



**new settlement
community center**



1501 Jerome Avenue,
(corner of W 172nd St.)
Bronx, NY 10452

2023 - 2024



01

About Us

03

Leadership

06

Policies

09

Membership

10

Swimming Classes

15

Health, Fitness, & CHI

21

Community Programs and Mentorship

29

Rentals

TABLE OF CONTENTS



ABOUT US

NEW SETTLEMENT COMMUNITY CENTER

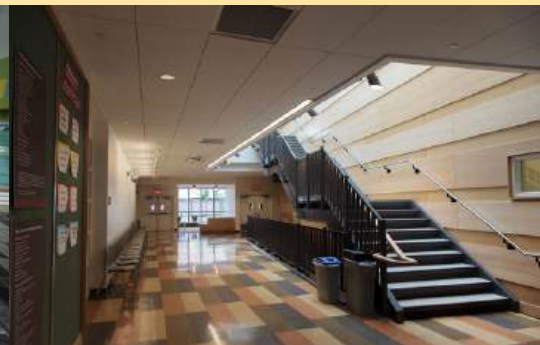
EST. 2012

WE OFFER A RANGE OF PROGRAMS, INCLUDING:

- Gymnastics
- Fitness Classes
- Mixed martial arts
- Music
- Swimming
- And much more!



All classes are either **low-cost** or **free** and serve community members 6-months-old to Seniors.



The Community Center houses an indoor competition-size swimming pool, dance studio, green roof learning garden, cooking classroom, and multipurpose spaces. Located in the Mt. Eden section of the Southwest Bronx, the Community Center is built upon more than thirty years of work at New Settlement Apartments. New Settlement has revitalized this once-abandoned neighborhood with 2,000 units of quality affordable housing and a range of programs that have strengthened social and academic outcomes for a generation of young people.



OUR LEADERSHIP



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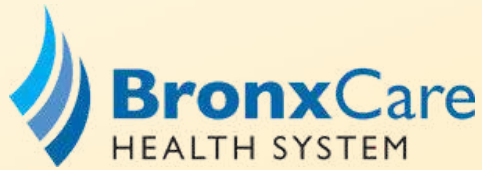


Nina Ortiz
Administrative Director of
Center-Based Operations
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The New Settlement Community Center's vision is to create a community culture by providing a safe place for all ages and abilities to participate in social engagement, sports, exercise, and education. All the activities we offer focus on improving our members' quality of life and promoting healthy lifestyles.



Children's Aid
Every step of the way



Sun River
Health



BlueCross®
BlueShield®

Montefiore



OUR ✨ PARTNERS



CENTER CODE OF CONDUCT

New Settlement Community Center wishes to promote a safe & welcoming environment through:

Showing respect for one another and equal treatment of all people.

Showing respect for the Community Center by not littering, defacing property, engaging in graffiti, or spitting.

Refraining from using alcohol or drugs inside, or before coming into the center.

Dressing appropriately for all activities.

Adopting courtesy and avoiding improper behavior such as use of profanities, insults, vulgar language, bullying, and play fighting.

Refraining from bringing in glass bottles and gum.

Ensuring that the Community Center is a safe space for **all** to enjoy. Violent behavior will not be tolerated!

Failure to comply with the above may result in revocation of membership and access to the Community Center will be denied.

CENTER POLICIES



Registration

All patrons must complete an online profile to participate

- Head to **<https://clients.mindbodyonline.com>** and search "New Settlement Community Center"
- Choose "Not a staffer" and create an account
- Fill out all the information for each individual participating
- **Please be sure to e-sign our waiver and policy form**

Contracts

- Membership and program privileges are not transferable from one person to another
- Unless an organizational error has occurred, ***we do not offer credit, refunds, or makeup classes***
- Membership payments must be up to date in order to use the facility
- Class registration fees must be paid in advance
- Rates and schedules are subject to change
- Children under 12 years of age ***must*** be accompanied by a Parent/Adult (18+) Guardian who must remain in the building
- Memberships are year-long commitments. All monthly memberships are subject to 12 payments equivalent to the annual membership price. All balances are due upon cancellation of a membership
- Pro-rated pricing is not available, regardless of start date
- Memberships do not guarantee a spot in any class

CONT.



BECOME A MEMBER TODAY

| ANNUAL MEMBERSHIP FEE | PRICES |
|--------------------------------|---------|
| Student (Ages 12 -24) | \$165 |
| Adult (Ages 18+) | \$185 |
| Senior (Ages 50+) | \$75 |
| Couple (Senior) | \$120 |
| Couples (18+) | \$230 |
| Family (1 Adult & 1 Child) | \$250 |
| Family (1 Adult & 2 Children) | \$280 |
| Family (2 Adults & 1 Child) | \$325 |
| Family (2 Adults & 2 Children) | \$355 |
| Pool Guest | \$20 EA |
| Additional Child | \$30 EA |
| Additional Adult | \$45 EA |

* Monthly membership payments plans available
(12 month commitment)

** Seniors, students, and adults cannot add a
child to a solo membership, a family membership
must be purchased



MEMBERSHIPS INCLUDE:

- **FREE FITNESS CLASSES**
- **FREE FAMILY/LAP SWIM SESSIONS**
- **DISCOUNTED PRICES FOR CLASSES**
- **EARLY REGISTRATION FOR CLASSES**



GROUP SWIMMING LESSONS



SWIMMING AT NEW SETTLEMENT



PRIVATE SWIM



BLUE SEALS COMPETITIVE SWIM TEAM



OPTIONS FOR ALL INTERESTS!



LIFEGUARD CERTIFICATION



BLUE SEALS COMPETITIVE SWIM TEAM



New Settlement Community Center offers youth ages 7 to 17 the opportunity to join our Blue Seals swim team. As members of the team, they will learn sportsmanship, camaraderie, and endurance through practice and competitive swimming.



PRICE RANGES FROM \$900 - \$1400 FOR THE ENTIRE SCHOOL YEAR
* PAYMENT PLANS AVAILABLE*

FOR MORE INFORMATION EMAIL:
AQUATICS DIRECTOR AT
N.CESPEDES@NEWSETTLEMENT.ORG





GROUP SWIMMING LESSONS

Age Groups

Ages 6-18 months
Ages 19-36 Months
Ages 3-5
Ages 6-8
Ages 9-11
Ages 12-17
Ages 18+

Types of Classes

Aqua - Babies
Aqua -Tots
Group Swim
Private Swim
Semi - Private Swim

Cost Guide

Group Swim

School Year: 1x/week for 10 weeks
Member: \$160 | Non-Member: \$224

Spring/Summer: 1x/week for 8 weeks
Member: \$128 | Non-Member: \$180

Aqua Babies | Aqua Tots

School Year: 1x/week for 10 weeks
Member: \$190 | Non-Member: \$266

Spring/Summer: 1x/week for 8 weeks
Member: \$152 | Non-Member: \$213





PRIVATE LESSONS

One on One Swim Instruction

Member

1 Lesson \$85
4 Lessons \$340
8 Lessons \$680

Summer Exclusive

6 Lessons \$510

Non-Members

1 Lesson \$119
4 Lessons \$476
8 Lessons \$952

Summer Exclusive

6 Lessons \$714

SEMI-PRIVATE LESSONS

Create your own small group with a
Swim Instructor Maximum 3 people
around the same age and swim level

Member

1 Lesson - \$60/person
4 Lessons - \$240/person
8 Lessons - \$480/person

Summer Exclusive

6 Lessons - \$360/person

Non-Members

1 Lesson - \$84/person
4 Lessons - \$336/person
8 Lessons - 672/person

Summer Exclusive

6 Lessons - \$504/person

BECOME AN AMERICAN RED CROSS LIFEGUARD!

POTENTIAL RED CROSS LIFEGUARD CANDIDATES MUST BE ABLE TO:

- 300-yard swim, of either front crawl or breaststroke
- Two minutes of treading with no-hands
- A timed event of saving a ten-pound brick within one minute and forty seconds.

LEAD, SERVE OTHERS, AND MAKE MONEY!



Cost: \$350 – Payments made at Member Services.

Ages: 15+

All participants must commit to **all days** at the times given.

FOR MORE INFO CALL:

(718) 758 - 5901

OR VISIT

NEWSETTLEMENT.ORG/COMMUNITY-CENTER/CLASS/REDCROSS

FITNESS CLASSES



HEALTH, FITNESS, & C.H.I. AT NEW SETTLEMENT

HOLISTIC WELLNESS
PROGRAMMING
AT THE CENTER

HEALTH EDUCATION



FOOD PANTRY



GARDEN CLUB & COOKING CLASSES





new settlement
community center

GET HEALTHY, STAY FIT!

ACTIVE ADULTS (18+) FITNESS CLASSES ARE
INCLUDED WITH MEMBERSHIPS



- **BOXING TRAINING
FOR BEGINNERS**
- **STEP AEROBICS**
- **WATER AEROBICS**

- **LEARN TO SWIM
FOR SENIORS**
- **BOOT CAMP**
- **ZUMBA**
- **YOGA**



SCHEDULE IS SUBJECT TO CHANGE.

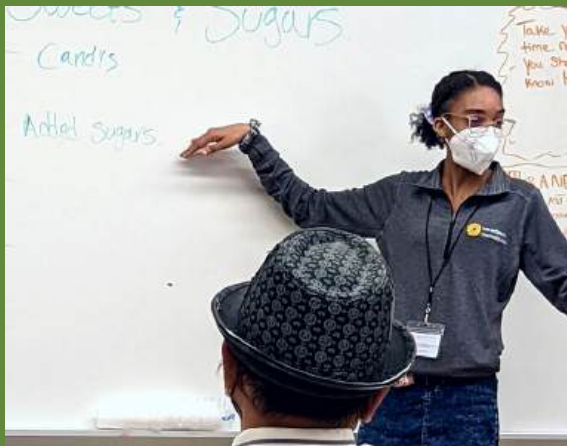
FOR THE LATEST SCHEDULE, PLEASE CHECK WITH
MEMBER SERVICES AT (718) 758 - 5901.

HEALTH EDUCATION

Through our Community Health Initiatives programming, NSCC has been able to keep health education at the center of our community health engagement work. Our various programming empowers community members to make healthier decisions, increase their bodily awareness, and cope with changes to their mental and physical health. We do this through our various programming.

Examples of past programming include:

HEALTHY HEART, HEALTHY LIVES



YOUNG MINDS MATTER



HEALTH TRACKING



OUR CHANGING BODIES



For further information please email
cfa@newsettlement.org



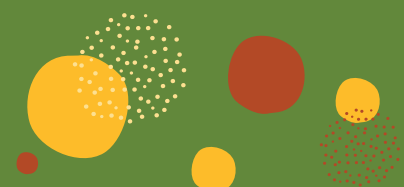
New Settlement's

COMMUNITY FOOD PANTRY

COMMUNITY MEMBERS
ARE INVITED TO COME TO
THE COMMUNITY CENTER
AND PICK UP **FREE** FOOD
ITEMS FROM OUR PANTRY

SATURDAYS
10:30 AM – 1:00 PM
OR BY APPOINTMENT ON
THURSDAYS & FRIDAYS

1:00 PM – 6:00 PM



FOLLOW THE CHANGING OF THE SEASONS WITH US BY JOINING OUR

GARDEN CLUB

AUTUMN

Fall Season 11 classes

Members: \$55

Non-members: \$88



WINTER

Winter Season 11 classes

Members: \$55

Non-members: \$88



SPRING

Spring Season 10 classes

Members: \$50

Non-members: \$80



SUMMER

FREE!



Full year: \$145 for Members & \$230 for Non-members

Classes are on Saturday mornings!

Fun, creative, and educational garden activities for all ages

For more info call: (718) 758 - 5901

or email cfa@newsettlement.org



COOKING CLASSES



FARM FRESH PROGRAMMING FOR KIDS

Kids are encouraged to learn about fruits, vegetables, and the growing process by joining our cooking demonstrations held alongside our weekly Farm Stand. Each week, our team highlights a produce item from the market through a hands-on cooking demonstration paired with a sustainable growing and nutrition lesson geared towards children and their families. Participants who stop by get to enjoy tasty samples, free recipes and fun vibes.

PANTRY CHEFS

Learn about how to make healthy and tasty meals with some of the items provided through our Community Food Pantry. Educators will provide community members with culturally inclusive recipes, walk through a cooking demonstration of the recipe, and provide community members with nutrition education to empower them to make healthier choices, even when they might not be able to afford them. Community members who participate in the lesson are invited to grab food from our community pantry, enjoy taste tests from the class, and lots of recipes and cooking tips and tricks.

SPORTS & RECREATION



COMMUNITY PROGRAMS AND YOUTH MENTORSHIP AT THE CENTER

DANCE & CREATIVE ARTS



YOUNG MEN ESTABLISHING THE NARRATIVE



PROGRAM FOR GIRLS & YOUNG WOMEN





MIXED MARTIAL ARTS

SCHOOL YEAR CYCLE: **1X WEEK** FOR 10 WEEKS

| MEMBER | AGES | NON-MEMBER |
|---------------|-------------|-------------------|
| \$125 | 4 - 8 | \$175 |
| \$150 | 9 - 12 | \$210 |
| \$185 | 13+ | \$260 |

SCHOOL YEAR CYCLE: **2X WEEK** FOR 10 WEEKS

| MEMBER | AGES | NON-MEMBER |
|---------------|-------------|-------------------|
| \$190 | 4 - 8 | \$265 |
| \$220 | 9 - 12 | \$310 |
| \$205 | 13+ | \$285 |

SPRING/SUMMER CYCLE: **1 X WEEK** FOR 8 WEEKS

| MEMBER | AGES | NON-MEMBER |
|---------------|-------------|-------------------|
| \$105 | 4 - 8 | \$150 |
| \$125 | 9 - 12 | \$175 |
| \$150 | 13+ | \$210 |

SPRING/SUMMER CYCLE: **2X WEEK** FOR 8 WEEKS

| MEMBER | AGES | NON-MEMBER |
|---------------|-------------|-------------------|
| \$155 | 4 - 8 | \$215 |
| \$165 | 9 - 12 | \$230 |
| \$180 | 13+ | \$250 |

COMPETITION TEAM

| MEMBER | | NON-MEMBER |
|---------------|----------|-------------------|
| \$265 | 10 weeks | \$370 |
| \$215 | 8 weeks | \$300 |

All MMA Students are required to purchase uniforms,
a traditional set and non-traditional set together for \$150



GYMNASTICS



AGES:
4 - 13

COST GUIDE

School Year Cycle:

1x Week for 10 Weeks

Member: \$325

Non-Member: \$455

Spring/Summer Cycle:

1x Week for 8 Weeks

Member: \$260

Non-Member: \$364

DANCE

CONTEMPORARY/MODERN BALLET



AGES: 4 - 12



COST GUIDE

Spring/Summer Cycle is 1x week for 8 weeks

Member: \$200

Non-Member: \$250

School Year Cycle is 1x week for 10 weeks

Member: \$250

Non-Member: \$300

MUSIC



In Partnership With:

PIANO

Have fun playing easy songs on the piano. Learn to read music notes. Students will practice finger exercises that strengthen left and right-hand coordination. Through imitation exercises, students will learn the basic first steps to creating a solid foundation on the piano.

Offered to ages 5 - 12

COST GUIDE

School Year Cycle:

1x Week for 10 Weeks

Member: \$325

Non-Member: \$455

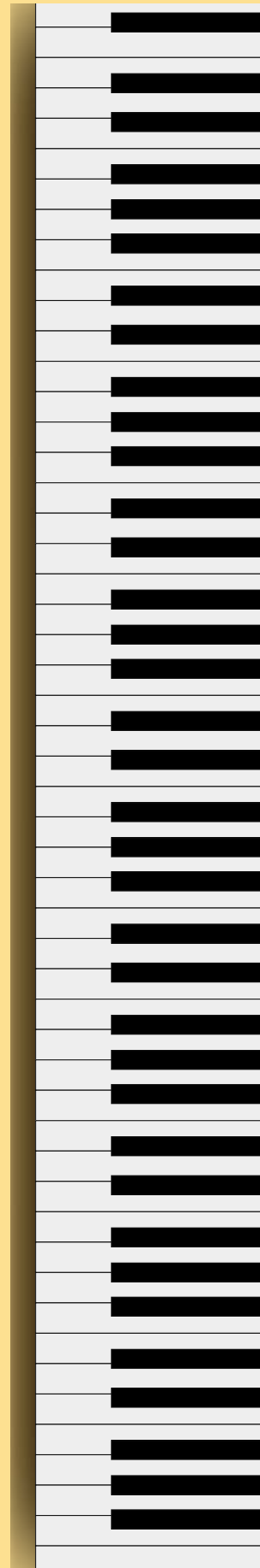
Spring/Summer

Cycle:

1x Week for 8 Weeks

Member: \$260

Non-Member: \$364



ART



AGES:

4 - 13

COST GUIDE

School Year Cycle:

1x Week for 10 Weeks

Member: \$150

Non-Member: \$210

Spring/Summer Cycle:

1x Week for 8 Weeks

Member: \$120

Non-Member: \$168

YMEN PROGRAM

The New Settlement Young Men Establishing the Narrative program (Y.M.E.N.) engages young men ages 13-24, creating pathways toward employment and building confidence in all participants as they enter adulthood. The program infuses life skills, current events, arts, and culture, focusing on leadership development, employment readiness, team building, critical thinking, and college and career readiness.

Opportunities include Advisory Time - one-on-one counseling focusing on Social Emotional Learning (SEL) competencies. The program also offers Job Readiness and Academic Support. We offer college visits and weekend leadership retreats.

For more information, email Jimi Orekoya at j.orekoya@newsettlement.org



PROGRAM FOR GIRLS & YOUNG WOMENS

Building artistic, healthy living, and leadership skills in a safe and supportive girls-only setting.



We have developed a safe and supportive environment for girls in our community to come together, collaborate in creative programs, activate their voices, and develop skills to make positive, informed choices about health issues, relationships, education, and employment opportunities.

For more information, email Tasheema Lucas at t.lucas@newsettlement.org

RENTALS

**LET US HOST YOUR NEXT
EVENT, WORKSHOP/ MINI
CONFERENCE/ DAY RETREAT, ETC!**

OUR ROOMS

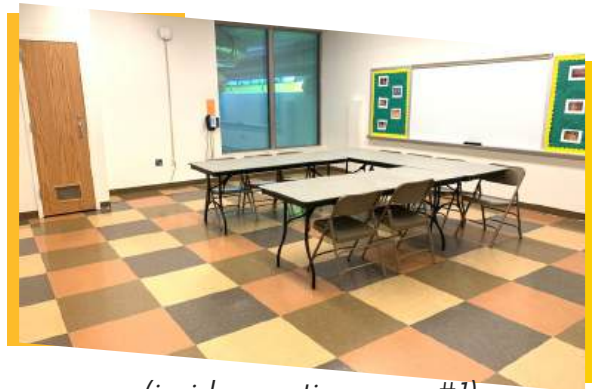
Rooms can be arranged with rectangular tables or round tables and folding chairs to your liking

Multipurpose Room 1

- Projector and screen
- Capacity of 15-30 people

Multipurpose Room 2*

- Projector and screen
- Kitchen
- Access to rooftop garden
- Capacity of 75-100 people



(inside meeting room #1)



(inside meeting room #2)

Community Room 2



(Rooftop garden)*

SCHEDULE A TOUR

Phone: (718) 758 - 5901

www.newsettlement.org/community-center/rentals

***MP 2 & Garden unavailable until July '23**

SERVICES AVAILABLE

- Table & Chair set up and clean up
- Complimentary Wi-Fi
- Phone Service
- Office Machines (copier, scanner, & fax)
- Sound system, laptop, projector, and/or podium



DIRECTIONS TO THE CENTER :



CONTACT US



newsettlementcommunitycenter.org



nsa.center@newsettlement.org



@NewSettlementCommunityCtr



@newsettlementctr



(718) 758 - 5901



Monday - Friday:

8:00 AM - 9:00 PM

Saturday & Sunday:

8:00 AM - 6:00 PM