

HUNTINGTON YMCA



FALL 2 2018 PROGRAM GUIDE

Sunday, November 18– Saturday, February 2, 2019

**No classes: December 24 - January 1*

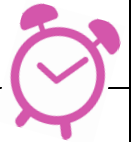
**REGISTRATION BEGINS
SUNDAY, NOVEMBER 4 AT 7:00 AM**

Aquatics, Cultural Arts, Toddler Programs, Health & Wellness and Sports



Three ways to register!

Sunday November 4 at 7am:



ONLINE

YMCALI.ORG/PROGRAMS



IN PERSON



OVER THE PHONE

FACILITY HOURS

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

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

HUNTINGTON YMCA . 60 MAIN STREET . HUNTINGTON NY 11743 .
YMCALI.org . 631.421.4242

AQUATIC SCHEDULE

Fall 2 Session- Sunday, November 18, 2018- Saturday February 2, 2019 (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 11:35-12:05pm A	10:05-10:35am N 12:20-12:50pm N		10:45-11:15am 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	12:20-1:05pm N 4:05-4:50pm A	1:20-2:05pm A 4:05-4:50pm N	1:20-2:05pm A	12:30-1:15pm 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 11:35-12:20pm A 12:25-1:10pm A
Water Movement STAGE 2 3-5 yrs	9:05-9:50am A 9:55-10:40am A 10:45-11:30am A	11:30-12:15pm N 1:45-2:30pm A 4:55-5:40pm A	2:10-2:55pm A 4:55-5:40pm N	2:10-2:55pm A 4:05-4:50pm N	9:45-10:30am N 1:20-2:05pm N	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 11:35-12:20pm A 1:15-2:00pm A
Water Stamina STAGE 3 (3-5 yrs)	11:35-12:20pm A	10:40-11:25am N			4:05-4:50pm N		12:25-1:10pm A
Stroke Intro STAGE 4 (3-5 yrs)	10:45-11:30am A	10:40-11:25am N			4:05-4:50pm N	11:30-12:15pm N	
YOUTH AQUATIC LESSONS							
Water Acclimation STAGE 1 6-12 yrs	9:05-9:50am N 11:35-12:20pm N	5:45-6:30pm A		4:55-5:40pm N	4:55-5:40pm N	4:55-5:40pm A	9:05-9:50am N 11:35-12:20pm N
Water Movement STAGE 2 6-12yrs	9:05-9:50am N 9:55-10:40am N	4:05-4:50pm A 5:45-6:30pm A	5:45-6:30pm N	5:45-6:30pm N	5:45-6:30pm N	4:55-5:40pm A	9:05-9:50am N 11:35-12:20pm 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 A 4:55-5:40pm A	5:45-6:30pm N	4:55-5:40pm N	5:45-6:30pm N	4:05-4:50pm A	9:55-10:40am N 12:25-1:10-pm N
Stroke Introduction STAGE 4 6-12 yrs	9:05-9:50am N 10:45-11:30am N 11:35-12:20pm N	4:55-5:40pm A	4:55-5:40pm N	4:05-4:50pm N 5:45-6:30pm N	4:05-4:50pm 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 11:35-12:20pm N
Stroke Develop. STAGE 5 6-12 yrs	9:55-10:40am N	5:45-6:30pm A	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	11:35-12:20pm N		7:35-8:20pm N		4:55-5:40pm N	5:45-6:30pm A	10:45-11:30am N
Sensational Swim 6-12yo	10:45-11:30am A			12:30-1:15pm N 3-5yo			
TEEN AQUATIC LESSONS							
TEEN INSTRUCTION 11-17yrs	12:25-1:10pm A Basics & Strokes	6:35-7:20pm N Strokes	7:35-8:20pm N Basics		7:40-8:25pm A Basics & Strokes		1:15-2:00pm N Strokes
INSTRUCTOR PREP 12 & up	10:45-11:30am N						
AQUATICS LEADERS CLUB 12-17yrs				7:40-8:25pm N			1:15-2:00pm N
SWIM CLUB 12-17yrs		6:35-7:20pm N				6:35-7:20pm A	
ADULT AQUATIC LESSONS							
Adult Instruction 18yrs+		9:15-10:00am N Basics & Strokes 7:35-8:20pm A Basics & Strokes	9:40-10:25am A Basics 8:25-9:10pm N Basics		9:40-10:25am A Strokes 8:30-9:15pm A Basics & Strokes		
Adult Masters/ Tri-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. **\$60**



AQUATIC PRICING (9-WEEK)

Stage A & B (30 mins)	\$105
Preschool & Youth Stages (45 mins)	\$121
Teen & Adult Instruction (45 mins)	\$124
Aquatics Leaders Club (45 min)	\$124
Instructor Prep (45 mins)	\$124
Swim Club (45 mins)	\$124 (1 day/wk)
	\$220 (2 days/wk)
Masters/Tri-Swim (60 mins)	\$99

TRAIN FOR LIFE: HEALTH AND WELLNESS

FALL 2 SESSSION: Sunday, November 18th – Saturday February 2nd, 2019 (10 Week Session)

For more information contact Brittany x*184

	MON	TUES	WED	THURS	FRI	SAT	FEE
LesMills Grit HEC			10:15-10:45am Colleen		9:00am-9:30am Colleen		\$75
Functional Fitness STC		10:45-11:45am Colleen			8:30-9:30am Lauren 9:30-10:30am Lauren		\$108
Small Group Training STC	8:00-9:00am Carissa 9:30-10:30am Linda 6:30-7:30pm Lauren		8:00-9:00am Carissa 9:15-10:15am Carissa 10:30-11:30am Daniel	9:30-10:30am BEGINNER Linda 10:30-11:30am Daniel			\$108
Senior Group Training STC		11:30-12:30pm Tracey		11:30-12:30pm Jane			\$108
Tri Training	7:30-8:30pm SWIM ALBI	6:30-7:30pm CYCLE HEC				10:15-11:15am RUN STC	\$199
Youth/Teen & Family							
Youth Yoga HEC	4:15-5:00pm 3-5 years Kaitlyn		4:15-5:00pm 6-12 years Kaitlyn				\$66 (3-5 yrs) \$88 (6-12yrs)
Teen Small Group Training 13-16 years STC		4:15-5:00pm Colleen					\$88
Fit Kids 8-12 years HEC	5:00-6:00pm* Chrissy & Tina					11:00-12:00pm Chrissy	\$77
Fit Families 7-13 years HEC		5:15pm-6:15pm* Chrissy					\$77

*included in Full Facility Memberships

LesMills Grit- 30 minute high intensity interval training workout using barbells, weight plates & bodyweight exercises to blast all major muscle groups. Inspirational coaches will motivate you to go harder and get fit fast. Takes place in the HEC

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!

Functional Fitness-(Previously known as 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.

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

Fit Families- have fun, play games and get fit as a family. Parents are required to join the fun. Free for Full Facility Members

Personal Training- the Y offers a variety of personal 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.

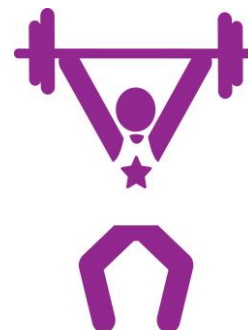
1 Hour Sessions

1 Session: \$71
4 Sessions: \$250
8 Sessions: \$456
12 Sessions: \$660
24 Sessions: \$1,176

½ Hour Sessions

1 session: \$43
4 Sessions: \$185
8 Sessions: \$329
12 Sessions: \$402

INTRO [3] 1-Hour: \$135



TODDLER TIME

FALL 2 SESSION Sunday, November 18th – Saturday, February 2nd 2019 (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

PRESCHOOL SPANISH Stories, songs and art

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

CRAFT, STORY & SONG Stories, songs and art

ART & GYM arts & crafts and physical fitness combination class.

WITHOUT PARENT

CLASS	MON	TUES	WED	THURS	FRI	SAT	FEE
Y' Little Explorers 2-4 years			10:15-11:00am*				\$105
Preschool Fitness 2-4 years			11:00-11:45am*				\$84
Dance, Crafts & More 2-4 years	11:30- 12:00pm				9:30-11:00am		\$205
Pee Wee Sports 4-5 years	3:30-4:15pm					11:05-11:50am 8 week / \$72	\$84

*Classes may be combined

WITH PARENT

CLASS	MON	TUES	WED	THURS	FRI	SAT	FEE
You & Me Baby 6-18 months	9:00-9:45am**		10:15-11:00am				\$84
Little Owls 19-36 months	10:30-11:15am			9:30-10:15am			\$84
Preschool Spanish 18-36 months		9:15-10:30am					\$84
You & Me Preschool 18-48 months				9:30-11:00am Step 1 10:30-12:00pm** Step 2			\$142
Craft, Story & Song 18-36 months	9:30-10:15am Without parent	10:30-11:15pm					\$84
Pee Wee Sports 2-4 years			10:30-11:15am			10:15-11:00am 8 week / \$70	\$84
Music & Movement Time 6-18 months		9:30-10:15pm	11:00-11:45am		11:00-11:45am		\$84
Music, Movement & More 19-36 months		10:30-11:15am	9:30-10:15am**				\$84
Art/Gym 2-3 years			11:15-12:00pm		10:00-10:45am		\$84

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

This schedule is subject to change.

For more information call x *132

****Class included for FULL Facility Members**

All Programs Located in HEC Building (423 Park Ave)

DANCE & CULTURAL ARTS

FALL 2 SESSION Sunday, November 18th – Saturday, February 2nd 2019 (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 P				11:30-12:15pm P		\$120
Tap & Tumble 3-5 years		12:15-1:30pm P	12:30-1:15pm P				\$120
Pre Ballet 3-5 years			1:15-2:00pm P	3:30 - 4:15pm D			\$120
HIP HOP	11:30-12:15pm 3-5 year P			12:30-1:15am 3-5 years P	4:30-5:15pm 5 & up P		\$120
Modern Ballet						11:00-12:00pm J	\$125
Teen Ballet						8:30-9:30am J	\$125
Adult Ballet Int. & Advanced		7:30-9:00pm J				9:30-11:00am J	\$150
Adult Ballet Beginner		6:30-7:30pm J					\$125
Art 5 & up			4:30 - 5:30pm			10:00 - 11:00am	\$120
Intro to Sewing 5 & up						11:00-12:00pm	\$120
Performance Workshop**	Come See Our Production of Elf at the Boulton Center for Performing Arts on December 2 nd at 1pm New Session will be back Winter Session						

DANCE PROGRAM 36 Week Program September – June 2019 concludes with a Recital

CLASS	MON	TUES	WED	THURS	FRI	SAT	MONTHLY
Creative Combo I (3 - 4 years)			4:30 - 5:30pm	11:30-12:30pm	12:30-1:30pm P	9:30 - 10:30am P & E	\$68
Creative Combo II (4 - 5 years)		4:30-5:30pm P	4:30 - 5:30pm C	11:30-12:30pm P		10:30 - 11:30am P & E	\$68
Tap & Jazz Div. I (K & up)		5:30-6:30pm P				11:30 - 12:30pm P & E	\$68
Division II		6:30-7:30pm P				11:30-12:30pm P & E	\$68
Division III	4:30-6:30pm P						\$72
Jazz Funk	6:30-7:30pm P						\$66

BALLET ACADEMY 36 Week Program September – June 2019 concludes with a Recital

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

This schedule is subject to change

*Class included for FULL Facility Members

All Programs Located in HEC Building (423 Park Ave)

BALLROOM DANCE WORKSHOP

November 7th & November 14th 8:15 pm

Come join us and learn ballroom dance with Ballroom Pro, Jen Sauter. Go to your next party ready to dance!

Week # 1- Foxtrot & Cha Cha Week # 2 - Rumba & Swing

HEC STUDIO 2 Cost: \$40 per person

INSTRUCTOR GUIDE:

P: Miss Pam J: Miss Jo-Ann
C: Miss Chery E: Miss Edie



YOUTH SPORTS

Fall 2 Session Sunday, November 18th – Saturday, February 2rd 2019 (10 Weeks)

For more information contact ext. *184

CLASS	SUN	MON	TUES	WED	THURS	FRI	SAT	FEES
Bumble Bee Sports Pre K 4's			3:45-4:15pm Basketball		3:45-4:15pm Hockey	3:45-4:15pm Tennis		\$68 6 weeks
All Star Sports Sampler Gr. K-2					4:15-5:15pm			\$80
All Star Sports Sampler Gr. 3-5				5:15-6:15pm				\$80
Indoor Soccer Gr. K-2				4:15-5:15pm				\$80
Slam Dunk Basketball Gr. K-2			4:15-5:15pm	4:15-5:15pm				\$80
Slam Dunk Basketball Gr. 3-6			5:15-6:15pm					\$80
Cooperative Dodgeball Gr. 3-7			6:15-7:15pm					\$80
NHL Street Hockey Gr. K-2					5:15-6:15pm			\$80
Tennis Gr. K-2						5:15-6:00pm		\$85
Tennis Gr. 3-6						6:15-7:00pm		\$85
YBL Gr. K-2	12:00-2:00pm							\$99
YBL Gr. 3-4							12:00-2:00pm	\$99

YOUTH BASKETBALL LEAUGE (YBL) Our Youth Basketball League is for players in grades K-4. This season is aimed to teach foundational skills such as passing, shooting and dribbling. Players will also be taught good sportsmanship, teamwork and the core values of caring, honesty responsibility and respect. \$99
SUNDAYS (Gr K-2) & SATURDAYS (3rd & 4th Gr.) 12-2pm.
SEASON: December 8th-March 3rd Register by DECEMBER 1st.

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!

ADULT SPORTS

CLASS	SUN	MON	TUES	WED	THURS
Men's Basketball	8:30-10:00am	8:30-10:00pm			8:30-10:00pm

MEN'S BASKETBALL
 1x a week / 10 weeks \$ 83
 2x a week / 10 weeks \$155
 3x a week / 10 weeks \$210
 Ages 18+

*Schedule is subject to change.
 All Programs located in the HEC Building (423 Park Ave)

631-421-4242

FALL 2 2018

IMPORTANT DATES

November

4 Fall 2 Registration Begins
 17 Thanksgiving Food Drive
 18 Fall 2 Programs Begins
 22 Thanksgiving YMCA **Closed**

December

2 'ELF' at the Boulton Center at 1pm
 8 Santa's Workshop
 8 Holiday Dance Performance
 24 Christmas Eve Facility closing at **2pm**
 25 Christmas YMCA **Closed**
 26-28 Vacation Care
 31 New Year's Eve YMCA closes at **2 pm**

January

1 New Year's Day – closing at **2pm**
 21 Vacation Care Available
 31 Winter Registration Begins at 7am

 Registration for **Preschool** will begin late January. Please contact Early Childhood Director for more information ext. *118

PROGRAMS INCLUDED FOR FULL FACILITY MEMBERS!

You & Me Baby (6-18 months) *	Monday 9:00am-9:45am
You & Me Preschool (18-24 months)*	Thursday 10:30-12:00 pm
Music, Movement & More (18-24mo)*	Wednesday 9:30-10:15am
Dance with Me (2-4yaers)	Friday 11:30-12:15pm
Fit Kids (8-12 years)*	Monday 5:00-6:00pm Saturday 11:00-12:00pm
Fit Families *	Tuesday 5:15-6:15pm
Family Swim	Please see Recreational Swim schedule for times

*registration required

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

Dates: November: 6 & 13

Registration Required.

More Info Contact Edie Cafiero ext. *132

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.

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)

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 10wk session

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. *146

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

OUR MISSION The YMCA of Long Island, Inc. is a charitable, non-profit, community-based service organization dedicated to improving the quality of life of children, adults and families through programs that develop spirit, mind, and body

REGISTER ONLINE!

STEP 1: Visit YMCALI.ORG

Not a Member? Click the JOIN NOW button on the homepage and follow the prompts.


STEP 2: Click Sign In

-first time signing in? Login with the email we have on file for your membership & the password will be First Initial, Last Initial & DOB (MMDDYY)

STEP 3: Click 'Register for Programs'

STEP 4: Select Session Start Date

**** SESSION STARTS 11/18/18! MUST CHOOSE TO VIEW CLASSES!****

Location	Program	Sub-Program	Class	Date	Start Time:
HUNTINGTON YMC.	ALL	ALL	ALL	11/18/2018 	ALL

Note: A blue star is placed under the date field, and a black arrow points to the calendar icon.

STEP 5: Select your class → choose the member → add to cart

STEP 6: Review your cart and proceed to payment.

*Classes fill up quick & registration day is busy! Sign in before November 4th to make sure you are able to sign in and navigate the website! Please contact us if you need help!

WE CAN'T WAIT TO SEE YOU IN CLASS!