore the movement, strength and flexibility needed for you to carry out normal daily activities and day also help alleviate pain associated with arthritis and sciatica. Pilates has no age barriers and is an amazing tool for keeping aging bodies Ageless!

AQUACISE - 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.

YOGALATES - Fusion of Hatha Yoga with the techniques of Pilates. Emphasis on breathing, core stability, flexibility, alignment and awareness. All levels welcome.

The Silver Sneakers® Fitness Program



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. Balls, bands & weights may also be used to enhance skills used for daily activities. In addition to Group Exercise classes, Silver Sneakers members receive all out access to our Fitness Center and heated-indoor swimming pool. For more information on this program, please contact Victoria Tolbert at ext. 244.

SilverSneakers® Cardiovascular Weight loss - This class offers something for everyone, regardless of fitness level, and can help improve overall strength and flexibility- helping you stay healthy & independent. An energy building class that includes a warm-up and rhythmic range of movement, stretch, work with resistance tools, cool down, final stretch and relaxation segment.

SilverSneakers® Silver Splash- You don't need to know how to swim in this invigorating water exercise class.

If you have arthritis or other joint conditions you'll find the water comforting and the non-impact workout stimulating.

All classes are free to members unless otherwise noted. Not all classes offered at all times. Instructors reserve the right to allow or not allow latecomers to enter classes. Instructors and classes are subject to change. Group exercise classes are 55 minutes in duration unless otherwise noted. Cycling classes are 45 minutes. Abs class 20 minutes.

AQUATICS

Tony Perez, Director - ext. 251

GENERAL SWIM

OPEN SWIMS - We offer a variety of recreational swims for children, teen/tweens, adults, seniors and families. Lap lane rules will be enforced at the discretion of the lifeguard on duty.

All swimmers must shower before entering the water and wear a swimming cap while in the pool. Parents must accompany children in the pool for family swims. Locker rooms close 15 minutes after pool closes.

SWIM LESSONS

LEARN TO SWIM - Classes for Beginners, Advanced Beginners, Intermediates, and Advanced swimmers are offered for ages 5 & up (Youth Lessons 5-11, Teen Lessons 12-17 and Adult 18 & up).

Level 1-Goldfish: Water Exploration

Level 2-Catfish: Primary Skills

Level 3-Flying Fish: Stroke Readiness

Level 4-Dolphin: Stroke Development

Level 5-Marlin: Stroke Refinement

Level 6-Shark: Skill Proficiency

*Participants must be evaluated before enrolling in any of the Learn to Swim Programs.

INTRO TO SWIM CAMP - Offers 45 minutes of swimming instruction. 4 students to 1 instructor. Swim levels 1, 2, & 3 are offered in this course. These classes are available for ages 5-11.

Offered during trimester breaks.

Fees - Members \$55 Non-Members \$75

SNORKELING CAMP - This course will teach you how to use fins, mask and snorkel correctly while being in control and comfortable in the water. Fins, mask and snorkel are included with the course and are yours to keep. This course is offered to advanced swimmers levels 4, 5, & 6. These classes are available for ages 9-15. Offered during trimester breaks.

Fees - Members \$85 Non-Members \$105

BARRACUDAS SWIM CLUB - Bronx House Barracudas provides a team-like training atmosphere for swimmers who want to improve on their swimming skills and practice more often. Swimmers will swim four times a week and will gain quality endurance training and able to improve their fitness level. This program is available for ages 9-17. Fee includes team bathing suit & swim cap.

October 2011-June 2012

Fees - Members \$350 Non-Members \$400

PRIVATE & SEMI PRIVATE SWIM CLASSES - Custom lessons are designed to best meet the individual needs of the student, allowing students to

progress at their own unique pace to maximize learning. These classes are offered to beginners as well as advanced students and run 30 minutes per lesson. These classes are available for ages 5 and up.

PARENT TODDLER SWIM CLASS - An exciting class for parent & child where children are introduced to the water while parents learn basic water safety. Classes are **NOW** available for children 8 months to 4 years of age. Children must wear a swim diaper (no disposables) and have a parent or caregiver in the water with them.

LIFEGUARD TRAINING - In this 40-hour course, participants will learn skills and knowledge needed to prevent and respond to aquatic emergencies. **This course includes certification in First Aid, CPR, and Lifeguard Training.** Those that pass this class will be certified to be a Lifeguard at any pool. Participants must be 15 years or older.

Fees - Members \$375 Non-Members \$400

NEW! JR. LIFEGUARD TRAINING - Must be 11-14 years old. *Jr. Lifeguard Training Course is NOT a Lifeguard training class. Learn about leadership characteristics and skills necessary to become a lifeguard, including how to communicate effectively, make informed decisions, be an effective leader, be a part of a team and provide good customer service **REGISTER EARLY! SPACE IS LIMITED!**

Members \$105! Non-Members \$130

AQUA FITNESS CLASSES

AQUAEROBICS - Enjoy the soothing effect of the water as you exercise in the shallow end of the pool in this completely non-impact aerobic workout. No swimming ability necessary.

AQUACISE - In this fun and stimulating water workout group, exercise classes are conducted in shallow water for non swimmers to enjoy. This program will increase strength, flexibility and endurance. Whether your goal is getting in shape, losing weight, or rehabilitation of an injury, this class is for you.

Classes run 10 sessions

Non-member fee \$99

WARM WATER EXERCISE A recreational swim program designed to increase strength and flexibility. The warm water and gentle movements can also help to relieve the pain and stiffness from what you may be experiencing. No swimming ability necessary.

SWIM CLASSES FEES & SCHEDULE

LEARN TO SWIM FEES: \$135 for family members/ \$185 for non-members

** unless otherwise noted*

Classes run for 10 sessions

GROUP	YOUTH (ages 5-11)		TEENS (12-17)		ADULTS (18 & older)	
Level	Day	Time	Day	Time	Day	Time
1 Goldfish	Wed	3:30-4:15pm	Thurs	4:30-5:15pm	Thurs	6:15-7:00pm
	Wed	4:30-5:15pm	Sat	3:00-3:45pm	Sat	10:30-11:15am
	Thurs	3:30-4:15pm				
	Sat	8:30-9:15pm				
	Sat	9:30-10:15am				
	Sat	2:00-2:45pm				
	Sun	2:00-2:45pm				
	Sun	3:00-3:45pm				
2 Catfish	Wed	3:30-4:15pm	Sat	3:00-3:45pm	Thurs	6:15-7:00pm
	Wed	4:30-5:15pm			Sat	10:30-11:15am
	Sat	8:30-9:15am				
	Sat	9:30-10:15am				
	Sat	2:00-2:45pm				
	Sun	2:00-2:45pm				
	Sun	3:00-3:45pm				
3 Flying Fish	Thurs	3:30-4:15pm	Thurs	4:30-5:15pm	Sat	10:30-11:15am
	Sat	8:30-9:15am				
	Sat	9:30-10:15am				
	Sun	3:00-3:45pm				
4 Dolphin	Wed	3:30-4:15pm	Sat	3:00-3:45pm	Sat	10:30-11:15am
	Wed	4:30-5:15pm				
	Sat	2:00-2:45pm				
5 Marlin	Thurs	3:30-4:15pm	Thurs	4:30-5:15pm		
	Sun	2:00-2:45pm				
6 Shark	Sat	2:00-2:45pm	Sat	3:00-3:45pm		
*Semi-Private \$160 members \$210 non-members	Mon	4:30-6:00pm	Mon	3:30-4:30pm	Tues	6:00-7:00pm
	Tue	3:30-5:00pm	Tues	5:00-6:00pm		
	Fri	3:00-6:30pm				
	Sat	3:45-4:45pm				

Parent Toddler (8 months - 23 months)		Parent Toddler (2 - 4)	
Day	Time	Day	Time
Weds	10:30-11:00am	Weds	11:00-11:30am
Sat	11:30-12:00pm	Sat	12:00-12:30pm

Evaluation Dates will take place on Sept. 10, 2-4pm; Sept. 13, 5:00-7:00 pm and Sept. 16, 5-7 pm

Our heated, indoor swimming pool provides a full range of swim lessons and water safety programs for all ages and abilities. All Bronx House classes are taught by American Red Cross certified staff. Our pool is available for energizing exercise classes, lap swimming, and recreational swimming. Special hours in the pool are reserved for families, teens, and adult males and adult females only swimmers.

POOL SCHEDULE

Effective September 6, 2011 - June 30, 2012

POOL SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Adult Swim 8:30-10:00am			Parent Toddler Swim (8-23mths) 10:30-11:00am			Learn to Swim Levels 1, 2, 3 (YOUTH) 8:30-9:15am
Family & Adult Swim 10:00-1:00pm		Warm Water Exercise 10:30-11:30am	Parent Toddler Swim (2-4 yrs) 11:00-11:30am		Warm Water Exercise 10:30-11:30am	Learn to Swim Levels 1, 2, 3 (YOUTH) 9:30-10:15am
Birthday Parties 1:00-2:00pm	Adult Swim 11:30-2:00pm	Adult Swim 11:30-2:00pm	Adult Swim 11:30-2:00pm	Adult Swim 11:30-2:00pm	Adult Swim 11:30-2:00pm	Adult Learn to Swim Levels 1-6 10:30-11:15am
Learn to Swim Levels 1-6 (YOUTH) 2:00-2:45pm	Private Lessons 2:00-3:00pm	Private Lessons 2:00-3:00pm	Senior Center Swim 1:30-2:00pm	Private Lessons 2:00-3:00pm	Private Lessons 2:00-3:00pm	Parent Toddler Swim (8-23mths) 11:30-12:00pm
Learn to Swim Levels 1,2,3 (YOUTH) 3:00-3:45pm	Semi-Private Lessons 3:00-4:00pm	Barracudas 3:30-4:30	Barracudas 3:30-4:30	Barracudas 3:30-4:30	Semi-Private Lessons 3:00-6:30pm	Parent Toddler Swim (2-4 yrs) 12:00-12:30pm
Tween/Teen Swim 3:45-4:45pm	ASP Swim 4:00-5:30	Semi-Private Lessons 4:30-7:00pm	Learn to Swim Levels 1, 2, 4 (YOUTH) 4:30-5:15pm	Learn to Swim Levels 1, 3, 5 (TEEN) 4:30-5:15pm		Family & Adult Swim 12:30-2pm
	Private Lessons 5:30-6:00pm		Family & Adult Swim 5:30-7:00pm	Tween/Teen Swim 5:15-6:15pm		Learn to Swim Levels 1-6 (YOUTH) 2:00-2:45pm
	Aquaerobics 6:00-7:00pm	Adult Swim 7:00-9:00pm	Adult Female only Swim 7:00-8:00pm	Adult Learn to Swim Beginner & Stroke Development 6:15-7:00pm	Aquacise 6:30-7:30pm	Learn to Swim Levels 1-6 (TEEN) 3:00-3:45pm
	Adult Swim 7:00-9:00pm		Adult Male only Swim 8:00-9:00pm	Adult Swim 7:00-9:00pm	Tween/Teen Swim 7:30-8:30pm	Barracudas 3:00-3:45 Semi Private Lessons 3:45-4:45pm

Subject to change
Summer Hours May Vary

YOUTH SPORTS

Paulo Seminario, Director – ext. 229

Children will have fun while learning teamwork and sportsmanship in the following sports:

Pre-K Sports: Children ages 3-5 will learn the basics of the following sports while having fun. Children will be provided with a fun introduction to sports in a safe, nurturing and enjoyable environment. Programs will promote development of motor and social skills through the following programs:

Fall: Soccer (Sept. 24 - Dec. 10, 2011)

Winter: Basketball (Jan. 14 - March 17, 2012)

Spring: T-Ball (March 31 - June 18, 2012)

FEES: Family Members \$100/non-members \$150

PROGRAMS FOR GRADES 1-8:

Fall Flag Football: Hit the field and head to the end zone. Have fun and make friends while playing a little pigskin. Games will be played on Saturdays. League begins Sept. 24, 2011.

Winter Basketball: Skill development and team play will be the emphasis while children learn the offensive and defensive skills of the game in this fun filled instructional league. League begins January 14, 2012.

Spring Soccer: Learn or enhance your soccer skills while having fun through team play. Children will develop skills and self confidence through drills and games. League begins March 31, 2012.

Karate: Participants will build confidence, self-esteem, respect while learning concentration and focus. Youth will develop healthy minds and bodies all done in a safe and fun environment.

All programs open to boys and girls. All sports require advanced registration. All classes run for 10 sessions.

FEES: Family Members \$135/non-members \$185



ADDITIONAL CLASSES (Schedule To Be Announced)

1st – 3rd Grades

Sports Skills Development – Baseball – Basketball – Soccer: Special age appropriate skills classes will be offered prior to seasonal sports programs. These classes will help youngsters develop the basic understandings and physical skills necessary to participate in each of these sports. Classes will have limited enrollment and offer individual attention.

4th – 6th Grades

Sports Skills Development and Sports Conditioning – Baseball – Basketball – Soccer: Special skills classes that will help young athletes improve their skills and help condition their bodies before organized league play begins.

7th – 12th Grades

Sports Specific Training – Physical Conditioning classes taught in conjunction with the Fitness and Wellness Center. If you are a High School Athlete and want to improve your overall performance these classes can help with weight training and aerobic conditioning. We will also offer sports workshops and clinics.



GYM SCHEDULE

Effective September 6th, 2011

Summer Hours May Vary

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ADULT FULL COURT BASKETBALL 9:00-11:30am	ADULT GYM 11:30-1:30pm	ADULT GYM 11:30-1:30pm	ADULT GYM 11:30-1:30pm	ADULT GYM 11:30-1:30pm	ADULT GYM 11:30-1:30pm	CHILDREN'S SPORTS PROGRAM 9:00-12:00pm
LEAGUES 6th-8th GRADE 11:30-1:30pm 4th-5th GRADE 1:30-3:30pm	AFTER SCHOOL PROGRAM GYM 3:30-5:15pm	AFTER SCHOOL PROGRAM GYM 3:30-5:15pm	AFTER SCHOOL PROGRAM GYM 3:30-5:15pm	AFTER SCHOOL PROGRAM GYM 3:30-5:15pm	AFTER SCHOOL PROGRAM GYM 3:30-5:15pm	BIRTHDAY PARTIES 12:15-1:15pm
TEEN OPEN GYM 3:30-5:00pm	TEEN OPEN GYM 5:30-6:30pm			TEEN OPEN GYM 5:30-6:30pm	TEEN OPEN GYM 5:30-7:30pm	ADULT BASKETBALL 1:30-3:30pm
	ADULT GYM 6:30-9:00pm HALF-COURT BASKETBALL & PADDLEBALL	ADULT GYM 6:30-9:00pm FULL COURT BASKETBALL	ADULT GYM 6:30-9:00pm HALF-COURT BASKETBALL & PADDLEBALL	ADULT GYM 6:30-9:00pm FULL COURT BASKETBALL	ADULT OPEN GYM 7:30-8:45pm	TEEN OPEN GYM 3:30-5:00pm

GYM SCHEDULE



SUMMER CAMPS

Rachel Blalock, Director - ext. 232 • Dara Matthews, Asst. Director - ext. 239

SUMMER FUN CAMP

Natalia Baliraj, Director x249

For children 3-4 years old

The program was designed with the idea to help transition children into our Day Camps. Our entire Bronx House is utilized in this program. Here are some of the activities the children will be engaged in while at the Bronx House:

- Swimming in our pool;
- Arts and Crafts, music, games and much more in our early childhood classes;
- Trips to nearby attractions, i.e., Bronx Zoo; and
- Trips to the Henry Kaufmann Campgrounds

FUN BUNCH DAY CAMP

For children entering Kindergarten - 2nd Grade

The FUN BUNCH program was designed especially for the younger camper. Here are some of the exciting programs your child will participate in.

- 2 Swims daily (Instructional and Free Swim)
- Gardening
- Boating
- Cookouts and Late Nights
- Day Trips (2 per session)
- Nature & Pioneering
- Pony Rides
- Special Celebrations (Carnival, Olympics)
- Dance
- Sports & Games
- Miniature Golf
- Music
- Arts & Crafts
- Ga-Ga

ADVENTURERS DAY CAMP

For children entering 3rd - 4th Grade

All of the exciting activities as Fun Bunch Day Camp, with additional, age appropriate trips.

- Adventure Land
- Bear Mountain State Park
- Professional baseball games
- Late Nights
- Fun Time America

EXPLORERS DAY CAMP

For children entering 5th - 6th Grade

ALL of the exciting activities above and thrilling day trips too!


- Dorney Park
- TheaterWorks
- Lake Osceola
- Exciting Overnights
- Mountain Creek Water Park
- Professional Baseball Games
- Zack's Bay

TEEN TRAVEL CAMP

Paulo Seminario, Director x229

For children entering 7th - 10th Grade

TWO GREAT EXTENDED OVERNIGHT TRIPS:

 **Club Getaway**

 **Philadelphia/Hershey Park**

As well as exciting day trips including:

- Camelback Beach
- Dorney Park
- Sunken Meadow
- Baseball Games
- Sherwood Island
- Hurricane Harbor
- Mountain Creek
- Deep Sea Fishing
- South Street Seaport
- NY Comedy Club

EARLY DROP-OFF AND LATE STAY PROGRAMS

Children in the Fun Bunch, Explorers and Teen Travel Camps can be dropped off at Bronx House as early as 7:00 am and picked up by 6:30 pm for an additional fee.



SCHOOL FOR PERFORMING ARTS

Deborah Nitzberg, Director - ext. 236

THE HARRIET AND ROBERT H. 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 professionals and concert performers with advanced degrees from the most prestigious music schools around the world will provide stimulating and innovative lessons.

Private And 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. Practice at home is crucial to both progress and student satisfaction. Students are invited to perform in our recital series held in the winter and spring. Instruction is available in the following instruments:

- Cello
- Clarinet
- Drums/Percussion
- Flute
- Guitar (acoustic and electric)
- Piano
- Recorder
- Saxophone
- Trombone
- Trumpet
- Violin
- Voice

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

GROUP INSTRUCTION

Group lessons provide quality instruction in an affordable group setting (5-8 students). Group lessons are offered in piano and guitar, three times a year in 10-week sessions (7-week session in summer). Group lessons in other instruments are available upon request subject to a minimum enrollment. **Please call the office for current group schedules.**

TODDLER & PRE-SCHOOL GROUP INSTRUCTION

The Music School offers group lessons for preschoolers ages 18 months to 5 years. Pre School group instruction is offered in piano, violin, and music appreciation and expression. Classes are offered 3 times a year in 10-week sessions for 5-8 students per class (7-week session in summer).

Please call the office for current pre-school music schedules.



RECITALS

Our students' accomplishments are showcased in a Sunday recital series held twice a year in the winter and spring. The dates are as follows:

Faculty Recital:

Sunday, October 23, 2011 - 2:00 pm

The diverse talent of our faculty is showcased in an annual faculty recital.

Winter Recitals:

Sunday, December 4th and 11th, 2011 - 1:00 & 3:00 pm

Spring Recitals:

Sunday, June 3rd and June 10th, 2012 - 1:00 & 3:00 pm

ENSEMBLE PROGRAMS

Children's Chorus (Ages 4-7)

Come learn the basics of singing in a fun, supportive group setting. Each chorus will focus on tone, pitch, and breathing while exploring exciting music from the classical and jazz repertoire as well as folk songs and popular tunes.

Musical Theater Workshop (Ages 5-8)

This class introduces songs from kid-favorite Broadway musicals like "Annie", "Bye Bye Birdie", "Hairspray", "High School Musical" and others. Workshops will include theater games, improvisation, basic vocal skills and dance technique. Each session will end with a final performance on the last day of class.

MUSIC BRIGADE

The Bronx House Music Brigade is a touring company of students who perform in local hospitals and nursing homes providing entertainment to residents and staff. All Music Brigade members must be enrolled in the Heilbrunn Music School. The Brigade provides a needed community service and performance opportunities for Music School students.

MUSIC SCHOOL FEES

Private Lesson Fees – Private lessons are available for 30, 45 or 60 minutes, run for ten weeks, and must be paid in full at the time of registration.

30 minute class - Family Members: \$310 Non-Members: \$335

45 minute class - Family Members: \$415 Non-Members: \$465

60 minute class - Family Members: \$485 Non-Members: \$560

Semi-Private Lesson Fees – Semi-Private lessons are available for 30, 45 or 60 minutes, run for ten weeks, and must be paid in full at the time of registration. The school does not provide the partner for semi-private lessons.

30 minute class - Family Members: \$245 Non-Members: \$280

45 minute class - Family Members: \$300 Non-Members: \$345

60 minute class - Family Members: \$335 Non-Members: \$395

Group Lesson Fees - All Group Lessons are 1 hour classes, run for ten weeks and must be paid in full at time of registration.

60 minute class – Family Members: \$185 Non-Members: \$225

Musical Theater Workshop – (15 weeks – 1.5 hours per week)

Family Members: \$350 Non-Members: \$390

Special half-price rate for students enrolled in private music classes.

Family Members: \$175 Non-Members: \$195

SPECIAL DISCOUNTS!

Sibling/Parent Discount – Any family that has one child registered at the full rate will receive a 10% discount on additional siblings or a parent.

Multi-Class Discount – Register for two or more simultaneous 10-week sessions and receive a 10% discount on the second registration.

Multi-session Discount – Register for 20 weeks and receive a 10% discount. Register for 30 weeks and receive a 15% discount.

All music lessons require an annual \$50 insurance fee for non-members

All fees must be paid in full at registration to receive all discounts. One discount per student.

THE HARRIET AND ROBERT H. HEILBRUNN & MUSIC FOR YOUTH SCHOLARSHIP FUNDS

Bronx House provides partial scholarships and a limited amount of full scholarships for music lessons for students who qualify for financial assistance. To apply for a scholarship, please call (718) 792-1800 ext. 236.

THE TOM FRESTON INSTRUMENT LENDING LIBRARY

Through the generosity of MTV, 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.

RECORDING STUDIO

Our school recording studio offers affordable professional sound and music production services for the community. Services will include 24-track digital recording, arranging, scoring, and midi sequencing. Call for scheduling and pricing.

ATTENDANCE POLICY

Lessons missed by the teacher will be made up at the earliest possible date. However, there will be no make-ups or refunds for student absences or lessons cancelled by the student.

FIELD TRIPS

The School for Performing Arts offers trips to outstanding music and dance performances. There may be a minimal fee for these events. Tickets are limited and distributed on a first-come first-served basis. Check with the Performing Arts office for field trip schedules.

USDAN CENTER FOR THE CREATIVE AND PERFORMING ARTS

Bronx House is a cooperating enrollment agency for the Usdan Center for the Creative and Performing Arts, which provides specialized programs in music, art, dance and drama for children ages 8 to 17. Located in the beautiful Wesley Hills section of Long Island, campers participate in both specialized arts programs led by well-known artists and traditional camp activities such as swimming, sports, arts-and-crafts, etc. For further information, please call ext. 236 for a brochure.

Bronx House School for Performing Arts is supported, in part, by public funds from the New York City Department of Cultural Affairs, New York State Council on the Arts and is a member of the National Guild for Community Arts Education and the Bronx Council on the Arts.

DANCE SCHOOL

Deborah Nitzberg, Director – ext. 236

The Performing Arts Dance School offers classes year round for Preschoolers, children, teens and adults. Classes are offered in three 10-week sessions during the school year and a 7-week session during the summer. Please check our current schedule for days, dates and times, not all classes are offered every session.

CLASS DESCRIPTIONS

Ballet Basics (Ages 6.5 and up)

Ballet training builds strength, proper body alignment and agility. Students learn to use the body in a graceful, elegant way by learning classic ballet steps, stretches and technique and learn basic ballet vocabulary.

Bellydancing (Teens/Adults)

Learn the ancient form of dance that includes instruction in basic body isolation, head shoulders, rib cage and hips. Basic traveling steps and simple floor patterns are introduced as well as undulations and shimmying.

Creative Movement (Ages 2.5 - 4)

An introduction for toddlers to the basics of dance. Preschoolers explore dance as a tool for self-expression using rhythm games, songs, and stories. Children learn balance, coordination, and develop basic locomotive skills.

Flamenco (All Ages)

Students learn the basics of this passionate, expressive Spanish dance form including the position of the upper body, arm and hand movements, heelwork and rhythmical clapping.

Hip Hop (Ages 5 - 15)

Learn the latest street moves to the rhythms of rap, R&B, and pop music.

Jazz (Ages 8 - Adult)

Discover the dance style used in Broadway shows, MTV videos and movies. Students develop coordination and strength through structured exercises and jazz combinations culminating in a final performance piece.

Latin Dance (Teens/Adults)

Learn different variations of Latin Dance including salsa, merengue, cha-cha and rumba.

Pre-Ballet with Tap (Ages 4.5 - 6)

This combination class introduces young children to beginner ballet and basic tap techniques. Students become aware of body alignment and movement through exposure to dance fundamentals, rhythmic exercise, and creative movement.

Tap (Ages 7 and up)

Learn or refine basic tap steps through combinations with an emphasis on clarity of sound, intricate rhythms and performance style.

Dance Recital

Dance classes will culminate in a recital on Saturday, June 16, 2012.

DANCE SCHOOL FEES

All rates listed are for 10 weekly sessions and must be paid in full at the time of registration.

CLASS FEES:

Family Members - \$135

Non-Members - \$185

\$50 annual insurance fee for non-members

Partial Scholarships are available for those who qualify.



MUSICAL THEATER PRODUCTION PROGRAM

Deborah Nitzberg, Director – ext. 236

**NEW
FOR 2011-12**

RIVERDALE CHILDREN'S THEATER AT BRONX HOUSE!!!

Derek Woods - Executive Director
Becky Lillie-Woods - Artistic Director

Participate in a full scale theatrical production, and learn the basic elements of theatre, music and dance, while pushing your own creative and physical boundaries.

The Riverdale Children's Theatre (www.riverdale-theatre.org) will be launching a satellite site at Bronx House! Our first production, "The Wizard of Oz" will be open to all children in 3rd to 8th grade, and all levels of experience are welcome. The beloved family musical will be directed and choreographed by seasoned professionals, working in a fun, creative and nurturing environment. The cast will work with the production team to create a high quality show with professional lighting, scenery and costumes for the entire community to enjoy.



Auditions

Wednesday, October 12
4:30pm – 6:30pm
Saturday, October 15
3:00pm – 5:00pm

No need to be nervous!
Just come prepared to sing
a song you love that feels

comfortable in your voice. After you sing you will be asked to learn a simple dance combination.

Time Commitment

Once casting for the show is completed, the cast will meet twice weekly: Wednesdays 4:30pm – 6:30pm and Saturdays 3:00pm – 5:00pm. The week prior to opening night is called tech week. There will be scheduled rehearsals from 4:30pm to 9pm. Attendance is required for all tech rehearsals and performances. The rehearsal commitment for 3rd and 4th grade cast members will be only one day per week, until we get closer to the performance dates.

Fee

Bronx House Family Members \$400
Bronx House Non-Members \$425
50% payable by the first rehearsal; balance due by January 15, 2012
Plus an additional \$100 in program ad/booster fees per child

Rehearsals

Wednesdays 4:30-6:30 pm; Saturdays 3:00 – 5:00 pm
October 19 – February 25
Tech Week – Sunday through Thursday,
February 26 - March 1

Performances

Fridays March 2 & 9, 7:00 pm
Saturdays March 3 & 10, 7:00 pm
Sundays, March 4 & 11, 2:00 pm

COMING IN THE SUMMER 2012!

BRONX HOUSE PERFORMING ARTS SUMMER MUSICAL THEATER PROGRAM!!

Serving children entering 3rd to 8th grades in
September 2012



🎵 Singing 🎵 Dancing 🎵 Acting

Our summer program will conclude with a Musical theater production, which will be chosen based on age and experience of program attendees.

Shows under consideration are:

Cinderella; Annie; Peter Pan; Oliver; Jungle Book; 101 Dalmatians; Grease

Dates, Times and Fee information available in February, 2012

Please Call 718-792-1800 ext. 236 for further information.

CATCH Healthy Habits



CATCH Healthy Habits

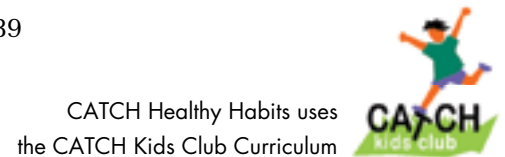
Become a mentor and work with kids in grades K to 5, lead fun active games, share healthy snacks and learn about good food choices.

Kids need more exercise.

You want to make a difference

Together, we'll get kids moving again and eating healthier.

To learn more about CATCH Healthy Habits call 718 792-1800 ext 239



CATCH HEALTHY HABITS

Bronx House is Going Green!

Bronx House is very proud to be participating in the Isabella Freedman Jewish Greening Fellowship, generously funded by UJA-Federation of New York. Through education and grants this fellowship will help support the Bronx House Greening Fellow, Rachel Blalock, and the agency in creating a better environment. We are creating an in-building recycling program, providing environmental education for members, creating an environmental fair, and much more. Bronx House hopes to make many changes in the upcoming year and we hope to create a positive environmental impact for our members and the surrounding community. We will develop an Environmental Fair/Earth Day Program that will showcase the environmental changes that have happened at Bronx House and develop relationships with other local environmental groups.

As we develop heighten community engagement, we will explore the creation of a Bronx House sponsored Community Supported Agriculture program (CSA) which will partner with a local farm and provide fresh fruits and vegetables to our community.

If you are interested in environmental issues or would like to donate time or money to support our local greening efforts please contact Rachel Blalock at rachel@bronxhouse.org or 718-792-1800 ext. 232.

Making the world a better place starts in here!



ADVANTAGE AFTER SCHOOL PROGRAM

Rachel Blalock, Director - ext. 232 • Dara Matthews, Asst. Director - ext. 239

The Advantage After School Program is partially sponsored by the New York State Office of Children and Family Services. **This year we have redesigned the After School Program to serve children entering Kindergarten through 5th grade.** Our program aims to improve your child's standardized test scores, 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.

ACTIVITIES

- Homework Help
- Arts & Crafts
- Dance
- Health Education
- Community Service
- Literacy
- Swimming
- Physical Education
- Club Activities
- And Much More!

2011-2012 After School Fees

- 5 days a week \$2,400 plus \$100 insurance
- 4 days a week \$2,100 plus \$100 insurance
- 3 days a week \$1,900 plus \$100 insurance

Financial Assistance is available through the Advantage Grant.

Families that are interested in applying will make an appointment to fill out income verification information. To apply, please call: 718-792-1800 x232

ACD vouchers are accepted.

DISCOUNTS

SIBLING DISCOUNT

Any family that has one child registered at the full ASP fee will receive a 33% discount on additional siblings.

FAMILY MEMBERSHIP

All ASP families will receive a 25% discount on Bronx House Family Membership.



Program Information

Our program operates Monday through Friday from 3:00 PM - 6:30 PM. Bronx House buses pick up children at P.S. 76, 83, 89, 96,97, 105, 108, 121, 153, St. Lucy's, St. Clare's, Van Nest Academy, and other community schools or you may drop off your child at Bronx House.

Calendar

The After School Program will begin on **September 7th**. Our program schedule corresponds closely with the New York City Public School schedule. A full schedule will be distributed at the beginning of the program. year.



This year the After School Program will be participating in the Let's Move initiative. We will be focusing our programming on healthy well-being including physical activity, nutrition, gardening, & community engagement.



HOLIDAY PROGRAMS & WEEKEND PROGRAMS

Rachel Blalock, Director - ext. 232 • Dara Matthews, Asst. Director - ext. 239

HOLIDAY PROGRAMS

(Kindergarten -8th Grade)

School's out, but we're not! During school vacations, full day programming is available from 9:00AM to 5:00PM (with optional extended hours). Children go on exciting trips to places like the circus, museums, arcades, skating rinks, and other fun trips. Some days may include activities in the building such as arts & crafts, sports in the gym, swimming, Olympic competitions, movies, and more.

Holiday Program Dates:

Columbus Day	October 10th
Election Day	November 8th
Veteran's Day	November 11th
Winter Recess	December 26th-30th
Mid-Winter Recess	February 21st-24th
Spring Recess	April 6th, 9th-13th
Chancellor's Day	June 7th

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

BIRTHDAY PARTIES

We offer a variety of theme birthday parties for children 5 – 10 years old and 15 guests. The party includes one hour of activity with a specialist and or lifeguard plus one hour in a private party room. You bring the cake, food, paper goods and decorations and we will do the rest. Here are some of the themes to choose from:

Pool • Gym • Arts and Crafts • Dance

For further information regarding fees and scheduling, please contact Mike Seeliger at 718 792-1800 ext 220



MATH/LITERACY

ENRICHMENT PROGRAM

(Kindergarten -8th Grade)

This program will meet on Saturdays for a 10 week session period.

Fall Session begins September 24th

Winter Session begins January 14th

Spring Session begins March 31st

Our enrichment program aims to help children who are looking for extra help in the areas of math, reading, and writing. A small class setting will allow students to receive more individual instructor attention in order to improve grades and test scores.

FAMILY TRIPS

Bus transportation is provided for all family trips, sign up early to ensure your family's spot is reserved!

Family Apple Picking Trip

October 2011

Enjoy a day of fun at the Outhouse Orchards in North Salem, NY. Families will be able to pick apples, as well as, purchase jams, jellies, baked goods, and fresh produce. Children and Families can also take hayrides and view the farm animals.

Family Winter Fun

February 2010

Beat the winter blues with a family ice skating trip this February. Skates and rink time will be included as part of this trip.



TWEENS & TEENS

Paulo Seminario, Director – ext. 229

The Bronx House Tween and Teen Center provides Tweens (5th-8th grade) and Teens (9th-12th grade) with a safe, fun and nurturing place to spend their afternoons, evenings, and school holidays. We have many exciting programs for 2011 – 2012 so don't miss out on these amazing opportunities.

TWEEN AND TEEN LOUNGE

"THE LOUNGE" – is a great place to hang out with friends, play table top games including ping pong, air hockey and Wii.

Tweens 5th – 8th grade – Tuesdays 5:30 – 7:00 PM
Saturdays 12:00 to 3:00 PM

Teens 9th – 12th grade Thursdays 5:30 – 7:00 PM,
NEW! - Friday 7:00 PM to 8:30 PM

Begins October 1, 2011

SATURDAY NITE TWEEN SCENE

If you are a Tween (5th – 8th grade) then Saturday nights at Bronx House is the place to be. Join us the first Saturday night of every month for swimming, basketball lounge, and a different special program each month. Snacks will be provided.

Begins October 1, 2011

HOLIDAY VACATION PROGRAMS

During the school vacations, Bronx House will offer special full day programs for youth 5th – 8th grade.

Columbus Day – October 10th

Election Day – November 4th

Veterans Day – November 11th

Winter Recess – December 26th – 30th

President's Week – February 21st – 24th

Spring Recess – April 6, 9 – 13th

SAT PREPARATION COURSES

S.A.T. Prep Course – Students getting ready to prepare for college will benefit from Bronx House's S.A.T. Prep Classes. Feel comfortable taking the S.A.T. College Entrance Exam; learn strategies and techniques that will help boost your score.

S.A.T. Prep Classes

1. September 17 – November 19, 2011 (Exam date December 3, 2011)
2. January 14 – March 3, 2012 (Exam date March 10, 2012)
3. March 10 – April 28, 2012 (Exam date May 5, 2012)

All sessions – 8 classes Fee: \$200 Members \$250 Non-members. Plus \$20 material fee.

NEW! College Readiness Workshop – Designed for Parents and Students who are planning to go to college. Gain valuable information and learn about the college application process; choosing the right college; advance placement classes; financial aid information; and more.

Free – December 2011 and April 2012 (Inquirer about exact dates and times)

NEW! Job Readiness Workshops – For teens and young adults looking for their first jobs. Learn what skills you will need; including "the right attitude"; resume building and writing; interviewing skills; how to dress; and much more.

Free – January and February 2012

NEW! High School Entrance Exam Prep – Choosing the right High School is as important and difficult as choosing the right college. Then sign up for the High School Entrance Exam Prep – Saturday September 17 – October 22, 2011 at 10:00 AM Fee: \$75 Members - \$100 Non-members

If you are a parent of an entering 8th grader join us September 14th Wednesday evening 7:00 PM for a free general information workshop on how to complete the NYC DOE High School application.

NEW! Extended Friday Night Hours – Now enjoy Teen Gym and Swim until 8:45 PM

Teen Fitness Hours: Mon–Thurs 3:00 – 6:00 PM
Friday 3:00 – 7:30 PM

Teen Open Gym: Mon and Thurs 5:30 – 6:30 PM
Friday 5:30 – 7:30
Sat and Sun 3:30 – 5:00 PM

Tween / Teen Open Swim: Thursday 5:15 – 6:15 PM
Friday 7:30 – 8:45 PM
Sunday 3:45 – 4:45 PM

UNIVERSAL PRE-K

Jenny Hade, Director - ext. 249 • Natalia Baliraj, Assistant Director - 718-653-1044

Bronx House is proud to offer our Universal Pre-Kindergarten (UPK) program in conjunction with the NYC Board of Education for children born in 2007. Our UPK program offers a warm, nurturing, and stimulating atmosphere where children can learn new skills, meet new friends, and discover the joy of learning. Pre-K is an essential preparation for elementary school. Children become familiar with routines, rules, and sharing with others. Classes are led by State certified teachers, with the assistance of associate teachers.

Why Is Bronx House UPK and Early Childhood Programs a cut above the rest?

- We have extended day classes.
- We help children develop a sense of self (knowing oneself and relating to other people - both children and adults);
- We facilitate responsibility for the self and others (following rules and routines, respecting others, and taking initiative);
- We work to foster social behavior (showing empathy and getting along in the world - for example, by sharing and taking turns);
- We encourage children to develop gross and fine motor control (moving the large muscles, especially the arms and legs, consciously and deliberately - gross motor control includes balance and manipulate small objects such as scissors and writing tools);
- We help develop learning and problem solving skills (being purposeful about acquiring and using information, resources, and materials);
- We promote listening and speaking (using spoken language to communicate with others, enlarging one's vocabulary, expressing oneself, understanding the oral speech of others, participating in conversation, and using language to solve problems.); and
- We emphasize reading and writing as a part of our lessons (making sense of written language, understanding the purpose of print and how it works, gaining knowledge of the alphabet, writing letters and words) .

ACTIVITIES

Our school day is shaped by activities that children enjoy, including the following:

- Arts & Crafts
- Physical Education
- Cooking
- Playground
- Music
- Painting
- Indoor Play
- Sand/Water Table
- Snack Time
- Story Time

UPK HOURS

The regular UPK session runs from 9:00 am to 11:30 am **OR** 12:30 pm to 3:00 pm.

Registration/Enrollment is on a first come, first served basis.

EXTENDED HOURS

We offer extended day classes for parents who need this service. Hours available are from 8:00 am to 6:00 pm and for an additional fee.

CLASSROOM FACILITIES

Our multiple classrooms are specially designed for early childhood use. We have two locations; 990 Pelham Parkway South and 2222 Wallace Avenue. We offer spacious areas for play, including sand/water tables, math & science corners, libraries, dramatic play, art stations, and outdoor play areas.

LICENSES AND CERTIFICATIONS

Bronx House is licensed by the New York City Department of Health and the State University of New York Department of Education.



PARENT TODDLER CENTER

Jenny Hade, Director - ext. 249 • Natalia Baliraj, Assistant Director - 718-653-1044

Our Parent Toddler Program has been redesigned to help parents develop an understanding of their babies' and toddlers' developmental capabilities. We've created an environment where parents can bond with their children and participate in exciting activities. We provide a variety of parent/child classes. Each class runs for 10 weekly sessions. Each class offered is age specific. All curricula and experiences are carefully crafted to meet the developmental level of each age group!

New! Little Picassos - Little Picassos is an exciting class where parents and children can participate in art classes that are age appropriate. Students will explore colors, textures and painting techniques in a fun way that encourages learning and creativity! Each project will be different and have an educational connection to science, math and ELA.

New! Toddler Time - Toddler Time is specifically designed for children who are 3 years old. This is an opportunity for 3 year olds to gain an advantage and prepare for Pre-K. The Creative Curriculum familiarizes students with centers such as art, dramatic play, ELA, math and building. Students will learn manners, classroom and safety rules and they will get an early introduction to English Language Arts and math strategies.

New! Social Babies 1 and 2 - This class gives parents an opportunity to participate in a wonderful read aloud and movement activity with their children. Social Babies 1 and 2 encourages a love for books and reading and allows babies and parents to socialize using a fun and educational activity.



Coming this Winter and Spring!

Yoga Babies - Instructional Yoga for babies and moms. Share the benefits and relaxation of Yoga together.

Rhythmic Fun - Babies and moms will explore musical rhythms from around the world through dance and music.

CLASS AND FEE SCHEDULE

All Classes and Fees are for 10 Sessions *25% off for 2 or more classes
Discount offered on 2nd class only

Class	Days	Members	Non-Members
Social Babies 1	Monday or Wednesday or Saturday 9:00am-10:15am 10:30am-12:00pm	\$160 *	\$210 *
Social Babies 2	Monday or Wednesday or Saturday 11:00am-12:15am 9:00am-10:15am	\$160 *	\$210 *
Little Picassos 1	Tuesday 9:00am-10:00am	\$160	\$210
Little Picassos 2	Friday 9:00am-10:00am	\$160	\$210
Little Picassos 3	Monday 10:30am-12:00pm	\$160	\$210
Toddler Time	Tuesday and Thursday or Wednesday and Friday or Tuesday thru Friday 10:30am-12:30pm	2 day - \$260 4 day - \$455	2 day - \$410 4 day - \$720

WEINBERG SENIOR CENTER

Corina Pintor, Director - ext. 228 • Dara Matthews, Assistant Director - ext. 239

We are proud to offer a wide range of programs, activities and services to seniors in a supportive and stimulating environment. Join us for exercise, trips, craft making, games, discussion groups, holiday celebrations or just join us for lunch. Our senior center has something for everyone.

LUNCH PROGRAM

We serve a daily lunch at noon, Monday through Friday and occasionally on Sundays, in a relaxed environment. Our certified kosher meals are well-balanced and nutritious. The menu features traditional favorites such as baked chicken, stuffed cabbage and meatloaf as well as a daily alternative option for those who prefer a lighter midday meal. For seniors who are 60 and older a \$1.25 donation is suggested. Those under 60 are welcome to join us for lunch for a fee of \$4.65.

CELEBRATIONS & SPECIAL EVENTS

- Jewish Holiday Celebrations
- Senior Homecoming & Senior Prom Dances
- Parties with Live Music
- Volunteer Award Luncheon
- Annual Flu Shots
- Annual AARP Defensive Driving Class

DAY TRIPS & OUTINGS

- Shopping trips to Fairway, Stew Leonard's, Bay Plaza, Palisades Mall, Riverdale
- Theatre trips including Queens Theater, Westchester Broadway Theatre, Lehman Center
- Day trips to museums, historic sites, local parks & gardens
- Bronx Farmer's Market
- Summer Adult Day Camp at the Henry Kaufman Campgrounds in Pearl River, New York

ADDITIONAL PROGRAMS

- Basic Computer and Internet Instruction
- Creative Arts Workshops
- Intergenerational Activities with Bronx House Universal Pre-Kindergarten

This Center is sponsored by Bronx House, The New York City Department for the Aging, New York City Councilman James Vacca, and Bronx Borough President Rubin Diaz, Jr.



Volunteers Welcome! Please call us.

WEINBERG SENIOR CENTER

Corina Pintor, Director - ext. 228 • Dara Matthews, Assistant Director - ext. 239

EDUCATION & SOCIAL DISCUSSION GROUPS

- Current Events
- Talk It Over (news of the day, anecdotes and humor)
- Social Interaction (New York City history and social discussion)

CRAFTS

- Jewelry Design and Beading Workshop
- Knitting & Crocheting (Beginner and Advanced)

JUST FOR FUN

- Mahjonn
- Bingo
- Billiards
- Board Games

JEWISH PROGRAMS

- Jewish Holiday Celebrations
- Jewish Music

EXERCISE & WELLNESS PROGRAMS

- Breathe & Stretch
- Walking Club
- Swimming
- Chair Exercise
- Healthy Lifestyle Classes & Lectures



NEW AT BRONX HOUSE!

• SENIOR SELF-DEFENSE CLASSES

Join this class for self-defense techniques & low impact exercise while learning Tai Chi for good health and energy.

• ARTS FROM ALL ANGLES

This interactive class led by our Assistant Director allows you to experience arts from all angles! Discover poetry, music and art making.

• WALKING CLUB

Bronx House Senior Center in conjunction with the Wellness and Fitness Center presents the Senior Walking Club! Join our fitness instructor in walking for your health, socializing with your peers and taking walking trips.

**DOOR TO DOOR TRANSPORTATION
AVAILABLE IN OUR SERVICE AREA**



JEWISH PROGRAMMING

Corina Pintor, Director - ext. 228 • Dara Matthews, Assistant Director - ext. 239

For Seniors and Families

KEHILAH, a sense of community, has always been an important part of Judaism. As a people, Jews pray together, mark the Sabbath together, and celebrate our festivals together. Please join us to celebrate the highlights of the Jewish calendar throughout the year.

ROSH HASHANAH

Wednesday, September 21, 2011

Join us as we celebrate a "sweet" New Year with a traditional luncheon and entertainment.

SUKKOTH CELEBRATION

Wednesday, October 12, 2011

Enjoy a traditional meal as we celebrate the season of the harvest.

CHANUKAH CELEBRATIONS

Sunday, December 18, 2011

Commemorate "The Festival of Lights" with good food (including Latkes) and entertainment.

PURIM CELEBRATION

Sunday, March 18, 2012

Enjoy a wonderful luncheon with a dessert of hamantashen, a musical program, and a joyous celebration.

MODEL SEDER

Sunday, April 1, 2012

Celebrate the upcoming Passover holiday with a traditional Seder, songs, and story of the Exodus from Egypt. Led by Rabbi Moshe Fuchs.

HOLOCAUST REMEMBRANCE DAY

Join with other survivors and community members as we commemorate and remember those lost in the Holocaust. Date to be announced.



BRONX HOUSE DAY CAMP

OFFERS YOU AN OPPORTUNITY TO SAVE WITH

“THE EARLY BIRD”

ENROLL YOUR CHILD FOR THE

SUMMER OF 2012

The 2012 camp fees will increase over the 2011 fee.

Register now and pay the 2011 rate.

To reserve your space in camp and receive your discount, please return the attached “EARLY BIRD” registration form with a \$250 deposit no later than February 29, 2012.

Please Note: *Requests for refunds will be granted in full prior to May 1, 2012 (subject to \$35 service charge). Medical and Summer School refund requests will be granted through June 15, 2012.*

OFFER EXPIRES FEBRUARY 29, 2012

“EARLY BIRD” REGISTRATION FORM

Enclosed is a deposit of \$250 to reserve my child's space in camp for Summer 2012.

Child's Name: _____

Last

First

Parent's Name _____

Last

First

Camp Program: Fun Bunch Adventurers Explorers Teen Travels

Grade (as of 9/01/12): _____ Home Phone # _____

Address _____ Zip Code _____

Session: Full First 1/2 Second 1/2



ZUMBATHON[®]

In 2011-12, we will host two Zumbathons to benefit our Childhood Obesity Campaign. This year's events will be held in December and April. Registration is \$25 and includes a Zumbathon t-shirt. You can register with the main office, or on-line or by using the PDF registration form. This year's events will be fun and exhilarating so you'll want to register early and be sure to tell your friends about Bronx House Zumbathons!

If you have questions about this event, please contact Fitness and Wellness Director, Victoria Tolbert at 718.792.1800 ext. 244 or victoria@bronxhouse.org



SOCIAL ACTION

Bronx House has a long history of community service and social action. As we enter and celebrate our 100th year of community service that tradition lives on.

Over the course of this anniversary year different program departments will be spearheading different community service projects.

- **Coat Drive:** In the fall we will sponsor a coat drive for children and adults. As temperatures start to drop, Bronx House will collect new and slightly used coats for distribution to needy families in the community.
- **Toy Drive:** During the "holiday season" our Advantage After School Program will sponsor a new Toy Drive to help those children who are less fortunate enjoy the spirit of the holidays.
- **Food Drive:** Within our community are many families and individuals who don't have enough to eat. The UPK program of Bronx House will be collecting food items at both its sites, and will distribute all food collected to local food pantries.
- **Blood Drive:** In the spring our Fitness and Wellness Center along with the New York Blood Center will sponsor a blood drive to help fight the ever present shortage of blood in the New York metropolitan area.

Bronx House also welcomes volunteers from the community. We have limited opportunities help with children and older adults. If you would like more information about volunteering please call David Whyne, Associate Executive Director at 718 792-1800 ext. 222