BE PART OF SOMETHING BIGGER

FULL MEMBERS SAVE ON PROGRAMS

SPRING 2017 | Program Guide
YMCA AT GLEN COVE

Spring Programs run
April 16 – June 24, 2017
(10 week session)

FACILITY HOURS
Monday – Friday    5:00 am – 10:00 pm
Saturday         6:00 am – 6:00 pm
Sunday            6:00 am – 5:00 pm

TWO WAYS TO REGISTER:
Starting April 2nd:
ONLINE YMCALI.org/programs
OR
IN PERSON
HEALTH AND WELLNESS COACHING & CLASSES

ADULT FITNESS (GROUP EXERCISE)
For information/registration on group exercise or signature programs, call Jean Anne Valance, Health & Wellness Director, ext 21. Jeananne.Valance@ymcali.org

DROP-IN EXERCISE CLASSES
Fees: FREE for Full/ $10 a class for Program Members
The Y offers exercise classes to fit any skill level. Approximately 60 classes a week to choose from. For the most current class offerings, download the Y mobile app or pick up a schedule at Member Services.

TEEN/ADULT KARATE (14yrs +)
Fee: $100 (10 weeks) Wed 7:30-9:00pm
A Martial Arts program where students gain confidence about their bodies as well as learn realistic self-defense skills. Open to beginners and those with previous experience. Instructor: Sensei Victor

PERSONAL TRAINING
Personal Training is an individualized session with a nationally certified Personal Trainer who will customize a workout to meet the needs of your health and wellness goals. A great way to kick start your workout or to take your fitness to the next level. Contact Michaela Encarnacion, Health and Wellness Coordinator ext. 23, Michaela.Martone@ymcali.org.

1 One hour session $55 1 Half Hour session $35
5 One hour sessions $260 5 Half Hour Sessions $155
10 One hour sessions $445 10 Half Hour Sessions $285

Special Introductory Rate:
3 One Hour Sessions $135

NEW! Partner Training
5 One Hour Sessions $300 10 One Hour Sessions $525

YMCA SIGNATURE PROGRAMS

ENHANCE FITNESS (EF)
Fee: Members Free; Non-Members $100
Class meets Mon/Wed/Fri; 1:30-2:30pm
April 17, 19 & 21 through July 31, August 2 & 4 (16 wks)
Ages 62+
EnhanceFitness is a proven community based senior fitness and arthritis management program. Its purpose is to help older adults become more active, energized and empowered for independent living. EF is proven to help adults grow stronger, improve balance, become more limber, boost activity levels, elevate mood and relieve arthritis symptoms. Registration needed.

THE LIVING HEALTHY WORKSHOP (LHW)
Fee: Members $100; Non-Members $150
Class meets Weds, 6:00-8:30pm, May 3 – June 7 (6 wks)
Step by step, this self-managing LHW helps you to: learn to manage pain and stress, communicate better with family, friends and health professionals, use medicines safely and properly, eat healthy, understand your treatments better and make better decisions and plan for future health care. It is an evidence-based program which should help you feel better, take control of your life and get connected (learning from others who have similar health issues). For information, call Jean Anne Valance, ext. 21, Jeananne.Valance@ymcali.org. Register with Member Services.

LIVESTRONG at the YMCA
This is a free 12-week program for cancer survivors who want to regain physical health after becoming de-conditioned and chronically fatigued from the disease and/or the treatment. It is a 75-minute exercise-enhanced program which meets twice a week for 12 weeks. Call to set up an appointment for an interview and to register: Jean Anne Valance, 671-8270, ext 21.

WEIGHT LOSS PROGRAM...
LOOSE WEIGHT, FEEL GREAT!
Fee: Members $100; Non-Members $150
Class: Wednesdays, 6:00-7:15pm, May 17 – August 2, (12 weeks) Ages 18+
Participating in YMCA’s Weight Loss Program is a great way to learn how to eat healthier, move more and lose weight. We give you the tools you need to make the necessary changes in your lifestyle to achieve your wellness goals. This program provides helpful tips and strategies to incorporate nutrition and physical activity into your lifestyle, while also addressing motivation, obstacles and pitfalls that make losing weight (and keeping it off) such a challenge.

REGISTER with Membership Services for the YMCA Signature programs. For information on the above programs call Jean Anne Valance, 671-8270, ext. 21; Jeananne.Valance@ymcali.org

Schedules are subject to change.
### TEEN-ADULT AQUATICS

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<th>Class</th>
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### YOUTH-TEEN AQUATICS

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<td>Pike (3-5 years)</td>
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<td>Ray (3-5 years)</td>
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<td>Guppy (6-12 years)</td>
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<td>Shark (6-12 years)</td>
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<td>Porpoise (11 years +)</td>
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<td>Swim Club (7-17 years)</td>
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<td>Jr. Lifeguard (11-14 years)</td>
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<td>Lifeguard Prep. (14 years +)</td>
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### Youth/Teen Aquatic Fees (9 weeks):
- Membership + Program: Full: $99, $79
- Lifeguard Prep: $110, $88
- Jr. Lifeguard: $100, $80
- Swim Club: $110, $88
- Teen/Adult Inst: $115, $92

### Private Lessons Packages:
- Private lessons are 30 minutes with a 1:1 student to instructor ratio
- 1 lesson: $50
- 3 lessons: $145
- 6 lessons: $270

### Semi-Private Lesson Packages:
- 1 lesson: $38 (per person)
- 3 lessons: $110 (per person)
- 6 lessons: $215 (per person)

All programs are subject to change. Lap and Recreational swim schedule is available on our website.

#### Swim Club
(Ages 7 and up and Flying Fish or higher) In this program participants receive coached workouts one to four times a week helping them build strength, speed and endurance, which will complement their stroke technique. Participants must be able to swim the butterfly stroke, know open turns and swim at least 100 yards of front crawl, backstroke, and breaststroke.

#### Lifeguard Training
For more information, call Nathan Garcia, Aquatics Director ext. 16 or Nathan.Garcia@ymcali.org

#### YMCALI.org SPRING 2017
# YOUTH / TEEN FITNESS
Jean Anne Valance, Health and Wellness Director, ext. 21

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<td>Basketball Skills &amp; Drills (8-1 yrs/12-15yrs)</td>
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## PRESCHOOL / CHILDCARE
The YMCA Preschool will give your child a place to learn and grow physically, mentally, academically and socially. We take pride in offering a well rounded program to develop individuals with age appropriate hands-on-activities. Our objective is to provide a safe place where children will learn and improve language and social skills while developing a strong sense of self esteem in a nurturing and loving environment. (Liberty Ledesma, Childcare Director ext. 18, Judith Parker, Asst. to Childcare Director, ext. 27)

**PRESCHOOL OPEN HOUSE / REGISTRATION FOR 2017/2018**
Saturday, April 22nd, May 20th 10:00am-12:00pm
Wednesday, August 2nd, 5:00-7:00pm
(Limited spaces available)

**SPRING VACATION CAMP** April 10-14 ($60 per day)
Activities will include gym games, classroom activities, playing outside (weather permitting) and recreational swimming.
Kathleen.Croskey@ymcali.org, 516-671-8270, ext. 50, Assistant Youth Director

**SUMMER DAY CAMP OPEN HOUSE FOR 2017**
Saturday, April 22 10:00am –12:00pm
Thursday, May 18, 7:00 – 9:00pm
Kathleen.Croskey@ymcali.org, 516-671-8270, ext. 50, Assistant Youth Director

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## MARK YOUR CALENDARS – ALL ARE WELCOME!

### ADVANCED CARE PLANNING: When it Matters Most, Let Your Voice Be Heard!
A free educational seminar understanding who, when and how to plan for Advanced Care. Wednesday, April 5, 1:00pm or Thursday, April 6, 7:30pm. To be held in the Y’s Fitness Studio. Hosted by Glen Cove Hospital, Northwell Health. Refreshments will be served. To Register, call Ketty Meekins, 516-674-7435 or Jean Anne Valance, 516-671-8270, ext 21

### AMERICAN RED CROSS BLOOD DRIVE
Friday, April 7, 2:00-7:00pm
To schedule an appointment go to redcrossblood.org and enter sponsor code YMCAGlenCove. Walk-ins Welcome!

### HEALTHY KIDS DAY!
Saturday, April 29, 11:00am-2:00pm
Charge into SUMMER with Healthy Kids Day. Everyone is welcome to enjoy the fun. Family ZUMBA, Family YOGA, family pool time, 1:00-2:00pm, obstacle course, bounce houses, kickball, basketball, soccer, GC Fire Department, GC Police Department, snacks, drinks and more! This event is free and open to the public. To register, call Membership Services, 516-671-8270, ext 12.

### ACTIVE OLDER ADULT DAY
Wednesday, May 31
Come join the Y for an afternoon of activity and informational workshops for the ACTIVE older adult! To register, call Jean Anne, 671-8270, ext. 21.

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**SAVE THE DATE**

**Easter Egg Hunt**
Have a HOPPING time at our YMCA at Glen Cove Easter Egg Hunt
Saturday, April 8th
11:00am-1:00pm
Activities will include: a picture with the Easter Bunny, arts & crafts, face painting, bouncy house and our Easter Egg Hunt.
$5 per child members & non-members
"Participants must provide their own Easter baskets*

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**YMCA AT GLEN COVE**
125 Dosoris Lane, Glen Cove, NY 11542  516.671.8270  YMCALI.org

**SPRING 2017**