

# Press Release

Battery  
Park  
City  
Parks

FOR IMMEDIATE RELEASE  
Date: December 18, 2015

Contact: Craig Hudon  
212 267-9700 x 355, [chudon@bpcparks.org](mailto:chudon@bpcparks.org)

Battery Park City Parks Conservancy offers programs for all ages and stages of life...

## PARENT & BABY YOGA

**Dates:** Mondays, January 4 to February 29, 2016 (7 sessions; class does NOT meet on January 18 or February 15)

**Time:** **Session 1:** 1-2:15pm  
**Session 2:** 2:30-3:45pm

**Place:** 6 River Terrace

**Subways:** 1, 2, 3, A, C, J to Chambers Street / E to WTC  
4, 5, 6 to Brooklyn Bridge / R to City Hall

**Cost:** \$160

**Information:** <http://bpcparks.org/event/parent-baby-yoga-16/all/>

**Space is limited and pre-registration is required for all classes.** Call 212.267.9700 or email [registration@bpcparks.org](mailto:registration@bpcparks.org)

Looking for an exercise class you can attend with your infant? Would you like to meet other parents of infants? You and your baby can have fun together at the Battery Park City Parks Conservancy's **Parent and Baby Yoga** classes.

**Parent and Baby Yoga** is a multi-level class designed to strengthen the body after giving birth, and allows new parents to practice yoga with their babies (newborns through pre-crawlers). Learn how to regain strength in the abdominal muscles, and develop inner and outer strength, while meeting other new parents and babies. Mats and props are provided. All levels are welcome.

**Mary Ryan Barnes**, Registered Yoga Teacher and Director of Yoga for Two, is one of New York City's most energetic and well-respected yoga instructors. A certified fitness teacher and personal trainer, Mary has been teaching yoga since 1990. She has specialized in pre and post-natal yoga since 1993. Mary offers classes that are invigorating, enlightening, and joyful. For more information, please see her website at [www.yogafortwo.com](http://www.yogafortwo.com)



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## Share the joy of music and storytelling with your little one

# Stories & Songs

### For infants, toddlers & preschoolers

**Dates:** Tuesdays, January 5 to April 5, 2016

**Time:** **Session 1:** 9:40am-10:20am (ages 6 months-3.5 years)  
**Session 2:** 10:30am-11:10am (ages 13 months-3.5 years)  
**Session 3:** 11:20am-12:00pm (ages 13 months-3.5 years)

**Place:** 6 River Terrace (south end of River Terrace by the Irish Hunger Memorial)

**Subways:** 1, 2, 3, A, C, J to Chambers Street / E to WTC  
4, 5, 6 to Brooklyn Bridge / R to City Hall

**Cost:** \$335.00

**Information:** <http://bpcparks.org/event/stories-songs-6-months-to-3-5-years-old/all/>

**Space is limited. Pre-registration required.**

Call 212.267.9700 or email [registration@bpcparks.org](mailto:registration@bpcparks.org). Payment can be made by check to BPCPC, or by VISA or MasterCard.

Battery Park City Parks presents lively musical performances each week with a delightful roster of professional musicians including Lou Gallo, Suzi Shelton, Jamey Hamm and more. The program introduces and integrates musical performance into young children's lives. BPCPC's **STORIES & SONGS** is a 14-week program of participatory music and stories for young children accompanied by an adult. Through musical performance and creative storytelling to children, **STORIES & SONGS** develops active listening, socializing, and cultural literacy in a joyous, warm environment.



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## Chess for Children

### Learn chess and have fun!

**Date:** Tuesdays, January 5 to April 5, 2016  
**Time:** Beginners (5 – 7 years old): 3:30 – 4:15 pm  
Intermediate (7 years old & up): 4:30 - 5:30 pm  
**Place:** 6 River Terrace  
(South end of River Terrace, north of the Irish Hunger Memorial)  
**Subways:** 1, 2, 3, A, C, J to Chambers Street / E to WTC  
4, 5, 6 to Brooklyn Bridge / R to City Hall  
**Cost:** Beginner, \$280. Intermediate, \$308  
**Space is limited and pre-registration is required for all classes.**  
Call 212.267.9700 or email [registration@bpcparks.org](mailto:registration@bpcparks.org).

**Information:** <http://bpcparks.org/event/chess-for-children-beginner-5-7-years-old/all/>  
<http://bpcparks.org/event/chess-for-children-intermediate-7-years-old-up-2/all/>

Learn chess and have fun playing with other students. An experienced and enthusiastic chess instructor leads small group lessons in the popular strategy game for children and young people ages 5-12. Playing chess improves concentration, critical thinking, abstract reasoning, problem solving, pattern recognition, strategic planning, creativity, synthesis, and evaluation.

Chess novices will learn the game from scratch, using exercises to learn how each piece moves and interacts with the others on the board. More advanced players will learn opening strategies, middle game scenarios, and end game tactics. Supervised by the instructor, students will hone their game through matches with opponents of similar skill level.

In addition, a large lawn chess set will be brought out to illustrate chess puzzles and to play large games in teams, as children learn to play cooperatively with players of all levels.

Chess instructor **Michah Saperstein** has been teaching chess to children for 5 years, and has developed a program which emphasizes creativity and imagination in children.



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## Preschool Play and Art

Calling all toddlers! For walking toddlers through preschool-age children with an accompanying adult.

**Date/ Times:** Session 1: Thursdays, January 7 to April 7, 2016  
10AM to 11:30AM  
Session 2: Thursdays, January 7 to April 7, 2016  
3:30PM to 5PM  
Session 3: Fridays, January 8 to April 8, 2016  
10AM to 11:30AM

**Place:** 6 River Terrace

**Subways:** A, C, E, 1, 2, 3 to Chambers Street  
J, 4, 5, 6 to Brooklyn Bridge / R to City Hall

**Cost:** \$350 (14 sessions; payable by VISA, MasterCard, or check)

**Information:** [www.bpcparks.org](http://www.bpcparks.org)

**Space is limited and pre-registration is required for all classes. Call 212.267.9700 or email [registration@bpcparks.org](mailto:registration@bpcparks.org)**

Young children and an accompanying adult join others for child-directed free play in a stimulating age-specific environment. Thoughtfully chosen play supplies and equipment encourage imagination and discovery, with open-ended toys including wheeled vehicles, wood blocks, a play kitchen and a dress up corner. Preschool Play & Art features a preschool library, storytime, and art projects.

Each week focuses on a different theme such as colors, buildings, animals, and the alphabet. Art projects are based on the weekly theme, and include paint, collage, play-dough, crayons and more.



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## Stop by and make new friends Friday Night for Teens For Grades 7-12.

**Dates:** Fridays, January 8 to April 8, 2016  
**Time:** 4 pm – 7 pm  
**Place:** 6 River Terrace  
(South end of River Terrace, north of the Irish Hunger Memorial)  
**Subway:** 1, 2, 3, A, C, J to Chambers Street / E to WTC  
4, 5, 6 to Brooklyn Bridge / R to City Hall  
**Cost:** FREE!  
**Information:** <http://bpcparks.org/event/friday-night-for-teens-11/all/>

Battery Park City Parks Conservancy will continue its **Teen Night** featuring games, snacks, music, movies, and socializing. On Friday early evenings, Battery Park City Parks Conservancy's event space, 6 River Terrace, will be open so young people can drop by to have a snack, play games, or just hang out. Get together with friends and meet new people. Play ping pong, foosball, or organize a game of supersized chess, Connect-4, and Jenga. A smartphone dock will be available to plug in and play favorite music for friends. Staff will be on hand to supervise and help facilitate the activities. There will be snacks, a movie, and lots of opportunities for selfies. No parents allowed!



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## Young Artists' Workshops: Picture Books Inspired by the work of Eric Carle: The Very Hungry Caterpillar

For artists ages 2 to 5 with participating caregiver

**Date:** Saturday, January 23, 2015

**Time:** 10:00 AM

**Place:** 6 River Terrace (south end of River Terrace, by the Irish Hunger Memorial)

**Subways:** 1, 2, 3, A, C, J to Chambers Street / E to WTC  
4, 5, 6 to Brooklyn Bridge / R to City Hall

**Cost:** **FREE! Pre-registration recommended.** Call 212.267.9700 or email [registration@bpcparks.org](mailto:registration@bpcparks.org)

**Information:** <http://bpcparks.org/event/young-artists-workshops-picture-books-ages-2-5years-old/2016-01-23/>

Battery Park City Parks is excited to introduce a new free series of workshops sure to please families with artists ages 2 to 5 years. Inspired by celebrated works of illustrated literature for young children, these workshops will promote the vital experience of art and story. Participants will take part in an enriched reading experience of a classic book and then create artwork in the style of the author/ illustrator.

The first of these workshops, on **Saturday, January 23, 2016, at 10:00AM at 6 River Terrace**, will be inspired by the work of **Eric Carle's The Very Hungry Caterpillar**. Mr. Carle is a particularly well-suited choice to offer inspiration for the series: in addition to being widely recognized for his work as one of the masters of the art of the picture book, his founding with his wife of The Eric Carle Museum of Picture Book Arts stands as one of the greatest celebrations of the art form.

Upon arriving, families will settle into a comfortable sitting area for a large-group reading. The reader will elicit participation and interaction through questions and comments about the words and illustrations, enriching the experience for all. After the reading, participants will try their hand at collage experiences inspired by the work of Eric Carle: cutting and gluing pre-painted papers into literal figures and/or abstract representations and painting their own large sheets of tissue paper and newsprint to take home. An art specialist will demonstrate the techniques and help guide caregivers in assisting the young artists. Throughout the workshop, Parks staff will be on-hand to facilitate the participation of parents/ caregivers in this family experien



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## Battery Park City Parks' ANNUAL ART EXHIBITION

*Art Inspired by Battery Park City and the Hudson River*

**Opening reception:** Sunday, January 31, 2016 from 1 to 3 pm

**Exhibition dates/ hours:** Weekdays from 2 to 4 pm  
Monday, February 1 - Friday, March 4, 2016

**Place:** Battery Park City Parks  
75 Battery Place, NY, NY 10280  
(corner of 2<sup>nd</sup> place and Battery Place)

**Subways:** 4 or 5 to Wall Street  
R or 1 to Rector Street

**Information:** <http://bpcparks.org/event/2016-annual-art-exhibition-opening-reception/>

Inspired by the unique urban/ natural environment of Battery Park City, **Battery Park City Parks' ANNUAL ART EXHIBITION** features work created by the public of all ages in **BPC Parks'** programs. The opening reception is on Sunday, January 31 from 1 to 3 pm. The work remains on view through Friday, March 4, and can be visited weekdays from 2 to 4 pm.

Battery Park City Parks offers **free** (including materials!) weekly art classes for adults, children and preschoolers from May 1 through October 31. Open to novice and experienced artists alike, these drop-in art programs and classes inspire works made with watercolor paints, charcoal and pen drawing, collage, wood, clay, and mixed media. While adults work individually (though engaging in group critiques), children often collaborate on large-scale group projects. With the guidance of **BPC Parks Programming** staff and art specialists- frequently using recycled materials and supplies- children transform pounds of clay and giant cardboard boxes into fanciful cities, animal menageries, puppet theaters, vehicles, and other creative projects.



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## Community Center at Stuyvesant High School Offers: Drop-in Badminton

Date/Time: Thursday evenings, starting January 3 - 7:00 pm – 9:30 pm  
Sunday afternoons, starting January 7 - 1:00 pm – 5:30 pm

Place: Community Center at Stuyvesant High School  
345 Chambers Street (access: West Street)

Subways: 1, 2, 3, A, C to Chambers Street / E to WTC  
4, 5, 6, J, M or Z to Brooklyn Bridge / R to City Hall

Cost: Free for members. Day Passes: \$15 for adults, \$10 for students, youths & seniors

Information: 212-267-9700, email [communitycenter@bpcparks.org](mailto:communitycenter@bpcparks.org) or visit [www.ccshts.org](http://www.ccshts.org)

The Community Center at Stuyvesant High School will continue offering its Thursday evening and Sunday afternoon badminton programs in 2016! Participants will have the opportunity to develop agility, strength, and reflex while enhancing their badminton game intelligence. All experience levels are welcome in this relaxed environment where strategy and skill are learned from fellow players and new friends. Three courts are available for use in the CCSHS gym, one single and two double. Athletes will rotate to accommodate attendance and skill levels.

Free for members. Gym day passes available for non-members: \$15 for adults, \$10 for seniors, students and youths. Birdies and rackets provided. Photo ID is required for entry into the CCSHS.



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## Community Center at Stuyvesant High School Offers: Hatha Yoga

Calm the mind, stretch and tone the body

**Date:** Monday evenings: January 4 through March 14, 2016 (10 sessions)  
*No class February 15*

**Time:** 7 – 8 pm

**Place:** Community Center at Stuyvesant High School  
345 Chambers Street (access: West Street)

**Subways:** 1, 2, 3, A, C to Chambers Street / E to WTC  
4, 5, 6, J, M or Z to Brooklyn Bridge / R to City Hall

**Cost:** Members: \$160  
Non-Members \$180  
Drop-in: \$20

**Information:** <http://bpcparks.org/event/hatha-yoga/all/>

The Community Center at Stuyvesant High School offers yoga classes each Monday evening. Calm the mind, stretch and tone the body. Beginners and all levels are welcome. Hatha Yoga is gentle and soothing. This slow-paced stretching class, led by *Spiritual Yoga* author **Molly Heron**, will explore breathing exercises and meditations. Start your week off right with an hour of gentle stretching and toning.

Hatha Yoga can improve quality of sleep, increase energy levels and muscle tone, relieve muscle pain and stiffness, and improve circulation. All levels of experience from beginners to advanced are welcome to learn poses, relaxation techniques, and enjoy the many mental and physical benefits Hatha Yoga has to offer. Instructor Molly Heron has practiced Hatha Yoga for over 25 years and also teaches at the Integral Yoga Institute in Greenwich Village.

Yoga mats, blocks and blankets provided.



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## Community Center at Stuyvesant High School Offers: Total Body Boxing Workout

Date: Wednesday evenings, starting January 6  
Time: 7:00 pm – 8:15 pm  
Place: Community Center at Stuyvesant High School  
345 Chambers Street (access: West Street)  
Subways: 1, 2, 3, A, C to Chambers Street / E to WTC  
4, 5, 6, J, M or Z to Brooklyn Bridge / R to City Hall  
Cost: Free for members. Day Passes: \$15 for adults, \$10 for students, youths & seniors  
Information: <http://bpcparks.org/event/total-body-boxing-workout/all/>

This winter, the Community Center at Stuyvesant High School will offer its first Total Body Boxing Class, where participants will develop self-defense skills and overall fitness. Athletes, 14 and up, will have the opportunity to drop in on this program instructed by former Golden Gloves Finalist, Paul Diaz. Each class will be designed to accommodate all levels and experience, with the benefit of small group instruction.

Newcomers and seasoned boxers alike will learn how to use punching bags, speed bags, and pad work to reenergize and changeup their fitness routine. All drills will strengthen the cardiovascular system and increase muscular development. Participants will leave this program feeling revitalized, tough, and filled with energy!

Free for members. Day passes available, \$15 for adults, \$10 for seniors, students and youths. Equipment provided. Please bring workout clothes, hand wraps, sneakers and water bottle. Photo ID is required for entry into the CCSHS.



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## Community Center at Stuyvesant High School Offers: Cardio Swim Workout

Learn low impact workouts useful for a lifetime

**Date:** Wednesday evenings, starting January 6, 2016  
**Time:** 7:30 – 8:15 pm  
**Place:** Community Center at Stuyvesant High School (CCSHS)  
345 Chambers Street (access: West Street)  
**Subways:** 1, 2, 3, A, C to Chambers Street / E to WTC  
4, 5, 6, J, M or Z to Brooklyn Bridge / R to City Hall  
**Cost:** Free for members; included with Adult Day Pass: \$15, included with Senior, Student and Youth Day Pass: \$10  
**Information:** <http://bpcparks.org/event/aerobic-swim-workout/all/>

The Community Center at Stuyvesant High School will host a Cardio Swim Workout on Wednesday evenings at 7:30pm beginning January 6, 2016. Workouts will incorporate sprint, distance and interval training to increase speed, endurance and overall fitness. This small group program is for experienced swimmers ages 14 and up. Participants must be able to swim 40 laps.

Swimming results in lean muscle mass and increased cardiorespiratory fitness, all without causing stress to your joints. This low impact exercise is a great alternative or addition to your weekly routine. Join Water Safety Instructors and fellow swimmers for innovative and fun swim workouts.

Free for members. Pool day passes available: \$15 for adults, \$10 for seniors, students, and youth. Kick boards and fins provided. All swimmers need to bring a towel, swim cap, goggles and a lock. Caps and



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goggles are available for sale at the CCSHS.



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## 太極拳 Tai Chi

Increase physical balance, strength, and mental focus

**Date:** Thursdays, January 7 to March 10, 2016 (10 sessions)  
**Time:** 7:15 pm - 8:15 pm  
**Place:** Community Center at Stuyvesant High School  
345 Chambers Street (access: West Street)  
**Subways:** 1, 2, 3, A, C to Chambers Street / E to WTC  
4, 5, 6, J, M or Z to Brooklyn Bridge / R to City Hall  
**Cost:** Members: \$140  
Non-Members \$150  
Drop-in: \$20  
**Information:** <http://bpcparks.org/event/tai-chi-class-2/all/>

The Community Center at Stuyvesant High School is pleased to offer weekly winter tai chi classes for 10 sessions on Thursday evenings from 7:15 pm to 8:15 pm. This type of exercise puts minimal stress on muscles and joints- ideal for all ages and fitness levels.

Often described as meditation in motion, tai chi promotes serenity through gentle, flowing movements. Tai chi is a low impact exercise practiced for both its defense training and health benefits. It is an excellent choice of exercise for people of all ages and has been shown to build muscle strength, and improve flexibility, balance, and aerobic conditioning. This class, led by instructor **Alex Hing**, will include gentle physical exercises and stretching. Participants will leave feeling de-stressed, strengthened and focused.

In addition to teaching for the Battery Park City Parks, **Alex Hing** teaches tai chi at the China Institute and Sacred Sounds Yoga. He has practiced martial arts for over 30 years in San Francisco and New York City, including 10 years with tai chi grand master William C. C. Chen.



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## Community Center at Stuyvesant High School Offers: Battery Park City Running Club

Get outdoors, socialize, and improve your fitness!

Date: Thursday evenings, starting January 7, 2016  
Time: 7 – 7:45 pm  
Place: Outside the Community Center at Stuyvesant High School front entrance  
345 Chambers Street (access: West Street)  
Subways: 1, 2, 3, A, C to Chambers Street / E to WTC  
4, 5, 6, J, M or Z to Brooklyn Bridge / R to City Hall  
Cost: **FREE!**  
Information: <http://bpcparks.org/event/battery-park-city-running-club/all/>

Running is good for you, doesn't require expensive equipment, and you can do it anywhere- even in a city of over 8 million! Come on a run with the BPC Running Club on Thursday evenings this winter! Lace up and jog along the waterfront parks of Battery Park City with other active members of the community. Join in group warm up and cool down exercises led by programming leaders.

There are numerous benefits to running: improved cardiovascular health, mood, coordination, weight loss, and overall well-being. But group running offers even more than just physical improvement, it brings like-minded individuals together to experience an activity everyone enjoys. Get motivated, expand your social circle, learn about new running routes and events, and improve your performance by taking part in this community running program!

Free program! All levels welcome. Wear sneakers and bring a water bottle. CCSHS membership not required.



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## Community Center at Stuyvesant High School Offers: Masala Bhangra Workout®

**Date:** Tuesdays, January 12 to February 16, 2016 (6 sessions)  
**Time:** 7:00 – 8:00 pm  
**Place:** Community Center at Stuyvesant High School (CCSHS)  
345 Chambers Street (access: West Street)  
**Subways:** 1, 2, 3, A, C to Chambers Street / E to WTC  
4, 5, 6, J, M or Z to Brooklyn Bridge / R to City Hall  
**Cost:** members: \$96; non-members: \$108; drop-ins: \$20 per class  
**Information:** <http://bpcparks.org/event/masala-bhangra-workout/all/>

The Community Center at Stuyvesant High School will offer a fun, high-energy fitness class: **Masala Bhangra Workout®**. Participants will have the opportunity to take part in a unique and inspiring way to get fit and have fun. This complete cardiovascular workout includes spicy Bollywood (Hindi film) moves with dance steps from the traditional Bhangra folk dance of Punjab, India. Teens and adults alike will enjoy the easy-to-follow high energy dance movements that this class offers!

Masala Bhangra instructor Cloe Andrade will lead participants in exercise that results in overall body-toning, increased stamina, strength and endurance. Please wear comfortable workout clothes, bring a water bottle and photo ID for entrance to the Community Center.



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## Saturday Tennis for Kids

For ages 8-14

Date: Saturdays January 16 to February 20, 2016 (6 sessions)  
Time / Levels: Call for times and levels: 212.267.9700  
Place: Community Center at Stuyvesant High School  
345 Chambers Street (access: West Street)  
Subways: 1, 2, 3, A, C to Chambers Street / E to WTC  
4, 5, 6, J, M or Z to Brooklyn Bridge / R to City Hall  
Cost: Members: \$165  
Non-members: \$180  
Information: <http://bpcparks.org/event/tennis-lessons-ages-8-14-years-old/all/>

Have fun playing tennis, and make new friends! Learn the mechanics of each stroke, proper court position and movement as well as strategies for future growth and development. Classes are available for all skill levels.

In the Beginner Level 1 class, students will learn and practice correct footwork, racket ball handling skills, and activities to develop hand-eye and racket coordination. Athletes will learn and practice forehand and backhand groundstrokes, and play a variety of lead-up games to help develop their tennis playing skills and control.

In the Beginner Level 2 class, students will continue to develop hand eye racket and coordination skills. They will practice ready position and change of grips. Students will also learn and develop their volley, forehand and backhand, and be introduced to the serve.

In the Intermediate Level 1 class, students will work towards mastery of the basic fundamentals, such as forehand and backhand groundstrokes, volleys and the serve. In addition, students will learn how to play and score a singles and doubles tennis game, learn and develop specialty shots such as top spin, drop shot, slice, overhead smash and the lob.

Bring a racquet. Balls are provided. Instructor: Kim Champion.



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## Community Center at Stuyvesant High School Offers: Group Swim Lessons for Kids

### Learn to Swim!

**Date:** Sundays, January 24 to April 3, 2016 (10 sessions)  
**Ages, levels/ times:** Please call for information: 212.267.9700  
**Place:** Community Center at Stuyvesant High School (CCSHS)  
345 Chambers Street (access: West Street)  
**Subways:** 1, 2, 3, A, C to Chambers Street / E to WTC  
4, 5, 6, J, M or Z to Brooklyn Bridge / R to City Hall  
**Cost:** Members: \$220  
Non-Members \$250  
**Information:** <http://bpcparks.org/event/group-swim-lessons-ages-6-12-years-old/all/>

This winter, learn to swim in the Community Center at Stuyvesant High School's beautiful half Olympic-sized swimming pool. Children's classes are available at the level of Beginner, Beginner Advanced, Intermediate, and Advanced. The Beginner class teaches: breathing, kicking on front and back, elementary treading and the freestyle stroke. The Beginner Advanced class continues with butterfly kicking on front and back, freestyle touchups, and the backstroke. The Intermediate class teaches swimming skills such as full underwater body rotations and the breast stroke. Advanced students learn skills such as the turns that link the four competitive strokes and the butterfly.

For those who desire a more personalized approach, private lessons are available as well (\$120 for 3 half hour sessions or \$200 for 5 half-hour sessions). All swimmers need to bring a towel, swim cap, goggles and a lock. Caps and goggles are available for sale at the CCSHS. Classes are led by American Red Cross certified Water Safety Instructors.

**Space is limited. Pre-registration required.** Call 212.267.9700 or email [communitycenter@bpcparks.org](mailto:communitycenter@bpcparks.org).



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## Community Center at Stuyvesant High School Offers: Group Swimming Lessons for Adults

### Learn to Swim!

Date: Tuesday evenings, January 26 – March 29, 2015 (10 sessions)  
Time: Beginner: 7 – 7:45 pm  
Beginner Advanced: 7:45 – 8:30 pm  
Place: Community Center at Stuyvesant High School  
345 Chambers Street (access: West Street)  
Subways: 1, 2, 3, A, C to Chambers Street / E to WTC  
4, 5, 6, J, M or Z to Brooklyn Bridge / R to City Hall  
Cost: Members: \$220  
Non-Members \$250  
Information: <http://bpcparks.org/event/swim-lessons/all/>

This winter, learn to swim in the Community Center at Stuyvesant High School's beautiful half Olympic-sized swimming pool. Swimming is a lifetime activity that provides an ideal low-impact all-body workout, mental relaxation, an access to a world of watersports, and a valuable safety skill. No matter your age or ability, it is never too late to learn or improve one's swimming skill.

Classes are available at the level of Beginner and Beginner Advanced. These classes will allow students the opportunity to enjoy the water safely. The Beginner class teaches: breathing, kicking on front and back, elementary treading and the freestyle stroke. The Beginner Advanced class continues with butterfly kicking on front and back, freestyle touchups, and the backstroke. Classes are led by American Red Cross certified Water Safety Instructors.

**For those who desire a more personalized approach, private lessons are available as well (\$120 for 3 half-hour sessions or \$200 for 5 half-hour sessions). All swimmers need to bring a towel, a swim cap, goggles and a lock. Caps and goggles are available for sale at the CCSHS.**



**Battery Park  
City Authority**