

GROWING STRONGER TOGETHER



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NEW
WEBSITE
YMCALI.org



WINTER 2018 | Program Guide HUNTINGTON YMCA

Winter Programs run
February 4 – April 14, 2018
(10 week session)

FACILITY HOURS

Monday – Friday	5:00 am – 10:00 pm
Saturday	6:00 am – 8:00 pm
Sunday	6:00 am – 5:00 pm

*For swim evaluations to assess swim level for registration please contact 631.421.4242 x148

TWO WAYS TO REGISTER:



Starting January 21st:
ONLINE YMCALI.org/programs



OR
IN PERSON

GOODBYE FISH HELLO CONFIDENCE



NEW! YMCA SWIM LESSON STAGES

NEW!

YMCA SWIM LESSONS

- LEARN NEW SELF-RESCUE SKILLS
- IMPROVED SWIM TECHNIQUES
- ACHIEVE MORE WITH EACH SWIM STAGE

REGISTER TODAY!

*REGISTRATION STARTS AUGUST 20.
SESSION: SEPTEMBER 10 – NOVEMBER 18.

WATER
DISCOVERY



WATER
EXPLORATION



WATER
ACCLIMATION



WATER
MOVEMENT



WATER
STAMINA



STROKE
INTRODUCTION



STROKE
DEVELOPMENT



STROKE
MECHANICS



AQUATIC SCHEDULE

WINTER SESSION: Sunday, February 4th – April 8, 2018 (9 week session)*

CLASS	SUN	MON	TUES	WED	THURS	FRI	SAT
PRESCHOOL AQUATIC LESSONS							
Swim Starters STAGE: A & B 6 months-3 yrs	9:05-9:35am A 11:35am-12:05pm A	10:05-10:35am N 12:20-12:50pm N			10:35-11:05am N	10:05-10:35am N 12:20-12:50pm N	9:55-10:25am A 10:45-11:15am A
Water Acclimation STAGE 1 3-5 yrs	9:55-10:40am A 12:25-1:10pm A	12:55-1:40pm N 4:05-4:50pm N	1:20-2:05pm A 4:05-4:50pm N	1:20-2:05pm A	9:45-10:30am N 2:10-2:55pm A	10:40-11:25am N 2:10-2:55pm A 4:05-4:50pm A	9:05-9:50am A 11:35am-12:20pm A 12:25-1:10pm A
Water Movement STAGE 2 3-5 yrs	9:05-9:50am A 10:45-11:30am A 11:35am-12:20pm A	11:30am-12:15pm N 1:45-2:30pm A 4:55-5:40pm N	2:10-2:55pm A 4:55-5:40pm N	2:10-2:55pm A 4:05-4:50pm N	12:30-1:15pm N 1:20-2:05pm A	9:15-10:00am N 1:20-2:05pm A 4:55-5:40pm A	9:05-9:50am A 10:45-11:30am A 11:35am-12:20pm A
Water Stamina STAGE 3 3-5 yrs	9:55-10:40am A	10:40-11:25am N 4:05-4:50pm N			4:05-4:50pm N	4:55-5:40pm A	
Stroke Intro. STAGE 4 3-5 yrs	9:55-10:40am A				4:05-4:50pm N	11:30am-12:15pm N	12:25-1:10pm A
YOUTH AQUATIC LESSONS							
Water Acclimation STAGE 1 6-12 yrs	11:35am-12:20pm N	5:45-6:30pm N			4:55-5:40pm N	4:55-5:40pm A	9:05-9:50am N 11:35am-12:20pm N
Water Movement STAGE 2 6-12 yrs	9:05-9:50am N 9:55-10:40am N	5:45-6:30pm N	5:45-6:30pm N	4:55-5:40pm N	5:45-6:30pm N	4:55-5:40pm A	9:05-9:50am N 11:35am-12:20pm N 12:25-1:10pm N
Water Stamina STAGE 3 6-12 yrs	9:55-10:40am N 10:45-11:30am N	4:05-4:50pm N	5:45-6:30pm N	4:55-5:40pm N	5:45-6:30pm N	4:05-4:50pm A	9:05-9:50am N 9:55-10:40am N 12:25-1:10pm N
Stroke Intro. STAGE 4 6-12 yrs	9:05-9:50am N 10:45-11:30am N	4:55-5:40pm N	4:55-5:40pm N 5:45-6:30pm N	4:05-4:50pm N 5:45-6:30pm N	4:55-5:40pm N	4:05-4:50pm A 5:45-6:30pm A	9:55-10:40am N 10:45-11:30am N 11:35am-12:20pm N
Stroke Develop. STAGE 5 6-12 yrs	9:05-9:50am N 10:45-11:30am N	5:45-6:30pm N	4:05-4:50pm N	5:45-6:30pm N	5:45-6:30pm N	5:45-6:30pm A	9:55-10:40am N 12:25-1:10pm N
Stroke Mechanics STAGE 6 6-12 yrs	11:35am-12:20pm N	6:35-7:20pm N	7:35-8:20pm N		4:55-5:40pm N	5:45-6:30pm A	10:45-11:30am N
Sensational Swim 5-12 yrs	10:45-11:30am A						
TEEN AQUATIC LESSONS							
TEEN INSTRUCTION 12-17 yrs	12:25-1:10pm A Basics & Strokes	7:25-8:10pm N Strokes	7:35-8:20pm N Basics		7:40-8:25pm A Basics & Strokes		1:15-2:00pm N Strokes
LIFEGUARD PREP 12 & up				7:40-8:25pm N			1:15-2:00pm N
INSTRUCTOR PREP 12 & UP	9:55-10:40am N						
SWIM CLUB 12 & UP		6:35-7:20pm N				6:35-7:20pm A	
ADULT AQUATIC LESSONS							
Adult Instruction 18 yrs+		9:15-10:00am N Basics & Strokes 7:35-8:20pm A Basics	9:40-10:25AM A Basics 8:25-9:10pm N Strokes		9:40-10:25am A Strokes 8:30-9:15pm A Basics & Strokes		
Adult Tri/Masters Swim 18+ yrs	8:00-9:00am N					10:30-11:30am A	

*This schedule is subject to change.

A = Albicocco Pool N = Norton Pool

Sensational swim is designed for children with diverse-abilities and a parent to participate together in the pool each week. The class will focus on a swim lesson that will follow our progressive lesson plan.



Aquatics Pricing (9-week session)

STAGE A&B (30 mins)	\$102
Preschool & Youth Stages (45 mins)	\$117
Teen & Adult Instruction: (45 mins)	\$120
Lifeguard & Instructor Prep: (45 mins)	\$120
Swim Club: (45 mins)	\$120 for 1 day a week \$216 for 2 days a week

DANCE & CULTURAL ARTS

WINTER SESSION Sunday, February 4th – Saturday, April 14th 2018 (10 week session)*

For more information contact Edie x*132

CLASS	MON	TUES	WED	THURS	FRI	SAT	FEES
Dance with me	9:45-10:30am			11:30-12:15pm	11:30-12:15pm Free for FULL MEMBERS		\$122
Tap & Tumble 3-5 years		12:15-1:30pm	12:30-1:15pm	12:15-1:00pm			\$122
Pre Ballet 3-5 years			1:15-2:00pm	3:30 – 4:15pm			\$122
HIP HOP	11:30-12:15pm 3-5 year olds				4:30-5:15pm 5 & up		\$122
Adult Tap	12:15-1:00pm						\$122
Modern Ballet						11:00am- 12:00pm	\$125
Teen Ballet		7:30-8:30pm				8:30-9:30am	\$125
Adult Ballet		7:30-9:00pm				9:30-11:00am	\$150
Art 5 & up			4:30 – 5:30pm			10:00 – 11:00am	\$122
Intro to Sewing 6 & up						9:15-10:00am	\$122
Broadway Kids						11:00-12:00pm	\$122
Performance Workshop 6 & up	5:30-7:00pm	5:30-6:30pm					\$250 Full \$285 Prgm

DANCE PROGRAM 36 Week Program September – June 2018

CLASS	MON	TUES	WED	THURS	FRI	SAT	MONTHLY
Creative Combo I (3 - 4 years)			4:30 – 5:30pm	12:15-1:15pm	12:30 – 1:30pm	9:30 – 10:30am	\$66
Creative Combo II (4 - 5 years)		4:30 – 5:30pm	4:30 – 5:30pm	12:15-1:15pm		10:30 – 11:30am	\$66
Tap & Jazz Div. I (K & up)	4:30-5:30pm					11:30 – 12:30pm	\$66
Division II	5:30-6:30pm					11:30-12:30pm	\$67
Division III		5:30 – 7:30pm					\$70
Jazz Funk	6:30-7:15						\$66

BALLET ACADEMY 36 Week Program September – June 2018

CLASS	MON	TUES	WED	THURS	FRI	SAT	MONTHLY
Beginner					5:30 – 6:30pm	10:00-11:00am	\$66
Beginner 2			5:30-6:30pm	4:30-5:30pm	4:30 – 5:30pm		\$66
Intermediate				4:30 -6:00pm		12:00-1:15pm	\$68

*schedule is subject to change

DANCE WITH ME (formerly TU TU's) Learn dance together!

TAP & TUMBLE/PRE – BALLET, HIP HOP Introduction to these dance classes

BROADWAY KIDS (formerly MUSICAL THEATER) Act, sing dance and work on classroom performance.

PERFORMANCE WORKSHOP work with professional director on a full production. (Meets two times per week)

ART Fee: \$120 for 10 weeks 60 minutes 5 & up years Explore multi-medias, draw, paint, pastels, clay & more.

SEWING Fee: \$120 for 10 weeks 60 minutes 5 & up years Basic skills.

ADULT BALLET, TEEN BALLET & MODERN Fee: \$125 for 10 week session 60 minutes No experience necessary.

DANCE 36 WEEK PROGRAM Can register anytime. Call ext. *132 for more details. Classes for ages 3-Teen. Recital in June.

TODDLER TIME

WINTER SESSION Sunday, February 4th – Saturday, April 14th, 2018 (10 week)

For more information contact Edie x*132

CLASSES WITHOUT PARENT

Y'S LITTLE EXPLORER'S Stories, science and art. Preschool environment

PRESCHOOL FITNESS Fitness made fun! Can take Explorer's and fitness back to back

DANCE CRAFT & MORE Ballet, creative movement and crafts

PEE WEE SPORTS Introduction to a variety of sports and skills (With & without parent)

CLASSES WITH PARENT / OR GUARDIAN

YOU & ME BABY 6 – 18 months **LITTLE OWLS** 19 – 36 months. Exercise & skill building to musical activities, parachute, bean bags, obstacle course, ribbons and age appropriate games & activities. Each week different special

YOU & ME PRESCHOOL Introduction to preschool activities, art, story, felt board and fitness. Parents supply snack

MUSIC, MOVEMENT & MORE Activities include: Dance, movement, ribbons, instruments, rhythms', puppetry and each week introduction to different musical genre

CRAFT, STORY & SONG Activities include arts & crafts projects, Storytime and sing-alongs

WITHOUT PARENT

CLASS	MON	TUES	WED	THURS	FRI	SAT	FEES
Y' Little Explorers 2-4 years			10:15-11:00am	11:05-11:50am			\$107
Preschool Fitness 2-4 years			11:00-11:45am	11:50-12:35pm			\$86
Dance, Crafts & More 2-4 years		9:30-11:00am			9:30-11:00am		\$209
Pee Wee Sports 4-5 years	3:30-4:15pm					11:05-11:50am 8 week / \$72	\$86

*Classes may be combined

WITH PARENT

CLASS	MON	TUES	WED	THURS	FRI	SAT	FEES
You & Me Baby 6-18 months	9:00-9:45am FREE FOR FULL MEMBERS		10:15-11:00am				\$86
Little Owls 19-36 months	10:30-11:15am						\$86
You & Me Preschool 18-48 months	9:00-10:30 Step 2		11:00-12:30pm Step 1	9:30-11:00am Step 1	9:30-11:00am Step 2		\$145
Craft, Story & Song 18-36 months	11:15-12:00pm						\$86
Pee Wee Sports 2-4 years			10:30-11:15am			10:15-11:00am 8 week / \$70	\$86
Music & Movement Time 6-18 months		9:30-10:15pm		9:30-10:15am		9:15-10:00am	\$86
Music, Movement & More 19-36 months		10:30-11:15am				9:15-10:00am	\$86

Step 2 classes are ½ with a guardian and ½ without.

*This schedule is subject to change.

For more information call Edie x*132

YOUTH SPORTS

WINTER SESSION Sunday, February 4th– Saturday, April 14th, 2018 (10 Weeks)

For more information contact Jason x*182 or Megan at x*145

CLASS	MON	TUES	WED	THURS	FRI	SAT	FEES
Bumble Bee Sports Pre K 4's		3:30-4:15pm Tennis		3:30-4:15pm Basketball	3:30-4:15pm Hockey		\$68 6 weeks
All Star Sports Sampler Gr. K-2		4:15-5:15pm					\$83
Slam Dunk Basketball Gr. K-2			4:15-5:15pm	4:15-5:15pm			\$83
Slam Dunk Basketball Gr. 3-6				5:15-6:15pm			\$83
Cooperative Dodgeball Gr. 3-7				6:15-7:15pm			\$83
NHL Street Hockey Gr. K-2					4:15-5:15pm		\$83
NHL Street Hockey Gr. 3-6					5:15-6:15pm FREE FOR FULL MEMBERS		\$83
Indoor Soccer Gr. K-2						12:00-1:00pm	\$80 8 weeks
Indoor Soccer Gr. 3-5						1:00-2:00pm	\$80 8 weeks
Tennis	4:15-5:00pm Gr. K-2				6:15-7:30pm Gr. 3-6		\$85
Net Sports Sampler Gr. 3-6			5:15-6:15pm				\$83

BUMBLEBEE SPORTS Bumblebee sports is a great way to introduce young children to the world of sports! Sports include Tennis, Basketball, and Hockey. Pre-K 4 year olds

ALL-STAR SPORTS SAMPLER This class is focused on bringing a little of each sport to a session, switching which sport is highlighted every two weeks. Sports include basketball, hockey, soccer, dodgeball, and gaga.

INDOOR TENNIS introduction to basic tennis skills

SLAM DUNK BASKETBALL Pass. Dribble. Shoot. Learn all the fundamentals of basketball in a fun and non-competitive environment.

COOPERATIVE DODGEBALL A great way for your child to enjoy the game of dodgeball in a safe environment where they can develop teamwork skills, meet new friends, and have a ton of fun!

NHL STREET HOCKEY Learn the skills involved in playing hockey in a safe environment. Helmets and sticks provided!

INDOOR SOCCER Looking for some extra practice? This 8 week session is a great way to keep your soccer player practicing their soccer skills indoor over our winter session. Great for beginners too!

NET SPORTS SAMPLER This class is a great opportunity to introduce net sports such as volleyball, pickleball, tennis and badminton. Players will be taught each sport and associated skills and compete in games.

ADULT SPORTS

CLASS	SUN	MON	TUES	WED	THURS
Men's Basketball	8:30-10:00am	8:30-10:00pm			8:30-10:00pm
Pickleball	10:15-11:45am		8:00-9:15am	6:30-8:30pm Beginner	7:15-10:15am

*This schedule is subject to change.

MEN'S BASKETBALL

1x a week / 10 weeks	\$ 83
2x a week / 10 weeks	\$155
3x a week / 10 weeks	\$210

Ages 18+

PICKLEBALL

Included for full facility members
Register using our New APP!

TRAIN FOR LIFE: HEALTH AND WELLNESS

WINTER SESSION: February 4th – April 14th, 2018 (10 Week Session)

For more information contact Jason x*182

MON	TUES	WED	THURS	FRI	SAT	SUN
			6:15-6:45am Queenax Express Jane			
	7:00-7:45am Queenax Brittany				8:15-9:00am Queenax Diane/Jonathon	
8:00-9:00am Small Group Training		8:00-9:00am Small Group Training				
9:30-10:30am Small Group Training Terri		9:30-10:30am Small Group Training Lynn		9:30-10:30am Queenax Tina	10:15-11:15am Tri- Training Fitness Center Colleen	
10:30-11:30am Small Group Training	10:30-11:15am Queenax Colleen	10:30-11:30am Small Group Training Daniel			11:00-12:00pm Fit Kids Chrissy	
	11:30-12:30pm Senior Small Group Training Tracey		11:30-12:30pm Senior Small Group Training Jane			
	4:15-5pm Teen Small Group Training Colleen	4:15-5:00pm Youth Yoga 6-12 years old Kaitlyn	11:45-12:30pm Youth Yoga 3-5 years old Kaitlyn			
5:00-6:00pm Fit Kids Chrissy & Tina	5:15-6:15pm Fit Families Chrissy		5:15-6:15pm Fit Families Daniel			
7:30-8:30pm Tri- Training Swim Colleen	6:30-7:30pm Tri- Training Cycle Colleen					

Small Group Training, Senior, Teen and Queenax
 1 hour classes- \$108/10 weeks
 45 min classes- \$88/10 weeks
 30 min classes- \$75/10 weeks

Y's Way to a Triathlon
 3 times a week- \$199/10 weeks

Youth Yoga
 3-5 year olds \$66/ 10 weeks
 6-12 year olds \$88/ 10 weeks

Fit Kids & Fit Families
 \$77 for program members/ 10 weeks
 Free for Full Facility Members

Small Group Training- Take your fitness to the next level with our coaches and a small group of 4-6 people in the Fitness Center. Designed to achieve your health and wellness goals.

Senior Small Group Training- Senior small group training assists you in achieving your health and wellness goals at a pace right for you!

Queenax- Queenax is our unique functional training system designed to build muscle, endurance and flexibility for real-life situations. Class will utilize different variety of equipment including the TRX and Turf.

Teen Small Group Training- Designed for ages 13-16 to achieve their goals in the fitness center with a small group of 4-6 peers.

Fit Kids- have fun and get fit all at the same time! Designed for ages 8-12 years old to learn healthy habits and making physical activity fun! Free for Full Facility Members and Healthy Weight and Your Child Participants. \$77 for Program Members. Registration is required.

Fit Families- have fun, play games and get fit as a family. Parents are required to join the fun. Free for Full Facility Members and Healthy Weight and Your Child Participants. \$77 for Program Members. Registration is required.

Youth Yoga- Empowers and inspires youth using yoga exercise and meditation tools assisting them as they grow into confident adults.

Y's Way to a Triathlon- exciting and enjoyable opportunity to prepare yourself for a triathlon! This program is designed for triathletes of all levels! The 10 week program meets 3 times a week to target each discipline.

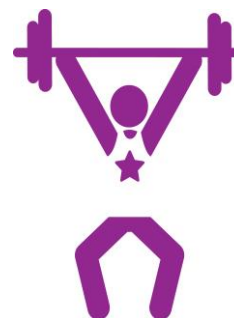
Personal Training- the Y offers a variety of private and group training packages to help you meet and maintain your health and wellness goals. Each member of our Personal Training staff has earned certifications by nationally recognized accredited agencies and will work with you to develop a customized fitness program.

1 hour Sessions

- 1 Session: \$69
- 5 Sessions: \$305
- 10 Sessions: \$535
- 20 Sessions: \$940

½ Hour Sessions

- 1 session: \$42
- 5 Sessions: \$185
- 10 Sessions: \$329
- INTRO OFFER (3) 1-hours: \$135**





CHILDWATCH HOURS*

Monday - Friday 8:45am - 2:00pm
Tuesday & Thursday 5:30pm - 8:30pm
Saturday 7:45am - 11:00am

*Included to Full Facility Family Members

PROGRAMS INCLUDED FOR FULL FACILITY MEMBERS!

You & Me Baby (6-18 months)	Monday 9:00am-9:45am
Dance with me (18-36 months)	Friday 11:30-12:15pm
NHL Street Hockey (Gr. 3-6)	Friday 5:15-6:15pm
Fit Kids (8-12 years)	Monday 5:00-6:00pm Saturday 11:00-12:00pm
Fit Families (7-13 years)	Tuesday 5:15-6:15pm Thursday 5:15-6:15pm
Family Swim	Please see Recreational Swim schedule for times

Convert your program membership to a Full Facility membership today!!

COMMUNITY CONNECTIONS

Join our YMCA program **Community Connections**, that inspires social connections based on shared interests for self-determined young adults. Where all Diverse-abilities are welcome. Participants will have access to varied cultural arts, recreational and physical activities. Ages 16-30

JANUARY 16th & 23rd

FEBRUARY 6th & 27th

MARCH 6th, 13th, 20th & 27th

7:00-9:00pm in the HEC

Registration Required. More Info Contact Edie Cafiero ext. *132

Egg Hunt

Saturday

March 24th

1:00pm- 3:00pm

FREE YOUTH & TEEN PROGRAMS

Teen Center (8th -12th grade) 8:00 - 10:00pm Saturday nights 8th-12th grade with school ID Swimming, basketball, strength training center, and studio space Registration and orientation is required for all participants.

Pre-Teen Center (5th-7th grade) 7:00 - 9:00pm Friday nights Sports, crafts, fitness, GaGa, Swimming and more. Registration with parent is required for all participants.

*Registration forms & schedule of dates located at the Member Service Desk.

YOUTH DEVELOPMENT

Leaders Club (Grades 8th-12th)

Thursdays 7:30-9:00pm Leaders club is a unique YMCA experience for teens looking to build leadership competencies, volunteer, and help the community. Program runs until June of 2018. \$20 per session. Contact Brian Filippone Ext. *140

SIGNATURE PROGRAMS

For more information on our SIGNATURE PROGRAMS please contact Brittany Mueller at ext. *184 Brittany.Mueller@ymcali.org

- LIVESTRONG at the YMCA
- Diabetes Prevention Program
- Healthy Weight and Your Child (ages 7-13)
- Moving for Better Balance
- Better Choices Better Health
- Enhance Fitness (arthritis)
- Weight Loss Program

SCHOOL AGED CHILDCARE- Before & after school care offered in the Cold Spring Harbor, Huntington & South Huntington School District. Registration is at the Member Service Desk. Contact Brian Filippone Ext. *140

PRESCHOOL- the Y offers half-day, extended day & full day preschool for ages 2- 4 years. Contact Marissa Eden for more information & availability. Ext. *118