2019 YMCA OF LONG ISLAND
MEMBER GUIDE & PROGRAM DIRECTORY

FIND YOUR AWESOME AT THE Y

NEW! Register online for Summer Day Camp
ymcali.org/camp

SIGN UP ONLINE:
Become a Member: ymcali.org/membership
Register for Programs: ymcali.org/schedules/programs-classes
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 Break Camps
9 Pre-Teens & Teens
10 Family Fun
11 Birthday Parties
13 Swim Lessons and Competitive Training
23 Cultural & Performing Arts 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
19 Functional Training / Personal Training
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

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.

OUR FULL MEMBERSHIP IS FULL OF VALUE
When you become a full member, you’ll enjoy:
• Use of our indoor 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+) Limits and restrictions apply.
• 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 research-based programs to fight all chronic diseases such as obesity, high blood pressure, cancer and 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, smartphone, 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!
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.

MEMBERSHIP CONTACTS

**GLEN COVE**
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**BAY SHORE**
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**HUNTINGTON**
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**PATCHOGUE**
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**EAST HAMPTON**
Rosie Orlando
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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
Full Session of Swim Lessons included! Must be toilet trained.

4 YEAR-OLDS
Full Session of Swim Lessons included! Must be toilet trained.
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.

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
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

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
• GAGA BALL
• KARATE
• PICKLEBALL
• SOCCER
• SPORTS SAMPLERS (VARIETY OF SPORTS)
• 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: Despina Tenedorio 631.665.4255 ext. 177 Despina.Tenedorio@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.
SUMMER DAY CAMP

At YMCA Summer Day Camp, children learn leadership skills and develop self-confidence in a safe, accepting, and stimulating environment. Children will explore their creative side, perform science experiments, learn to swim, go on field trips, shoot hoops, make new friends, and laugh all summer long. Our educational camp program is structured around the Y’s core values - caring, honesty, respect and responsibility - to help campers reach their fullest potential physically, mentally, and emotionally. Our camps are accredited by the American Camp Association. Our flexible programs are designed to accommodate all families across Long Island and cater to meet your child’s interests and abilities. If your child can dream it, they can do it at the YMCA Summer Day Camp. We are there every step of the way to make their dreams come true.

2019 CAMP WEEKS

Week 1: July 1 – July 5 (Closed July 4)
Week 2: July 8 – July 12
Week 3: July 15 – July 19
Week 4: July 22 – July 26
Week 5: July 29 – August 2
Week 6: August 5 – August 9
Week 7: August 12 – August 16
Week 8: August 19 – August 23
Week 9: August 26 – August 30

VISIT YMCALI.ORG/CAMP TO REGISTER NOW!

ISLAND-WIDE CAMP OPEN HOUSES

Open House Dates:
- January 26 10am-12pm
- March 2 10am-12pm
- March 14 7pm-8pm
- April 6 10am-12pm
- April 30 7pm-8pm

Our branches hold camp open houses frequently from January to June. Be sure to visit ymcali.org/camp for a complete list of dates, times, and more information!

DISCOUNTS*

- Discounts available upon registration. All discounts are applied per child and expire April 30, 2019.
- Financial Assistance Available.
- Great South Bay YMCA Summer Day Camp Programs: 10% off if paid in full upon registration. Restrictions apply.
- YMCA at Glen Cove, Huntington YMCA and Patchogue Family YMCA Summer Day Camp Programs: 5% off purchase of 4-6 camp weeks or 10% off purchase of 7-9 camp weeks.
- YMCA East Hampton RECenter Summer Day Camp Programs:
  - Residents: 10% off purchase of 4-6 weeks of camp or 15% off purchase of 7-9 weeks of camp.
  - Non-Residents: 5% off purchase of 4-6 weeks of camp or 10% off purchase of 7-9 weeks of camp.
KIDDIE CAMP (3-5 years old)
Kiddie Campers are placed in age-appropriate groups. This unique camp program is designed to provide both physical growth and socialization through fun-filled early childhood activities. Our experienced staff design camp days that balance the physical and creative activities with both structured and imaginative play. Campers will enjoy swim lessons, arts & crafts, sports and fitness, dance, STEM activities, outdoor play, inflatables, special events and more! All indoor activities are held in the comfort of our air-conditioned facilities. *Child must be potty-trained.

YOUTH CAMP (Entering Grades 1-4)
Youth Campers are encouraged to have fun and make lifelong friendships while participating in group activities, special events and camp traditions which develop creativity, independence and teamwork. Campers days are filled with a balance of activities, including swim, sports, creative arts, and camp spirit such as theme days, field days, and so much more. Campers also have fun while learning through our Imagination Station and STEM Program, taught by qualified specialists. Every activity mixes fun with high-quality instruction that is tailored to each child’s individual needs and developmental level.

PRE-TEEN CAMP (Entering Grades 5-7)
TEEN CAMP (Entering Grades 8-10)
Our Pre-Teen and Teen Campers take pride in having their own identity within camp. The Y provides the perfect environment for campers to make new friends, explore the world around them, and develop decision-making and character-building skills. Campers enjoy multiple field trips throughout the summer and participate in traditional day camp fun such as sports, crafts, swimming, and team exercises. Our Pre-Teens and Teens are also enabled to choose from various Freestyle activities, so that they can explore potential interests and build proficiency in favorite areas.

CAMP CONTACTS
GLEN COVE
Christine Conlon
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BAY SHORE
Cathy McKenna
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EAST HAMPTON
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CIT (COUNSELOR-IN-TRAINING)
(Entering Grades 10–11)
Our Counselor-in-Training program combines the fun of camp with leadership and on-the-job training. The CIT program is a unique opportunity for motivated young adults to develop the necessary skills to be role models for children. CITs spend part of their day enjoying a range of activities and part of their day learning about responsibility and professionalism by assisting counselors with camper activities. They also learn interviewing skills, CPR/First Aid, and guidance on how to navigate difficult social challenges of young adulthood.

SPECIALTY CAMPS
SPORTS CAMP
(Entering Grades 1–9. Groups organized by grade level.)
Sports Camp is perfect for the “athletically enthusiastic” child. Our experienced Specialists gear instruction to all levels and abilities. The program focuses on keeping campers active, honing their skills, as well as playing a variety of sports and games in a fun and safe environment. Throughout the program, teamwork and sportsmanship are fostered and hand-eye coordination and motor skills are developed. Sports include basketball, soccer, football, volleyball, T-ball, hockey and more! Campers also enjoy other camp activities and traditions throughout the summer. *Sports vary by branch.

PERFORMING ARTS CAMP
(Entering Grades 1–11)
Groups organized by grade level. Multi-week sessions only. Performing Arts Camp provides the opportunity for beginner and experienced campers to perform in the highest-quality musical theater performances. Campers work with professional directors, choreographers and artists to create a live hit Broadway show within a few weeks. Theater, dance, voice and tech instruction are included. Campers also participate in daily outdoor fun, crafts, and more. Visit ymcali.org/camp for program details at your Y.

PERFORMING ARTS CAMP AIT (Artist-in-Training)
(Entering Grades 10–11 (Huntington and East Hampton YMCA)
Entering Grades 11–12 (Great South Bay YMCA)
The Performing Arts Camp Artist-in-Training (AIT) Program allows campers to develop the important artistic skills needed for future education and professional development. AIT’s have the opportunity to complete a guided study in the arts, audition pieces, and leave camp with tangible practice skills. AIT’s can perform in productions with their age group as well as assist on all aspects of the show. They work in a leadership capacity along with the counselors, assisting campers and training to be a Performing Arts Counselor.

INCLUSION PROGRAM
Every child should have the opportunity at camp to learn, to feel supported, enabled and inspired to do their personal best. We offer an inclusive camp program for children with disabilities. Thanks to the support of the LIAM Foundation, an Inclusion Specialist is provided, at no cost, for children who need extra support and guidance.

*At Great South Bay YMCA only. To be a candidate, applications must be submitted by May 15, 2019. Subject to availability.

YMCA of Long Island Summer Day Camp offers the best of adventure, athletics, aquatics, camp traditions, creative arts, GameLand, and Freestyle activities.

NEW FOR 2019!
• New Attractions! Inflatables, Archery, GameLand, and more!
• YMCA at Glen Cove is offering Coding Camp and Learn to Row Camp.
• Huntington YMCA is offering Half-Day Specialty Camp in Sports as well as Waterfront Camp.
• Freestyle activities: All campers have the opportunity to participate in a range of age-appropriate elective specials. Freestyle periods are incorporated into the camp day to truly enhance the camper experience all summer long.

Visit ymcali.org/camp for specific branch specialty camp offerings, rates and program details.

SCHOOL BREAK 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.
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.

With special thanks to 2018 Diamonds & Burlap Honoree, Winifred B. Mack, Senior Vice President, Health System Operations, Northwell Health, and our 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.

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.
*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.

ACTIVITIES
FAMILY SWIM & FAMILY OPEN GYM
All of our YMCAs offer family swim time in our indoor pools, as well as family time in our gymnasiu.ms! 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 pumpkin picking, hayrides, Halloween events, Snacks with Santa, Spring egg hunts and more!
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.

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

STRENGTH THROUGH STROKES AND STRIDES
See Page 5.

COMMUNITY CONNECTIONS (Ages 16-30) (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.

BOOK NOW
GLEN COVE 516.671.8270 ext. 27
BAY SHORE 631.665.4255 ext. 132
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)
ARTHRTIS 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.

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

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

NEW! BOGA FITNESS
Our Boga Fitness classes focus on 3 body positions: standing (squats), Pushup/plank position and core moves, slowly advancing the moves, as each rep is done. This unique workout on water, uses traditional gym exercises to improve balance and core strength with a new fusion of Yoga, Pilates and Boot camp. The FITMAT platform adds a total core body workout by enabling controlled instability. Each class is 45 minutes of fun and fitness in the pool.

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.
HELLO CONFIDENCE

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.

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 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 “swimming and water fitness” from the Program menu.
SWIM CONTACTS

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EAST HAMPTON
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Norma.Bushman@ymcali.org

15 YOUTH DEVELOPMENT
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.

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

NEW! BLOOD PRESSURE SELF-MONITORING PROGRAM
1 in 3 American Adults have high blood pressure. The YMCA of Long Island is proud to offer Blood Pressure Self-Monitoring Program at our Huntington YMCA and Patchogue Family YMCA. Program Participants work with trained Healthy Heart Ambassadors for the duration of the four-month program. During this time participants will be encouraged to:
• Self-measure their blood pressure at least two times per month
• Attend two personalized consultations per month
• Attend monthly nutrition education seminars
• Participants will record their blood pressure readings using an easy-to-use, self-selected tracking tool. The Y will provide options for participants who need a home blood pressure monitor.

*At select locations. Inquire with your local Y.
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 details.

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.

BODY PUMP®
The original LesMills BODY PUMP® barbell class that shapes, tones, and strengthens your entire body is here! The key to BODY PUMP 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 mobile app. Go online or download the app today!

*Online reservations required for all East Hampton classes.
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.

PURE STRENGTH
The YMCA’s Pure Strength class will effectively strengthen and define your entire body. Each class will reshape your body with resistance training designed to completely strengthen each muscle group.

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

YMCALI.org • 855.296.2254
REACH YOUR GOAL FOR HEALTH AND WELLNESS

SMALL GROUP TRAINING
Pressed for time? Want a guided workout? No matter your goals, you are not in it alone. Join one of our small group training classes where you will have an instructor provide guidance with a team to motivate you to push your limits. We offer multiple variations of classes from Senior Small Group Training to our advanced Grit class. Check your local Y branch for specific offerings, fees and times.

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.

HEALTH & WELLNESS / PERSONAL TRAINING CONTACTS
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EAST HAMPTON
Rosie Orlando
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Rosie.Orlando@ymcali.org

Ask about our NEW personal training packages to fit your schedule and get better results!
FIT AND FABULOUS

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.
BLOOD PRESSURE SELF-MONITORING PROGRAM  See page 21.
HEALTHY LIVING LONG ISLAND  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.

**BLOOD PRESSURE SELF-MONITORING PROGRAM**
1 in 3 American Adults have high blood pressure. The YMCA of Long Island is proud to offer Blood Pressure Self-Monitoring Program at our Huntington YMCA and Patchogue Family YMCA. Program Participants work with trained Healthy Heart Ambassadors for the duration of the four-month program. During this time participants will be encouraged to:
- Self-measure their blood pressure at least two times per month
- Attend two personalized consultations per month
- Attend monthly nutrition education seminars
- Participants will record their blood pressure readings using an easy-to-use, self-selected tracking tool. The Y will provide options for participants who need a home blood pressure monitor.

**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.

**HEALTHY LIVING LONG ISLAND**
The YMCA of Long Island offers 6-session health education program for people with any type of ongoing health problems. This FREE 6-week workshop series provides a plan to help you manage your health and maintain an active fulfilling lifestyle.
- Increase your energy and get relief from pain, fatigue and difficult emotions.
- Take control of your life and do the things you want to do each day.
- Learn from others who have similar health issues.

**LIVESTRONG® 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.

**CONTACTS**

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**EAST HAMPTON**
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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.

2019 Season includes Wizard of Oz, Aesop’s Fables, Harry Potter and the Obnoxious Voice, Charlotte’s Web, and more!

For more information, contact: Christopher Rosselli 631.665.4255 ext. 147, Christopher.Rosselli@ymcali.org

For Performance Schedule & To Purchase Tickets, Visit BoultonCenter.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**

PERFORMING ARTS CAMP
See page 8.

DANCE
The YMCA dance program is committed to providing each student the opportunity to learn the art of dance in a loving and nurturing environment. Each class teaches proper techniques, flexibility, strength, coordination, dance positions and vocabulary all in a fun environment, dedicated to develop a love of dance. We offer programs for children as young as 2 through adult. Please check your local branch for exact classes, schedules and performance opportunities.

• **BALLET** Beginner, Intermediate, Advanced
• **CHEER DANCE**
• **CREATIVE COMBO INTRODUCTION TO BALLET, TAP, JAZZ, AND CREATIVE EXPRESSION** An introductory course to tap, ballet, jazz and creative expression. Students are introduced to technique, vocabulary, basic positions, body awareness all in a fun environment inspiring a love of dance.
• **DANCE WITH ME** This class introduces the toddler to the joy of dance along with a parent/guardian to dance with them through the class. Basic positions and vocabulary introduced, along with creative movement and fun.
• **HIP HOP**
• **IRISH STEP**
• **INTERNATIONAL DANCE** Learn the basics of dance and percussion from cultures across the globe.

• **JAZZ**
• **JAZZ FUNK** This class incorporates a fusion of Jazz, Hip Hop and popular dance techniques.
• **JAZZ VIDEO**
• **LYRICAL** Storytelling through ballet, jazz and contemporary dance. Movements performed to music with lyrics.
• **MODERN BALLET** (Teens and Adults) Learn the enjoyment of Modern Ballet using the Limon techniques.
• **MODERN/CONTEMPORARY** Modern dance focuses on interpretive, theatrical and expressive movement and performance instead of structured steps.
• **POM** Unique style of dance that accentuates movements and technique while holding pom poms in hand. Jazz and Hip-Hop are the two styles that are demonstrated most in Pom routines with Cheer style moves incorporated.
• **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 youth 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)

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.

$5,000
• Become a Platinum Sponsor with a gift of $5,000. Your generous donation will be recognized with a full-color “Thank You” plaque with a special platinum border. Your donation will be used to underwrite financial assistance for those in need and to provide free programming.

$2,500
• Become a Gold Sponsor with a gift of $2,500. 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.

$1,500
• 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.

$1,000
• 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/CAMPS
GREAT SOUTH BAY YMCA
200 West Main Street, Bay Shore, NY 11706
631.665.4255
M-F 5:00 am – 10:00 pm
Sat-Sun 6:00 am – 6:00 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 – 6:00 pm

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

YMCA EAST HAMPTON RECENTER
2 Gingerbread Lane, East Hampton, NY 11937
631.329.6884
M-Th 5:00 am – 10:00 pm
F 5:00 am – 7:00 pm
Sat-Sun 6:00 am – 6:00 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
Sat-Sun Closed

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.