STRIDE After-School Program for Middle School
STRIDE provides middle school students with high-quality after-school activities. Students will:

• Have fun, be healthy and active
• Get homework help and tutoring
• Meet new people
• Participate in swimming, arts, theater, basketball, leadership and more

Hours: 3:00 p.m. - 6:00 p.m., Monday to Friday Youths attend a minimum of 3 days per week
Rates: $500/session, scholarships available

STRIDE High School Leadership Program
STRIDE provides after-school opportunities for high school students, including:

• Help with homework, tests and projects
• Service activities to help the community
• Swim, clubs and recreational activities
• Teen Nights for gym time and time to hang out with friends in a safe, fun environment

Hours: 3:00 p.m. – 5:30 p.m. weekdays Youth attend a minimum of 2 days per week
Rates: $100/session

Session Dates:
• Fall Session 2012: September 10 – January 31
• Spring Session 2013: February 1 – June 14

We have a multi-lingual staff that speaks English, Spanish, Cantonese, and Mandarin, and Family Nights to support parents with educational workshops.

STRIDE Summer Camp - 2013
Contact us in 2013 to learn more about Summer Camp details for Summer 2013.

• Swim
• Field Trips
• Clubs
• Arts
• Math and Writing
• Enrichment
• Leadership
• Career Exploration

University Settlement has been helping low-income and immigrant families to build better lives for over 125 years.

Today, University Settlement offers many free and low-cost programs to meet the needs of every member of a family.

For young children: Early Head Start; pre-school classes for children ages 2 to 5; therapy for children with special needs.

For school-age children: After-school and summer programs; crisis intervention for children with urgent needs; supportive services for teens.

For adults: Literacy classes; counseling and mental health services; childcare training and referrals; housing services.

For seniors: Recreation and lifelong learning opportunities; nutritious meals.

For the whole family: Recreational and educational opportunities at our community centers on the Lower East Side and in Fort Greene. Arts and culture programs at 184 Eldridge Street.
A Community Place With Space For All

The Houston Street Center is a neighborhood community center for the entire family as well as the Lower East Side and Chinatown communities at large. Come explore our space and programs, including a competition sized swimming pool, full-size gymnasium, state of the art cardio equipment, classrooms and meeting space.

Make this place your space. Send us your program ideas!

273 Bowery (on the corner of Houston St.)
New York, NY 10002
By Bus: M15, M21, M103
By Subway: B/D/F/J/Z//R/6
Contact us at:
(212) 475-5008
houstonstreetcenter@universitysettlement.org
or visit hsc.universitysettlement.org
We have a multi-lingual staff that speaks English, Spanish, Cantonese and Mandarin.

Our Center’s History
In 1959, University Settlement joined local activists to prevent parts of the Lower East Side from being leveled. In 1961, the Cooper Square Committee created the Alternate Plan including space for community-wide use, adopted in 1970. Decades later, the plan for the Houston Street Center was finalized, and ground was broken in 2003. We opened our doors with our partner, the Chinatown YMCA, in 2006.

For more information, including pricing or to make a reservation, please call us at (212) 457-5008. Available rooms and rates can be viewed at hsc.universitysettlement.org.

Community Programs

EXCEL Programs: Providing children and young adults with special needs with a variety of recreational and educational courses to learn, create and be healthy. EXCEL programs have included swim, art, life skills, technology, and cooking.

Swim N Kids: Beginner swim lessons for low-income children in the community, ages 4-11, to learn how to be safe and have fun in and around the water. Children will learn basic swimming skills, including breathing, kicking and floating. More advanced courses can be provided through our partner, the Chinatown YMCA.

Better Bones supports seniors through a series of screenings to identify those who are at risk for developing osteoporosis. Those seniors have access to a variety of activities designed to improve bone density, strength, balance, and flexibility, and to reduce the risk of falls and fractures.

Our Center’s History

Our Center’s History

Our Center’s History

Our Center’s History

Our Center’s History

Our Center’s History

Our Center’s History

Our Center’s History

Our Center’s History

Our Center’s History

Our Center’s History

Our Center’s History

Space to Rent

Affordable facilities are available for one-time, short-term or ongoing rental periods.

Flexible-Use Spaces Include:
- Conference facilities
- Seminar rooms
- Classrooms
- Dance studios
- Gymnasium
- Swimming pool

State-of-the-Art Resources Include:
- High speed wireless Internet
- Audio conferencing equipment
- Digital projectors, DVD, smart board and flat screen TVs
- Easels and dry-erase boards
- Laptop labs

Services Include:
- Reception and set-up
- Photocopy and fax access

Schedule and Information
(subject to change, please call the front desk)

Monday: 1:00 p.m. – 2:00 p.m.
Tuesday: 5:00 p.m. – 6:00 p.m., 8:00 p.m. – 9:00 p.m.
Wednesday: 1:00 p.m. – 2:00 p.m.
Thursday: 5:15 p.m. – 6:00 p.m., 8:00 p.m. – 9:00 p.m.
9:00 p.m. – 10:00 p.m. (Laps Only)
Friday: 2:00 p.m. – 3:00 p.m.
Saturday: 2:00 p.m. – 3:00 p.m., 4:00 p.m. – 5:00 p.m.
Sunday: 4:00 p.m. – 5:00 p.m.

Ticket Prices:

| Adults (18-60): | $4.00 | $40.00 |
| Children (17 and under): | $3.00 | $40.00 |
| Older Adults (60+): | $2.00 | $20.00 |

Purchase one ticket for one-hour time slots.

Community Cardio Workout

Get fit and stay fit.
Contact us to partner with you on anti-obesity fitness efforts

Monday: 10:00 a.m. – 12:00 p.m.
3:30 p.m. – 5:00 p.m.
8:00 p.m. – 10:00 p.m.
Wednesday: 10:00 a.m. – 12:00 p.m.
3:30 p.m. – 5:00 p.m.
8:00 p.m. – 10:00 p.m.
Friday: 10:00 a.m. – 12:00 p.m.
3:30 p.m. – 5:00 p.m.

Program Session Dates:

Early Fall: September 4, 2012 – October 29, 2012
Late Fall: October 30, 2012 – December 23, 2012
Early Spring: March 1, 2013 – April 26, 2013
Late Spring: May 6, 2013 – July 1, 2013
Summer: July 8, 2013 – August 30, 2013

Senior HeART: Health and wellness program for adults age 50 and over providing opportunities that emphasize physical activity, creative expression, peer support and community building. Senior HeART offers courses in aquatics, fitness and health, performing and visual arts.

EXCEL Programs: Providing children and young adults with special needs with a variety of recreational and educational courses to learn, create and be healthy. EXCEL programs have included swim, art, life skills, technology, and cooking.

Tuesdays with US: Enjoy free fitness and cultural activities on Tuesday afternoons.

Contact us for the monthly schedule of events.

New Programs and Registration:
Contact us at (212) 475-5008 for registration information, schedule updates and to learn about new program announcements.