SOMETHING FOR EVERYONE

2018 YMCA OF LONG ISLAND MEMBER GUIDE & PROGRAM DIRECTORY

New Website! Visit ymcali.org

TWO WAYS TO REGISTER:
Online YMCAli.org/programs or in person

YMCAli.org • 855-2YMCAli
WELCOME TO THE YMCA OF LONG ISLAND

We are a leading nonprofit organization working daily to improve lives through programs and services that nurture youth, foster healthy living, and inspire social responsibility. We welcome people of all ages, from all walks of life, and from all backgrounds to join us in making Long Island a better place to live, work, and play.
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FINDING YOUR WAY AROUND OUR Y

Our programs are organized along our three areas of focus: Youth Development, Healthy Living, and Social Responsibility. Membership information can be found on pages 2 and 3.

YOUTH DEVELOPMENT

We believe that all kids deserve the opportunity to discover who they are and what they can achieve. We help the youth of today cultivate the values, skills, and relationships that lead to positive behaviors, better health, and educational achievement. Programs in this focus area include:

4  Preschool / School Age Child Care / Child Watch
5  Youth Sports & Fitness / Toddler Programs
6  Summer Day Camp & School Vacation Camp
9  Pre-Teens & Teens
10  Family Fun
11  Birthday Parties
13  Swim Lessons and Competitive Training
19  Functional Training / Personal Training
20  Active Older Adults Programs

HEALTHY LIVING

The Y encourages good health and fosters connections through fitness, sports, fun, and shared interests. Programs in this area include:

12  Water Fitness
14  Lifeguard & CPR Training
16  Health & Fitness Programs
17  Group Exercise Classes
18  Adult Sports & Leagues
20  Active Older Adults Programs

SOCIAL RESPONSIBILITY

With our doors open to all, we work every day to connect people from all backgrounds across Long Island and support those who need us most. We take on the most urgent needs in our community and inspire a spirit of service in return. Our members, volunteers, supporters, and staff demonstrate the power of what we can achieve by giving back together. Programs in this area include:

11  Inclusion Programs
21  Chronic Disease Prevention & Recovery Programs
24  Counseling (Treatment & Prevention)
25  Annual Support / Financial Assistance / Volunteerism

Check our website regularly as we are always adding new programs and events that are fun for the whole family!
MEMBERSHIP
THAT MEANS MORE

When you join the Y, you join a community that helps children, teens, adults, and seniors achieve balance of mind, body, and spirit. Today’s busy lifestyles challenge each of us to find a place to build optimal health, friendships, character, and a sense of community. We believe the Y is that place, and we hope you’ll become a part of it.

OUR FULL MEMBERSHIP IS FULL OF VALUE

When you become a full member, you’ll enjoy:

• Use of our pristine pools, state-of-the art cardio and fitness centers, gymnasiums, cycle studios, and group exercise classes, including LesMills BODYPUMP® and LesMills BODYCOMBAT® LesMills GRIT™ LesMills CXWORX™ *
• Personalized goal setting and support through “MY WELLNESS PLAN” (see below)
• FREE Child Watch for full members*
• FREE Guest Passes (Ages 18+)
• Full use of any YMCA facility across Long Island
• Nationwide Membership: Access to YMCA facilities across the United States that participate in Nationwide Membership. Visit YMCA.net to see specific YMCAs participating in this program. Nationwide Membership is valid for active, full facility YMCA members whose home Y participates without restriction or blackout periods. Nationwide member visitors must use their home Y at least 50% of the time. Program-only participants (including Silver Sneakers, Silver and Fit or other like programs) are not eligible for nationwide membership. Special memberships established by any Y for group homes, other agencies, etc., are not eligible. When visiting a Y, nationwide members will be required to show a valid YMCA membership card and photo ID as well as provide basic membership data such as name and email address. Members will need to sign a universal liability waiver and privacy policy.
• Access to our signature, research-based programs to fight diabetes, obesity, cancer, and chronic arthritis. These programs are offered at no charge or at a significantly reduced cost to participants.

JOIN NOW ONLINE OR IN PERSON

You can join the YMCA at your local branch or from your computer, smart phone, or tablet. Once you’re a member, you can sign up for many programs, including camp and swim lessons, using our online system. For the best online experience, we recommend using Google Chrome or Firefox browsers.

To join the Y, please visit our website at YMCAli.org, call 855-2YMCALI or stop in to our Member Services Desk at a Y near you.

MY WELLNESS PLAN

We know that beginning a healthy living routine is hard — and that sticking with it can be even harder! The Y is here to help. Your membership entitles you to take advantage of “My Wellness Plan” which includes:

• One-On-One consultation
• Goal Setting
• Follow Up & Encouragement
• Action plan to help you overcome barriers and achieve success!

*At select locations
MEMBERSHIP CATEGORIES
Full membership gives you access to all the Y has to offer. You can apply for membership in person or online at YMCALI.org.
- **Youth** Program only members. Ages 6 months to 12 years.
- **Teen/Young Adult** Ages 13-22. Full-time college students must show a valid college ID.
- **Adult** Ages 18-61.
- **2 Adults** Ages 18-61. Adults must reside in the same household.
- **Senior Adult** Ages 62+.
- **2 Senior Adults** Ages 62+. Seniors must reside in the same household.
- **Household 1** 1 Adult + dependents under 26 years of age living in the same household.
- **Household 2** 2 Adults + dependents under 26 years of age living in the same household.

YMCA East Hampton RECenter offers a variety of limited memberships. Contact branch for details.

OTHER LIMITED MEMBERSHIPS
**OPTUM Fitness Advantage / Silver Sneakers Membership:** Certain insurance plans provide for full YMCA membership. Please check with your carrier or our Member Services desk.

Program Memberships are available for adults and youth wishing to sign up for specific classes or programs. Please ask for more information at the Member Services desk.

POLICIES
You can read a full copy of our membership policy on our website at YMCALI.org/privacy-policy. Please present a valid government ID upon joining. Membership cancellations require 30 days’ written notice to the Membership Director at your branch.

FINANCIAL ASSISTANCE
Financial assistance is available for membership, camp, and programs. Applications can be found on our website at YMCALI.org or are available at the Member Services Desk at every branch. All information is confidential.

TWO WAYS TO SHOW YOUR Y PRIDE
You can get Y-Wear for FREE with our Member Rewards Program. Every time you refer someone to the Y and he or she joins, you’ll get a Member Rewards Card that can be used to buy Y apparel from our Member Rewards page. You will enjoy the benefits of working out with a friend and look the part of a Y ambassador too!

You can also order Y apparel from our Online Store! Its your one-stop-shop for exclusive Y branded apparel. Visit YMCALI.org and click on the More tab to purchase items from our online store. You’ll be Y stylin’ in no time!
CHILD CARE & PRESCHOOL
(Available at Glen Cove, Bay Shore, Huntington, and Patchogue branches)

We provide a safe, nurturing environment for children to learn, grow, and develop social skills. Our comprehensive curriculum is designed for discovery, choice, and problem-solving. Each of our preschool programs includes art, science, music, fitness, outdoor play, and circle time, in addition to math and reading readiness skills. A full Y National Swim Instruction Program is included in the classes for our 3 and 4 year-olds! Plus, 4 year-olds enjoy enhanced reading and math readiness experiences to help them prepare for kindergarten. Please check your local branch for exact classes, availability, and fees.

2 YEAR-OLDS
Half-Day and Full-Day options.
Diapers accepted. (Bay Shore program begins at age 18 months)

3 YEAR-OLDS

4 YEAR-OLDS

FREE! Full day Universal Pre-K is offered through Bay Shore Schools at Great South Bay YMCA.

BEFORE & AFTER CARE
Before and after care hours are available at each branch. Please check your local branch for hours and pricing.

SCHOOL VACATION CARE
Our preschools operate on a school calendar, so we offer school vacation camps during major school holidays for children currently enrolled in our child care program. Inquire at your local branch.

CHILD WATCH
Do you need someone to look after your child while you work out? We’re here for you. You may bring your child for up to two hours per day to the YMCA Child Watch Program. Children will enjoy creative play in a fun, safe environment with professional YMCA staff. Please check your local branch for Child Watch hours, ages, and policies.

BEFORE AND AFTER SCHOOL CHILD CARE
(SCHOOL AGE CHILD CARE – SACC)
The hours before and after school can be challenging for both children and working parents. At the Y, we see it as an opportunity to engage school-age children in enriching and exciting activities. The YMCA of Long Island partners with school districts in Nassau and Suffolk counties to provide a safe and supervised solution for working families. In fact, our School Age Child Care program offers a wide variety of daily activities, including arts & crafts, indoor and outdoor play time, fitness and homework help. Scheduling is flexible, so families can choose among 2, 3, or 5 day-a-week options. We currently offer Before and After School Child Care with the following school districts on Long Island:

- Bay Shore
- Cold Spring Harbor
- Glen Cove
- Huntington
- Massapequa
- New Hyde Park/Garden City Park
- South Huntington
- Valley Stream

YMCALI.org • 855.296.2254

PRE-SCHOOL / SACC CONTACTS

GLEN COVE
Liberty Ledesma (Preschool)
516.671.8270 ext. 18
Liberty.Ledesma@ymcali.org

Judith Parker (Preschool)
516.671.8270 ext. 27
Judith.Parker@ymcali.org

Kathleen Croskey (SACC)
516.671.8270 ext. 50
Kathleen.Croskey@ymcali.org

Christine Conlon (SACC)
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BAY SHORE
Cindy Becker (Preschool)
631.665.4255 ext. 137
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Cathy McKenna (SACC, Massapequa)
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Cathy.McKenna@ymcali.org

Melanie Schiavone (SACC)
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Melanie.Schiavone@ymcali.org

HUNTINGTON
Marissa Eden (Preschool)
631.421.4242 ext. *118
Marissa.Eden@ymcali.org

Brian Filippone (SACC)
631.421.4242 ext. * 146
Brian.Filippone@ymcali.org

PATCHOGUE
Tina Norbut (Preschool)
631.891.1800 ext. 811
Tina.Norbut@ymcali.org
RUN JUMP
PLAY

YOUTH SPORTS & FITNESS

All YMCA youth sports and fitness programs are designed to deliver positive, exciting activities that build athletic, social, and interpersonal skills. Every class provides a relaxed, non-competitive environment where the focus is on teamwork, sportsmanship, and fun!

PARENTS & YOUNG CHILDREN

The YMCA welcomes parents, guardians, caregivers, and grandparents to “come and play” with their young children. Various classes incorporate musical movement, arts & crafts, interactive play, gross and fine motor skills, and coordination. Programs for children 6 months to 5 years.

TODDLER CLASSES

The YMCA provides a variety of fun, safe, and enriching activities so that toddlers can explore their independence. Check your local branch for exact offerings and schedules.

• ARTS AND CRAFTS
• DANCE
• FITNESS AND SPORTS
• MUSIC AND MOVEMENT
• SCIENCE AND NATURE
• SEPARATION CLASSES
• YOGA & STRETCHING, TUMBLING, BALANCE BEAM

BASKETBALL

No one knows basketball better than the YMCA. After all, we invented it! Our basketball programs are designed to teach sportsmanship and teamwork, assess skills, learn player positions, work on speed and agility, power, vertical jumps, quickness, balance, flexibility, and conditioning.

YOUTH SPORTS & FITNESS

• BASKETBALL
• CYCLE
• DODGEBALL
• FIT KIDS
• FOOTBALL CLINICS
• GA-GA BALL
• GOLF
• HEALTHIER TOMORROWS
• KARATE
• LACROSSE CLINICS
• PICKLEBALL
• SOCCER
• SPORTS SAMPLERS (VARIETY OF SPORTS)
• STREET HOCKEY (NO SKATES)
• T-BALL
• VOLLEYBALL
• YOUTH BOOT CAMP
• YOUTH YOGA
• ZUMBA KIDS

STRENGTH THROUGH STROKES AND STRIDES

This is a powerful program designed to help pediatric cancer survivors rebuild strength and friendships through fitness. Children between the ages of 5–12 learn swimming and running techniques. The 8 week program culminates with participants completing a Youth Biathlon.

Contact: Bay Shore: Connie McDonough 631.665.4255 ext. 177
Connie.Mcdonaugh@ymcali.org
Patchogue: Tim Steiskal 631.891.180 ext. 814
Tim.Steiskal@ymcali.org

YMCA INTRAMURAL SOCCER LEAGUE

(YMCA East Hampton RECenter, Huntington YMCA only)
This developmental soccer league is offered twice a year during the spring and fall seasons in a noncompetitive environment. We emphasize learning proper soccer skills while developing sportsmanship and teamwork. Children are placed on a team and play eight games throughout the season, with one practice per week. Registration must be done in person.

SENSATIONAL SOCCER AT THE HUNTINGTON YMCA

Free soccer program for children with disabilities. See page 11.
YMCA SUMMER DAY CAMP
MAKING MEMORIES THAT LAST A LIFETIME

CAMP
YMCA Summer Day Camp offers children positive developmental experiences and encourages them to forge bonds with each other and with staff. Kids develop confidence through skill-building activities suited to their ages. Children experience a sense of achievement through opportunities in the outdoors and are welcomed to a physically and emotionally safe and stimulating environment. Summer day campers are also able to explore creativity, teamwork, and leadership in a wide range of physically active programs that influence life-long healthy living.

Each of our Ys offers a robust and fun-filled summer day camp program. Please check your local branch for specific offerings and pricing.

2018 CAMP WEEKS
Week 1 June 25 – June 29
Week 2 July 2 – July 6
Week 3 July 9 – July 13
Week 4 July 16 – July 20
Week 5 July 23 – July 27
Week 6 July 30 – August 3
Week 7 August 6 – August 10
Week 8 August 13 – August 17
Week 9 August 20 – August 24
Week 10* August 27 – August 31*

*Limited Availability. Check your local branch. The Y will be closed on July 4.

ISLAND-WIDE CAMP OPEN HOUSES
January 6: First day of day camp registration
Open House Dates:
January 6
March 15
May 17

Many of our branches hold camp open houses every month between January and June. Be sure to visit our Camp Page at YMCALI.org for open house dates, deadlines, and camp offerings!

DISCOUNTS*
• Discounts available upon registration.
• Great South Bay YMCA and Patchogue Family YMCA Summer Day Camp Programs: 10% off discount if paid in full upon registration by March 31, 2018.
• YMCA at Glen Cove and Huntington YMCA Summer Day Camp Programs: 10% discount on purchase of 4-6 camp weeks or 15% discount on purchase of 7-9 camp weeks.
• Contact YMCA East Hampton RECenter for camp discount offerings.

*Other discounts or restrictions may apply. Please contact your branch for more details.

REGISTER NOW ONLINE OR IN PERSON

VISIT YMCALI.ORG/CAMPS FOR MORE INFORMATION AND TO DOWNLOAD CAMP BROCHURES
KIDDIE CAMP (ages 3-5 years*)
YMCA Kiddie Camp is a wonderful introduction to Summer Day Camp, with unique experiences to enhance both physical and emotional growth. Children enjoy air-conditioned classrooms, outdoor playgrounds, and other activities including: swim lessons, arts & crafts, special events, kid fitness, dance, and water slides. Please note that all children must be completely toilet trained; training diapers are not permissible.

YOUTH CAMP (Completed grades K-5*)
YMCA Youth Summer Camp is the place for summer fun and healthy outdoor activities. Youngsters develop new friendships, experience independence, and acquire new skills by participating in traditional camp activities, exciting special events, life skills programs, and outside entertainment. Camp groups are organized by grade. Activities for Youth Camp include: swim lessons, recreational swimming, arts & crafts, Ga-Ga, science, sports, dance, zumba, physical fitness, inflatable water slides, high & low ropes courses, and rock climbing walls.

SPORTS CAMP (Completed grades K-8*)
YMCA Sports Camp is the perfect environment for the “athletically enthusiastic” child. We provide a fun atmosphere for children and ensure the focus is not on winning but on having fun through sportsmanship, teamwork, and respect. It is the perfect way for children to learn new skills and develop great friendships in a safe environment. Experienced counselors who have a passion for sports lead campers in a variety of activities including, but not limited to: soccer, basketball, lacrosse, floor hockey, team handball, ultimate frisbee, baseball, kickball, volleyball, flag football, Ga-Ga, skill drills, and sports tournaments.

TEEN CAMPS (TEEN TRAVEL / JR. TRAVEL)
We recognize that teens want more independence and adventure. That’s why our teens enjoy up to three action-packed trips per week. Each trip helps guide teens toward working as a team, exploring new experiences, and developing an appreciation for community service. On days that camp does not go on trips, teens enjoy swimming, teen center, sports, crafts, and much more.

*Camp age ranges and programs may vary by branch

REGISTER FOR YMCA SUMMER DAY CAMP 2018
STARTING IN SEPTEMBER!
NEW! PICK YOUR CAMP WEEKS!
MONTHLY PAYMENT PLAN AVAILABLE!
*MONTHLY PAYMENTS THROUGH JULY 1, 2018
REGISTER NOW!

CAMP CONTACTS
GLEN COVE
Kathleen Croskey
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HUNTINGTON
Brian Filippone
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Brian.Filippone@ymcali.org

PATCHOGUE / HOLTSVILLE
Tina Norbut
631.891.1800 ext. 811
Tina.Norbut@ymcali.org
Phil Insalaco
631.891.1800 ext. 812
Phil.Insalaco@ymcali.org

EAST HAMPTON
Sondra Vecchio
631.329.6884 ext. 21
Sondra.Vecchio@ymcali.org
COUNSELOR IN TRAINING
The C.I.T. program combines the fun of camp with leadership and on-the-job training skills. It is an exceptional opportunity for young adults to develop their leadership skills by assisting counselors with camp groups. Check branch for age requirements.

SPECIALTY CAMPS
PERFORMING ARTS CAMP
(Completed grades K–C.I.T.)
Designed to introduce youngsters to the magic of theatre and the performing arts, this program includes creating characters, basic acting technique, voice and movement work, following stage directions as well as basic set and prop building. Performance staged by professional director. Additional activities include: dance, arts & crafts, yoga, ballet (optional), set design, Irish step, sign language, creative writing, recreational swim, water slides, and book club. Activities vary based on location.

PERFORMING ARTS PRODUCTIONS
(Great South Bay YMCA only) (Completed K–10)
Performing Arts Jr. and Performing Arts Sr. Camp include full theatrical productions performed under the guidance of professional directors, choreographers, and instructors. All campers audition and are cast in full productions.

WATERFRONT CAMP (Huntington YMCA only)
The Huntington YMCA provides instruction for basic kayaking and sailing skills, along with boating and water safety. The sailing courses are designed for children ages 8 – 18 and kayaking for ages 9 – adult. Adult sailing is also available upon request. No prior experience or equipment is required to participate. The YMCA provides necessary gear for both programs with the exception of boating shoes. All participants must pass a swim test. In-person registration only.

INCLUSION PROGRAM
(Great South Bay YMCA) (Completed Grades K–6)
This program gives children with disabilities the opportunity to have an inclusionary summer camp experience. The Y, in partnership with the LIAM Foundation and the National Inclusion Project, provides Inclusion Specialists at no extra cost for the children that need extra support and guidance. One session per child based upon availability. Parents are required to pay the regular camp fee.

SCHOOL VACATION CAMP
The YMCA hosts full-day camp programs during school vacations. Vacation camps may vary by location; please check your local branch for specific dates, offerings, and availability.

*Camp age ranges and programs may vary by branch.

IMAGINATION STATION
...the FUN way the Y builds literacy skills.
The YMCA “Imagination Station” is an integral component of YMCA summer day camp and helps children prevent the “summer slide,” the phenomena where students tend to fall back in reading and comprehension during summer months as a result of not reading for three months. Every week, children are encouraged to use their imaginations to act out, draw, or even cook what they have read. Thanks to the support of the Rauch Foundation, the YMCA provides certified specialists who use an interactive and engaging curriculum created by our Literacy Cabinet for the camp season. Campers ages 3 through 3rd grade take part in Imagination Station and are assessed at the start and end of camp to track progress.

YMCALI.org • 855.296.2254
TIME FOR TEENS

LEADERS CLUB
Today’s teens are tomorrow’s leaders. Leaders Club is a nationally-recognized core YMCA teen program that provides participants with opportunities for leadership training, personal growth, service to others, and social development. Teens (8th through 12th grade) meet on a weekly basis, working closely with their peers and adult advisors on skill and character building activities, as well as planning and organizing projects with an emphasis on educational success, community service, and goal-setting.

FRIDAY NIGHT FREE PRE-TEEN CENTER & SATURDAY NIGHT FREE TEEN CENTER
Teens are invited to enjoy the use of the pool, gymnasium, game rooms, and teen lounges. This program is FREE to all Long Island teens; membership is not required. Registration must be done in person with parent or guardian. Proof of age is required. Grades, ages, and times vary by location. Check your local branch for exact offerings and schedules.

PRE-TEENS Friday Nights, October – May
TEENS Saturday Nights, October – May

TEENS IN TRAINING (Ages 13+)
An introduction to proper weight-training techniques and conditioning for cardiovascular exercise. The goal is to give teens the ability and confidence to work out safely in our Adult Fitness Centers.

COUNSELING AND SUPPORT
Through our YMCA Family Services branch, we offer programs to help teens develop techniques to better handle their feelings and/or anxieties and enhance their social and interpersonal relationships. See page 24 for more information.

PRE-TEEN / TEEN CONTACTS

GLEN COVE
Kim D’Angelo 516.671.8270 ext. 30
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BAY SHORE
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HUNTINGTON
Edie Cafiero (Pre-Teen) 631.421.4242 ext. *132
Edie.Cafiero@ymcali.org
Megan Lemmon (Teen) 631.421.4242 ext. *120
Megan.Lemmon@ymcali.org

PATCHOGUE
Phil Insalaco 631.891.1800 ext. 812
Phil.Insalaco@ymcali.org

EAST HAMPTON
Sondra Vecchio 631.329.6884 ext. 21
Sondra.Vecchio@ymcali.org

FREE TEEN DROP IN!
Weekdays October – May
Please check your local branch for schedule.

With special thanks to 2017 Diamonds & Burlap Honoree, Linda Arymn, Senior Vice President, Corporate Affairs and Bethpage Federal Credit Union and event supporters.
FAMILY FUN
At the Y, we like to believe that we are THE destination for families on Long Island. In fact, there’s something for everyone...and often, there’s something for everyone at the same time. We invite you to join us for fun family time where you can relax, connect, and laugh. Check your local branch frequently for a schedule of family-friendly events and offerings.

HEALTHY KIDS DAY IS APRIL 21ST
All our Ys are celebrating Healthy Kids Day, so please join us for an Island-wide celebration of fun and games and good health. Thanks to generous sponsors, this event is FREE to the community and features inflatable bounce houses, games, family swim time, sports, family Zumba, facepainting, and more!

ACTIVITIES
FAMILY SWIM & FAMILY OPEN GYM
All of our YMCAs offer family swim time in our heated pools, as well as family time in our gymnasiums! Check our schedule page online for times or call your branch for information.

HOLIDAY FESTIVALS
Celebrate seasons and holidays with us! The entire family will enjoy apple and pumpkin picking, hayrides, Halloween events, Snacks with Santa, Spring egg hunts and more!

WEEKEND FAMILY FUN AT THE Y!
Family First Fridays at the Patchogue Family YMCA
Come and play with us on the first Friday of the month. Activities vary by month but the fun includes our Adventure Zone and Rockwall, Cardboard Regattas, Family BINGO, Family Zumba, Family Yoga, Basketball shootout, obstacle course, inflatable bouncers, arts & crafts, Scholastic Book Fair, Trivia, Ga-Ga, and Scooter Course.

2018 Dates:
2/2/18
3/2/18
4/6/18
5/4/18
*Check branch for additional event dates

Spend Saturdays at the YMCA East Hampton RECenter
Bring the entire family for sports, games, arts & crafts, inflatable rides and rockwall.
INCLUSION PROGRAMS
With a commitment to providing access to the YMCA for all who seek it, we offer several programs for children and adults with disabilities.

SENSATIONAL SOCCER  (Ages 4–10)  
(Huntington YMCA only)
Sensational Soccer is a FREE, non-competitive soccer program for children with disabilities, including mental and physical limitations, and other developmental disorders. The program is designed to help children improve physically, cognitively, and socially through fun games and team work. Parents are encouraged to assist in the games and activities to provide support and guidance for the players. The weekly 60-minute program is intended for children ages 4–10 and is held on Saturday afternoons. For more information, please contact Huntington YMCA at 631.421.4242.

SENSATIONAL SWIM  (Ages 5–12*)
Progressive swim instruction is available to children with disabilities at the Great South Bay YMCA, Patchogue Family YMCA, YMCA East Hampton RECenter, and YMCA at Glen Cove. Based on the child’s need, a parent may be asked to enter the water. See page 15 for swim contacts.
* Ages may vary by branch.

SUMMER DAY CAMP / INCLUSION
See Page 8.

STRENGTH THROUGH STROKES AND STRIDES
See Page 5.

COMMUNITY CONNECTIONS  (Ages 18–30)  
(Huntington YMCA only)
This program inspires social connections based on shared interests for self-determined young adults. People with all diverse abilities are welcome to participate in varied cultural arts, recreational, and physical activities that encourage organic interactions. For more information, please contact Huntington YMCA at 631.421.4242.

CELEBRATE YOUR SPECIAL DAY  WITH US
Have your next party or function at the YMCA! Choose from several rooms and party packages. Our team can even help you organize your special event. Your options include:
• Birthday Parties
• Dance Parties
• Gym Parties
• High-Ropes Challenge Course Parties*
• Playscape Parties*
• Pool Parties
• Rockwall Parties**
• Sports Parties
• Summer Outdoor Parties
• Yoga Parties
• Zumba Parties

Ask about our Pizza Packages and meeting spaces.

*Patchogue only
**Bay Shore, East Hampton and Patchogue only

BOOK NOW
GLEN COVE
516.671.8270 ext. 27
BAY SHORE
631.665.4255 ext. 156
HUNTINGTON
631.421.4242 ext. *114
PATCHOGUE
631.891.1800 ext. 810
EAST HAMPTON
631.329.6884
WATER FITNESS
Water provides an ideal environment for strength training, cardiovascular workouts, balance training, and rehabilitative exercise. Water workouts are low-impact and provide a natural resistance that promotes muscle tone, reduces pain, and increases flexibility. It is also a favorite prenatal exercise to reduce swelling and stress. Check your local branch for fees and schedules.

SHALLOW WATER CLASSES (Aqua shoes recommended)

ARTHITIS AQUATICS (AFYAP)
Uses a series of gentle movements to help maintain range of motion and strengthen muscles. Approved by the L.I. Chapter of the Arthritis Foundation.

AQUA AEROBICS
This class develops cardiovascular fitness and strengthens your muscles using water’s natural resistance. Most muscles will be stretched and strengthened. Feel vibrant after taking this class!

AQUA ZUMBA
All the fun of Zumba with the gentle support of the water. High energy and motivating music allow participants to dance away their cares.

CARDIOKICK
This high-intensity/low-impact workout incorporates kickboxing skills.

HYDROFIT / HYDROSCULPT
Maximize water resistance and challenge every muscle group. Excellent workout for arms, abs, hips, and thighs.

SENIOR SHAPE UP
A total-body exercise program designed for seniors, performed mostly in shallow water. Aerobic plus upper and lower body strength training.

SWIMNASTICS (ALSO WATER SLIMNASTICS)
A total body exercise program performed mostly in shallow water. Aerobic plus upper and lower body strength training.

TWINGES (AFYAP)
This program is a cooperative program of the YMCA and the National Arthritis Foundation benefiting anyone with arthritis and people recovering from surgery or injury. This class uses the water to decrease pain and stiffness, as well as improve and maintain joint flexibility.

WATER WALKING
An effective cardio workout that uses variations of water walking to strengthen and tone muscles.

DEEP WATER CLASSES

ADULT WORKOUT
Participants must be 16 or older and have some knowledge of front crawl, backstroke, and breaststroke. Participants must be able to swim at least 50 yards continuously of the previously mentioned strokes. Participants in this class will be coached to improve their swimming technique, endurance, and speed, and should expect a challenging workout in the water.

AQUAQJOG
Walking, jogging, and cross-country skiing in deep water. Exercises to improve cardiovascular fitness and muscle tone.

AQUAPOWER / SUPER WATER WORKOUT
A circuit training program using various trainings to enhance the workout and make your exercise FUN!

ADULT INSTRUCTION

MASTERS SWIM TRAINING
For adults, wishing to improve or build on basic swim technique and body conditioning. Check your branch for availability.

PRIVATE SWIM LESSONS
Group lessons are not for everyone. Don’t give up! Try a private or semi-private lesson. Lessons are available for all abilities. Private lessons are 45 minutes with a 1:1 student to instructor ratio.

ADULT INSTRUCTION
Designed for non-swimmers and swimmers ages 16 and older who would like to become more comfortable in the water by learning the proper stroke and breathing techniques.
YOUTH SWIM
The Y has been the premier destination for aquatics since 1885. With a variety of programs to choose from, we encourage you and your family to get involved in water activities. It's never too early to start. We begin our programs at age 6 months and there's no age cap, so it's also never too late to make a splash!

GROUP SWIM LESSONS
The YMCA is the leading provider of swim lessons on Long Island. Every year, we teach more than 20,000 swim lessons and are nationally recognized for our skill-building and drowning prevention efforts. Our NEW Swim Lessons program will teach new self-rescue skills and improved swim techniques. Participants will achieve more with each swim stage.

SWIM STARTERS AQUATIC PROGRAM
Accompanied by a parent*, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

STAGE DESCRIPTIONS:
A / Water Discovery
Introduces infants and toddlers to the aquatic environment.
B / Water Exploration
Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills.

SWIM BASICS FOR PRESCHOOL, SCHOOL AGE, TEEN, AND ADULT
Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit—and jump, push, turn, grab.

In Water Acclimation, Water Movement, and Water Stamina, students are taught the recommended skills for all to have around water including safe water habits, underwater exploration, and how to swim to safety and exit in the event of falling into a body of water. Activities, games, and drills, geared to reinforce learning, are utilized heavily as students progress in this skill-based approach to swimming.

STAGE DESCRIPTIONS:
1 / Water Acclimation
Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.
2 / Water Movement
Encourages forward movement in water and basic self-rescue skills performed independently.
3 / Water Stamina
Develops intermediate self-rescue skills performed at longer distances than in previous stages.

SWIM STROKES FOR PRESCHOOL, SCHOOL AGE, TEEN, AND ADULT
Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

In Stroke Introduction, Stroke Development and Stroke Mechanics, swimmers are introduced to the four competitive swimming strokes as well as rescue skills and healthy lifestyle habits.

* We define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.
STAGE DESCRIPTIONS:
4 / Stroke Introduction Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.
5 / Stroke Development Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke.
6 / Stroke Mechanics Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

OTHER OFFERINGS
TEEN INSTRUCTION (Ages 12 – 17)
Beginner to advanced swimmers. These group classes are designed for non-swimmers and swimmers who want to be more comfortable in the water with proper strokes and breathing techniques.

YOUTH SWIM CLINIC (Ages 5+)
Must be able to swim one length of pool. Instruction to help perfect technique, build endurance, or get ready for a swim team.

PRIVATE & SEMI PRIVATE SWIM LESSONS
Group lessons are not for everyone. Don’t give up! Try a private or semi-private lesson. Lessons are available for toddlers & up and all abilities. Private lessons are 45 minutes with a 1:1 student to instructor ratio.

LAP & FAMILY SWIM
Splashing around the water is more fun when you do it with friends and family. Our branches offer family and youth recreational swim time. It’s a great way to bond, build comfort in the water, and practice skills. Visit your branch website for the most current schedules.

SWIM TEAMS
Young people can compete on swim teams at the Huntington YMCA and the YMCA East Hampton RECenter. Pre-Swim Team programs are available at other branches. Visit our website for full details.

SENSATIONAL SWIM
Small group lessons for School Aged children with disabilities.

BEGINNER & ADVANCED PRE SWIM TEAM
Works further on all competitive strokes with varying endurance and speed workouts.

BEGINNER & ADVANCED ADULT SWIM WORKOUT
Builds all strokes with varying endurance and speed workouts for fitness.

YMCA SPECIALTY CERTIFICATION PROGRAMS
The YMCA is a leading provider of CPR and Lifeguard Certification classes. Check your local branch for offerings, schedules, and fees.

CPR & LIFEGUARD TRAINING
• JUNIOR LIFEGUARD (11-14 years old)
• LIFEGUARD PREP COURSE (14 years and older)
• AMERICAN RED CROSS WATERFRONT/LIFEGUARD CERTIFICATION (15 years and older)
• AMERICAN RED CROSS LIFEGUARD RECERTIFICATION
• AMERICAN HEART ASSOCIATION BLS / AMERICAN RED CROSS for the Healthcare Provider: Adult/Child/Infant CPR/ AED: Full Course or Recertification Course
• AMERICAN RED CROSS: ADMINISTERING EMERGENCY OXYGEN Full Course or Recertification Course
• AMERICAN RED CROSS: FIRST AID COURSE
• AMERICAN RED CROSS RESPONDING TO EMERGENCIES

Y SWIM LESSONS
PROMOTE SKILLS, SAFETY, AND SMILES

Did you know that you can register your child for swim lesson online? Visit YMCALI.org and choose “Swim Lessons and Aquatics” from the Program menu.

YMCA.org • 855.296.2254
SWIM CONTACTS

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PATCHOGUE / HOLTSVILLE
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EAST HAMPTON
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The YMCA fosters good health and offers the support, guidance, and resources needed to achieve greater health and well-being of spirit, mind, and body.

STATE-OF-THE-ART FACILITIES
The YMCA of Long Island offers modern facilities and training for people of all ages, abilities, and interests. Our cardio areas feature equipment that not only keep your workouts interesting, but track your progress and offer full entertainment options. Our functional training areas offer both free and circuit training options. Our pools are pristine and our exercise studios are bright and clean.

CHRONIC DISEASE PREVENTION & RECOVERY PROGRAMS
The Y offers free or reduced fee programs that combat chronic disease. See page 21.

NEW! WEIGHT LOSS PROGRAM*
Reach Your Wellness Goals with Us
Participating in YMCA’s Weight Loss Program is a great way to learn how to eat healthier, move more and lose weight. 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.

• Weekly, group-based, one-hour meeting providing a supportive network of others working on similar goals
• 12 weeks / 1 session per week
• Option to continue after 12 weeks
• Must be 18 years or older

*At select locations
GROUP EXERCISE

Most group exercise classes are included in your full facility membership. However, please note that additional fees may apply to certain offerings. Please check your local branch for specific offerings.

AB BLAST
Area-specific training focusing on your core and may include either upper or lower body exercises.

AQUATIC FITNESS
See page 12.

BALL WORKOUT
Stability, strength, and balance is achieved on the physio ball using an array of fitness equipment.

BODYCOMBAT®
BODYCOMBAT® is a high energy martial arts-inspired workout. You’ll learn how to punch, kick and strike your way to superior fitness and strength. This non-contact workout requires no experience but teaches you moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Leave your inhibitions at the door and bring your best fighter attitude – you’ll be releasing stress, having a blast and feeling like a champion before you know it.

BODYPUMP®
The original LesMills BODYPUMP® barbell class that shapes, tones, and strengthens your entire body is here! The key to BODYPUMP is THE REP EFFECT®, a breakthrough in fitness training that focuses on high repetition movements with low weight loads. Get the results you are looking for... FAST!

BOOT CAMP / TRAINING CAMP
A high-intensity workout that involves cardio drills, circuits, and weight training. It’s fun and fast-paced!

BOXING FITNESS
Blast into boxer shape. Improve your strength and stamina while burning calories with speed, heavy bag, sparring, and jump ropes.

CARDIO DANCE
An invigorating dance fitness class that tones the body while burning calories.

CARDIO KICKBOXING
A workout that uses kickboxing combinations in a variety of drills and exercises using light weights. No pads or gloves.

CXWORX
Exercising muscles around the core, CXWORX™ provides the vital ingredient for a stronger core. This 30-minute workout guides you through correct technique as you work with resistance tubes and weight plates, as well as body weight exercises like crunches, and hovers. You will also get into some hip, butt and lower back exercises.

GRIT
LES MILLS GRIT™ Strength is a 30-minute high-intensity interval training (H.I.I.T.) workout, designed to improve strength and build lean muscle. This workout uses barbell, weight plate and body weight exercises to blast all major muscle groups.

HIGH INTENSITY INTERVAL TRAINING (H.I.I.T.)
Fierce intervals of cardio and strength designed to push your body to the limit.

IMX PILATES INTEGRATED MOVEMENT EXERCISE
This comprehensive program combines floor work, resistance rings, and body bars to improve muscular balance and strengthen your core.

INSANITY
High-intensity interval training of aerobic and anaerobic activity for 2 minutes followed by a 30-second rest. Modifications are offered in this class.

MAT PILATES
Learn to move with ease and grace. This body conditioning routine will help you build flexibility, muscle strength, and endurance. Emphasis is placed on spinal alignment, breathing, and a strong core.

MELT HAND AND FOOT
Self-treatment technique using soft balls for hands and feet to prevent pain, heal injury, and erase the negative effects of aging and active living.

You can reserve your spot in select group exercise classes on our website or through the new mobile app. Go online or download the app today!
MELT ROLLER
Self-treatment technique that uses a soft body roller and MELT balls to reduce chronic pain and help you stay healthy, youthful, and active for a lifetime.

PILATES REFORMER WORKOUT
The Pilates Reformer Workout works the body from the inside out to achieve a balanced, aligned body without building bulk.

POWER SCULPT
Give your body definition and strength with this unique training workout doing cardio and strength to help you keep fit.

RUNNING CLUB
Designed to bring runners of all abilities together. Training takes place indoors or outdoors with a focus on speed work, interval training, and endurance.

STEP IT UP
Work it out on the step with a combination of high-intensity cardio and weight training that challenges your endurance and strength.

STUDIO CYCLE
Ride to be fit! Improve your cardiovascular fitness level with an inspiring group cycling experience.

STUDIO CYCLE & SCULPT
The cycle experience with an upper body workout using free weights and/or resistance bands.

TAP & BALLET (FOR ADULTS)
An introductory class for adults. No experience necessary.

TOTAL BODY CONDITIONING (TBC)
A fast-paced workout that combines intense cardio with strength training to improve overall fitness.

TRI-TRAINING
Gain the skills you need to compete in a triathlon. Triathletes of all levels will learn to build endurance, techniques, and be race-ready.

TRX SUSPENSION TRAINING
Train like a champion! Our TRX Suspension Training classes will help you develop strength, power, endurance, and core stability.

ZUMBA TONE
Learn how to use lightweight, maraca-like toning sticks to enhance rhythm and tone all the target zones including arms, abs, and thighs. This workout is the perfect way to sculpt your body naturally while having a total blast.

ZUMBA
 Lose yourself in the music and find yourself in shape at the original fitness dance party. Classes feature exotic rhythms set to high-energy Latin and international beats.

Y’S WAY TO 5K
A training program to help you cross the finish line.

MIND, BODY, & SPIRIT PROGRAMS

GENTLE YOGA
This class is designed to be less strenuous than other yoga classes, while still offering the benefits of flexibility and relaxation. It gives an emphasis to modifications and understanding poses to help you get the most out of your yoga practice.

IYENGAR YOGA
Focuses on the subtleties of each posture. Postures are held much longer so that participants can focus on their precise muscular and skeletal alignment.

MEDITATION
Gain the skills to quiet your mind and relieve stress by bringing focus to your breath.

POWER BARRE
This class combines the best of Pilates, yoga, and ballet/barre. You’ll build long, lean, muscles and a strong core during this overall body workout.

RESTORATIVE YOGA
The Y’s restorative yoga program uses deep relaxing movements that help restore posture and balance.

ROLL AND RELEASE
Using a foam roller tool, this workout helps improve body awareness, strength, and balance, with the added benefit of releasing tight muscles through self massage.

TAI CHI CHUAN
An ancient practice of Chinese martial arts that connects the mind and body, featuring meditative flowing movements that help alleviate stress.

YOGALATES
The fundamentals of Pilates are combined with a yoga flow, linking breath with movement to help you gain strength and flexibility.

VINYASA YOGA
A style of yoga during which postures flow from one movement to the next. Special attention is paid to linking breath with movement. There is an emphasis on standing postures.

SPORTS & RECREATION FOR ADULTS

Current membership required. Some fees may apply. Please see your local branch web page for specific offerings and schedules.

• ADULT BASKETBALL LEAGUES
• ADULT OPEN GYM (CO-ED)
• CO-ED ADULT VOLLEYBALL LEAGUE
• DANCE (TAP, JAZZ, BALLET)
• DODGEBALL
• FAMILY OPEN GYM
• KARATE
• PICKLEBALL
• RUNNING / WALKING CLUBS
• SENIOR VOLLEYBALL
• SOCCER
• STRESS MANAGEMENT CLASSES
• TRAINING CAMP
• WELLNESS WORKSHOPS
PERSONAL TRAINING

Team up with a YMCA PERSONAL TRAINER and reach your goals for good! The YMCA offers a variety of private and group training packages to help you meet and maintain your health and wellness goals. Our trainers’ expert advice and personalized attention can provide you with the knowledge needed to keep you motivated to make lasting lifestyle changes. All of our trainers are certified through nationally accredited fitness organizations and are required to complete continuing education courses to keep them on top of the newest information in exercise science.

On a daily basis, our trainers help clients who need assistance reaching their goals of weight loss, strength building, cardio respiratory endurance, continuing exercise post-rehab, sports conditioning, learning new exercises, efficient movement and mobility, stress management, and confidence boosting. Check your local branch for rates and packages.

FUNCTIONAL TRAINING

FUNCTIONAL TRAINING is what’s new in fitness, but it isn’t just a trend. Functional Training builds muscle, endurance, and flexibility for real-life positions. That means everyone can do it — and everyone can benefit. Think of it as a versatile jungle-gym for adults, where you mimic the same motions you would execute when climbing stairs or bending over in the garden. You can use our Functional Training spaces by yourself, as part of a small group, or with a personal trainer.

To set up a personalized orientation or demo class, please contact the Health & Wellness Director or Personal Training Director at your branch.

HEALTH & WELLNESS / PERSONAL TRAINING CONTACTS

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EAST HAMPTON
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ACTIVE OLDER ADULTS (AOA)  
Live a Healthy Lifestyle at any age!

AQUATIC FITNESS  See page 12.
BASKETBALL FOR SENIORS
ENHANCE®FITNESS  See page 21.
FIT WORKOUT
Just the basics – this fun workout has it all – a combination of weight and cardiovascular training led by an inspiring instructor.
DIABETES PREVENTION PROGRAM  See page 21.
LIVESTRONG AT THE YMCA  See page 21.
MOVING FOR BETTER BALANCE  See page 21.

PICKLEBALL
Pickleball, a game ideal for all age groups, is a combination of tennis, ping-pong, racquetball, and badminton. Played as singles or doubles, the game is played on a badminton-sized court with the net lowered to 34 inches at the center using lightweight paddles and plastic perforated balls. Although the game is easy for beginners to learn, pickleball can develop into a fast-paced, competitive game for experienced players. In addition to being fun, the game has developed a reputation for its friendly and social nature.

SILVER SNEAKERS CLASSIC
Have fun and move to the music through a variety of exercises designed to increase muscular strength, improve range of movement, and mimic activities for daily living. Hand-held weights, elastic tubing with handles, and a Silver Sneakers ball are offered for resistance training. A chair is used for seated and/or standing support.

VOLLEYBALL FOR SENIORS

ZUMBA GOLD
A low-intensity version of the popular Latin music-inspired dance workout.
THE YMCA OF LONG ISLAND OFFERS VARIOUS RESEARCH-BASED SIGNATURE PROGRAMS THAT TACKLE SERIOUS HEALTH ISSUES WITH PROVEN SUCCESS. THESE PROGRAMS ARE OFFERED EITHER AT REDUCED FEES OR FOR FREE TO MEMBERS AND NON-MEMBERS ALIKE.

YMCA DIABETES PREVENTION PROGRAM
The YMCA’s Diabetes Prevention Program helps people adopt and maintain healthy lifestyles to reduce their risks of developing Type 2 diabetes. In a group setting, a trained coach helps participants change their lifestyle by learning about healthy eating, physical activity, and other behavior changes over the course of 16 one-hour sessions. Topics include: nutrition, getting started with physical activity, overcoming stress, and staying motivated. After the initial 16 core sessions, participants will meet monthly for up to a year for added support to help them maintain their progress. YMCA membership is offered to participants during the last 12 weeks of the program. People with health insurance provided by United Healthcare should check with their employer about the availability of this program as a covered benefit, or contact the Diabetes Prevention and Control Alliance to confirm eligibility at 1.800.237.4942.

ENHANCE® FITNESS
Enhance® Fitness, an evidence-based physical activity program proven to increase the physical, mental, and social functioning of older adults, particularly those with arthritis. This program is offered at our Bay Shore, Glen Cove, Huntington, and Patchogue locations, and is FREE of charge for full YMCA members thanks to special funding from the New York State YMCA Foundation, through a partnership with the New York State Department of Health. Non-members may participate for a nominal fee.

LIVE STRONG® AT THE YMCA
The YMCA of Long Island is proud to be a site for this national initiative, a partnership between the LIVESTRONG Foundation and the Y of the USA. This is a free, 12-week program for cancer survivors who want to regain or maintain their health. LIVESTRONG is a group-based exercise program that meets twice a week for 90 minutes in either the fitness center or an exercise studio. Our staff of certified coaches provides a supportive, safe environment for each class. Coaches have participated in specialized training in the elements of cancer, post-rehab exercise, nutrition, and supportive cancer care. This program is made possible thanks to the generous support of private donations.

MOVING FOR BETTER BALANCE
This program is offered at our branches and local community centers, libraries, and places of worship. Moving for Better Balance is a fall prevention program that is offered at no cost to members ages 62 and older. This class uses the principles and movements of Tai Chi to help older adults improve their balance and increase their confidence in doing everyday activities. Non-members can participate for a nominal fee.

WEIGHT LOSS PROGRAM
Participating in the Y’s Weight Loss Program is a great way to learn how to eat healthier, move more and lose weight. 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. This is a 12-week program; group-based, weekly one-hour meeting providing a supporting network of others working on similar goals.
YMCA BOULTON CENTER FOR THE PERFORMING ARTS

The YMCA Boulton Center for the Performing Arts is part of the Great South Bay YMCA. Located in downtown Bay Shore, the Y Boulton Center is a premier cultural institution on Long Island. Our mission is to provide high-quality arts programming to entertain, educate, and inspire the culturally, racially, and economically diverse population of Long Island. A wide range of programs and classes are offered across the arts spectrum, including music, dance, film, and spoken word. Particular emphasis is placed on education and outreach.

EDUCATIONAL CHILDREN’S THEATRE SCHOOL TRIP PROGRAM

The YMCA Boulton Center School Trip Program presents live educational performances for students, featuring professional actors and encompasses dance, puppetry, magic, live acting, and singing. The shows are presented with full sets and costumes, and are aimed to combine live theatre with NYS Board of Education approved literature.

2018 Season includes Charlotte’s Web, Dr. Seuss’ The Cat in The Hat, Cinderella, The Wizard of Oz, The Legend of Sleepy Hollow, Charlie Brown Christmas, A Year With Frog and Toad.

For more information, contact: Christopher Rosselli 631.665.4255 ext. 147, Christopher.Rosselli@ymcali.org
CULTURAL & PERFORMING ARTS
At the Y, we believe cultural and performing arts education not only enriches a child’s mind, but also helps them develop confidence and character. We offer a variety of programs for children of all ages. Please check your local branch for exact offerings and program schedules. Our focus areas include:

• **ACT OUT BEGINNERS**: Acting skills and techniques, small production at end of session
• **ACT OUT THEATRE**: Participants audition and are cast in full productions and perform on stage. Available at Bay Shore, East Hampton and Huntington. For details, please contact the branch.
• **ART**: Introduction to drawing, watercolor, pastels, clay, and more.
• **BROADWAY KIDS**: Singing, acting, and imaginative play. Parents are invited to observe the last class.
• **TEEN THEATER**
• **VOCAL LESSONS**: Bay Shore and East Hampton only.

PERFORMING ARTS CAMP
See page 8.

THE ARTS CONTACTS

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**EAST HAMPTON**
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**HUNTINGTON**
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DANCE
The YMCA’s dance program is committed to providing each student the opportunity to learn the art of dance in a positive, structured, and inspiring environment.

We offer programs for children as young as 2 years old through adult. Please check your local branch for exact classes and schedules.

• **BALLET** Beginner, Intermediate, Advanced, and Adult
• **CHEER DANCE**
• **CREATIVE COMBO INTRODUCTION TO BALLET, TAP, JAZZ, AND CREATIVE EXPRESSION**
• **HIP HOP**
• **IRISH STEP**
• **JAZZ**
• **TAP** (Adult)
COUNSELING SERVICES
The YMCA Family Services branch is a premier provider of behavioral health services and evidence-based prevention programs. We have been serving Long Island for more than four decades and remain focused on addressing gaps in access to behavioral healthcare, pushing for comprehensive prevention programs, and advocating for children, teens, and parents. We stand with our communities to make them safer and healthier.

We understand that it can be a challenge to find services for your child or teen. The YMCA has a wide array of services to help children and youth with struggles at home, school difficulties, social challenges, bullying, and/or anger.

At a time when so many families know first-hand the pain of having an adolescent, parent, relative, or friends with Substance Use Disorder, the YMCA Family Services branch has responded to the escalating needs of the community. Our programs are needed more than ever. If you have any questions or would like more information, please feel free to contact us at 631.580.7777. We are here to help you and your loved ones.

PREVENTION SERVICES
YOUTH
- Bullying Prevention Workshops
- Counseling (FREE for youths 6 – 21 years old)
- Evidence-Based Prevention Programs for Substance Abuse, Violence, Gambling
- Prevention Workshops for Schools, Summer Camps, Youth Groups

FAMILIES
- Family Counseling (group and/or individual family members)
- Parenting Workshops
- Talking to Kids about Substance Abuse
- Diversion Program: FREE to Suffolk youth and their families.

COMMUNITY & BUSINESSES
- Staff Training
- Prevention Workshops (e.g. gambling, substance abuse, criminal activity)

YMACALI.org • 855.296.2254
YMCA FAMILY SERVICES
Call to schedule an appointment.
631.580.7777
ymcali.org/locations/familyservices

TREATMENT SERVICES
YMCA Family Services provides substance abuse counseling and education for individuals and families who have been impacted by addiction. We offer individualized services to those who may be currently struggling, or have struggled in the past, with substance use. We also offer support services for the people whose lives have been affected by another individual’s substance use.

The programs we offer are licensed by the New York State Office of Alcoholism and Substance Abuse Services (OASAS).

We also offer an array of services that promote healthy, sober living through the development of daily living skills and support systems. This is done through individual, group, and family sessions.

Our belief is based on Y core values of caring, honesty, respect, and responsibility. By practicing these values, change is possible. Our approach is to meet everyone with dignity and respect, while cultivating balance and wellness in their lives.
TOGETHER WE CAN
BUILD A BETTER US

ANNUAL SUPPORT
When you give to the Y, you continue to strengthen our community and move us all forward. As the nation’s leading nonprofit for youth development, healthy living, and social responsibility, the Y uses your gift to make a meaningful and enduring impact right in your own neighborhood. We are committed to making the Y accessible to everyone without regard to their ability to pay. Our Annual Support Campaign helps make that pledge a reality. Please consider a gift. You can donate online at YMCALI.org or at your local branch.

Every gift makes a difference. Everyone has a role to play. Together, we can build a better community.

$2500
• Become a Gold Sponsor with a gift of $2500. Your generous donation will be recognized with a full-color “Thank You” plaque. Your donation will be used to underwrite scholarship awards for children and families in need. Financial assistance through the Y’s scholarship fund is used for camp, child care, counseling, and health and well-being programs.

$1500
• Become a Silver Sponsor with a $1500 donation. Your support will help 3 families with children access healthy living programs for 6 months each. Your donation will be acknowledged with a "Thank You" banner at your local Y.

$1000
• Give a child access to 6 weeks of enriching and educational child care while his or her parents work.

$500
• Help 2 cancer survivors rebuild muscle, improve overall health, and gain access to well-being and support over 12 weeks through our LIVESTRONG® at the YMCA program.

$250
• Help send a kid to camp for a week to run, laugh, and play.
• Keep 10 kids safe and supervised on a weekend night during the school year at our Y Pre-Teen and Teen Centers.

$100
• Provide a child with one session of swimming lessons (8-10 weeks) to keep kids safe in the water.
• Enable a child to participate in Healthy Weight and Your Child, a 16-week program that engages families in education, healthy eating and physical activity.

FINANCIAL ASSISTANCE
The Y is in your community to give everyone the opportunity to learn, grow, and thrive. We believe our communities are made stronger when everyone participates. Our scholarship program provides financial support in the form of membership and/or program waivers for children, adults, or families who are impacted by financial hardship.

Applications for our scholarship program are available from the Member Services desk or online under the “membership” menu. Please fill out and return the scholarship application along with the supporting documentation. All information is confidential.

VOLUNTEERISM
The generosity of others is at the core of our existence. It is only through the support of our volunteers and public and private donors that we are able to give back to the communities we serve. There are numerous opportunities to volunteer at the Y each year, from coaching a soccer team, to helping at special events, to serving on a committee, to becoming a Board Member. Whether you have a little time or a lot of time, we’d love to have you join us! For more information please contact your local branch.
THE YMCA OF LONG ISLAND, INC.
YMCALI.ORG
855.2YMCAli (855.296.2254)

LEADERSHIP
Anne N. Brigis, President & CEO
Eileen Knauer, COO & Sr. Vice President
Mark Katzenberger, CFO & Vice President

BUSINESS OFFICE
HOURS OF OPERATION
ASSOCIATION SERVICES HEADQUARTERS
121 Dosoris Lane, Glen Cove, NY 11542
516.674.8091
M-F  9:00 am – 5:00 pm

FACILITIES/ POOLS/ CAMP
GREAT SOUTH BAY YMCA
200 West Main Street, Bay Shore, NY 11706
631.665.4255
M-Th  5:00 am – 11:00 pm
F  5:00 am – 10:00 pm
Sat  6:00 am – 6:00 pm
Sun  6:00 am – 5:00 pm

HUNTINGTON YMCA
60 Main Street, Huntington, NY 11743
631.421.4242
M-F  5:00 am – 10:00 pm
Sat  6:00 am – 8:00 pm
Sun  6:00 am – 5:00 pm

PATCHOGUE FAMILY YMCA
255 West Main Street, Patchogue, NY 11772
631.891.1800
M-F  5:00 am – 10:00 pm
Sat  6:00 am – 6:00 pm
Sun  6:00 am – 5:00 pm

BROOKHAVEN ROE YMCA CENTER
(a satellite of the Patchogue Y)
155 Buckley Road, Holtsville, NY 11742
631.289.4440
M-Th  6:00 am – 8:00 pm
F  6:00 am – 6:00 pm
Sat & Sun – Closed

YMCA AT GLEN COVE
125 Dosoris Lane, Glen Cove, NY 11542
516.671.8270
M-F  5:00 am – 10:00 pm
Sat  6:00 am – 6:00 pm
Sun  6:00 am – 5:00 pm

YMCA EAST HAMPTON RECENTER
2 Gingerbread Lane, East Hampton, NY 11937
631.329.6884
M-Th  6:00 am – 9:00 pm
F  6:00 am – 9:00 pm (Summer only)
F  6:00 am – 6:30 pm (School year)
Sat  6:00 am – 7:00 pm
Sun  6:00 am – 5:00 pm

COUNSELING SITE
YMCA FAMILY SERVICES
1150 Portion Road, Suite 6, Holtsville, NY 11742
631.580.7777
M-Th  8:30 am – 10:00 pm
F  8:30 am – 5:00 pm

PERFORMING ARTS CENTER
YMCA BOULTON CENTER FOR THE PERFORMING ARTS
37 West Main Street, Bay Shore, NY 11706
631.969.1101
www.boultoncenter.org
Box Office Hours:
Sun, M, T  Closed
W, F, Sat  12:00 pm – 4:00 pm
Th  12:00 pm – 6:00 pm

Hours are subject to change.