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ASPIRE
PERSPIRE

WINTER 2020 PROGRAM GUIDE
YMCA EAST HAMPTON RECENTER

WINTER PROGRAMS RUN
February 2 – April 11
Registration begins January 19
(9-class session)

FACILITY HOURS
Monday – Thursday 5:00am – 10:00pm
Friday 5:00am – 7:00pm
Saturday & Sunday 6:00am – 6:00pm

TWO WAYS TO REGISTER:
ONLINE
Visit YMCALI.org/programs
OR
IN PERSON
Visit Member Services

For a better us.
YMCALI.org

Visit YMCALI.org/programs
The YMCA East Hampton RECenter – a collaborative partnership between the Town of East Hampton, the Village of East Hampton, and the YMCA of Long Island – is a true gem among the surrounding riches of the world-famous Hamptons! The 21,000-square foot facility features modern architecture that fills the interior with natural light, giving members a bright and welcoming place to connect and get fit.


- Wellness Center
- Cardio Equipment
- Strength Training Equipment w/ Free Weights & Circuit Training
- Multi-Purpose Dance Studio
- Technology Center
- Education Room
- Outdoor Multi-Purpose Court
- Rock Wall & Inflatables
- Indoor 25-Yard, 6-Lane Lap Pool
- Indoor Instructional and Family Swim Pool

QUARTERLY AQUATIC CENTER MAINTENANCE*
Small Pool: April 13 – April 15, reopens April 16 
Lap Pool: April 13 – April 16, reopens April 17

* During Pool Cleaning and Maintenance, the YMCA will experience periods of low water pressure. Please plan accordingly.

HOLIDAY HOURS
- Thursday, November 28 (Thanksgiving Day) – YMCA Closed 
- Tuesday, December 24 (Christmas Eve) – YMCA Open 5am-2pm 
- Wednesday, December 25 (Christmas Day) – YMCA Closed 
- Tuesday, December 31 (New Year’s Eve) – YMCA Open 5am-2pm 
- Wednesday, January 1 (New Year’s Day) – YMCA Open 5am-2pm

FAMILY FUN!
FAMILY FIRST FRIDAYS
FEBRUARY – MAY
FEBRUARY 7, MARCH 6, APRIL 3, MAY 1
FRIDAYS 7:00PM–9:00PM
Enjoy evenings of fun featuring family-oriented activities for kids and adults alike with inflatables, family movies, music, board games, free swim, and more!
GROUP SINGING LESSONS

AGES 6–14
TUESDAYS 3:30PM–4:30PM

Get your singing voice pitch-perfect and explore your talents with our professional instructor, Lucy Caracappa! Group lessons are the perfect way to harmonize, find new friends with similar interests, and expand your horizons!

ZUMBA KIDS

YOUTH S.T.E.M.

AGES 6–12
FRIDAYS, 4:00PM–5:00PM

Youth engaged in STEAM activities nurture curiosity, are inspired creatively, and taught how to succeed. They are encouraged to think and express themselves creatively, learn how to approach and solve problems, develop critical-thinking skills, become comfortable trying again when an idea does not work, develop self-confidence, and are better able to see themselves in STEM careers.

PRE-TEEN FRIDAY NIGHTS

GRADES 4–8
FRIDAYS, 7:00PM–9:30PM (OCT-JUN)

At the Y, we truly believe that all pre-teens and teens should be able to gather in a safe and structured environment to socialize and explore their interests. Led by our professional youth development staff, our program activities include recreational swim, fitness classes, basketball, soccer, rock climbing, life skills, robotics, video game tournaments, peer mentoring, field trips, and much more. Registration by a parent or guardian is required.
**WINTER 2020**

**REGISTRATION & FALL SWIM TEAM SESSION:**

Our team is to provide every quality professional coaching and technique instruction for all ages and abilities. The goal of our team is to provide every member an opportunity to improve swimming skills and achieve success at his or her level of ability, from novice to international competitor.

**YMCA EAST HAMPTONS HURRICANES SWIM TEAM (TRYOUTS REQUIRED FOR FIRST-TIME PARTICIPANTS)**

| Stage 1: Water Acclimation | 10:00-10:45am | 4:00-4:45pm | 3:15-4:00pm | 3:45 - 4:30pm | 10:30-11:15am |
| Stage 2: Water Movement | 10:45-11:30am | 4:45-5:30pm | 3:15-4:00pm | 5:30-6:15pm | 3:45-4:30pm | 10:45-11:30am |
| Stage 3: Water Stamina | 11:30-12:15pm | 4:00-4:45pm | 5:30-6:15pm | 3:45-4:30pm | 10:45-11:30am |
| Stage 4: Stroke Introduction | 11:30-12:15pm | 5:00-5:45pm | 5:00-5:45pm | 9:45-10:30am |

**SCHOOL AGE (5 YEARS – 13 YEARS)**

| Stage 1: Water Acclimation | 5:15-6:00pm | 3:45-4:30pm | 4:45-5:30pm | 11:30-12:15pm |
| Stage 2: Water Movement | 5:15-6:00pm | 3:45-4:30pm | 4:00-4:45pm | 10:00-10:45am |
| Stage 3: Water Stamina | 5:00-5:45pm | 5:15-6:00pm | 4:00-4:45pm | 9:45-10:30am |
| Stage 4: Stroke Introduction | 5:00-5:45pm | 4:45-5:30pm | 9:00-9:45am |
| Stage 5: Stroke Development | 5:30-6:15pm | 11:30-12:15pm |
| Stage 6: Stroke Mechanics | 5:30-6:15pm | 11:30-12:15pm |

**YOUTH SWIM CLUB (INSTRUCTOR APPROVAL REQUIRED)**

| Youth Swim Club | Meets 1x/week | 5:00-6:00pm | 5:00-6:00pm | 9:00-10:00am |

**YMCA EAST HAMPTON RECENTER HURRICANES SWIM TEAM**

**FALL SWIM TEAM SESSION:** September 9 - March 28

**REGISTRATION & FEES:** Registration forms (available at the front desk) and payment must be processed before the first day of practice.

**PRIVAT AND SEMI-PRIVATE SWIM LESSONS**

See page 7 for more information.

**Masters Swim**

For adults wishing to improve or build on their basic swim technique and body conditioning. Ideal for those wanting to learn swim drills, design personal workouts, and improve their freestyle, backstroke, turn skills, and overall endurance. Drop-In rates are available.

**WINTER SWIM SESSION FEES (9 CLASSES)**

**FEBRUARY 2 – APRIL 11**

<table>
<thead>
<tr>
<th>Category</th>
<th>Full Members</th>
<th>Program Members</th>
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<tbody>
<tr>
<td>Category I</td>
<td>3:45-4:45pm</td>
<td>3:45-4:45pm</td>
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<tr>
<td>Category II</td>
<td>3:30-5:00pm</td>
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<td>Category III</td>
<td>5:30-7:30pm</td>
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<td>Category IV</td>
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<tr>
<td>Category V</td>
<td>5:30-6:30am</td>
<td>5:30-6:30am</td>
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**Masters Swim**

- 2 times per week $225 | $205
- 3 times per week $265 | $300
- 5 times per week $310 | $345

*Discounts available for youth registering for more than one class per week. The YMCA reserves the right to charge a $30 late fee on all registrations that take place after the start of a session.*
FITNESS CLASSES

Pre-registration for fitness classes is recommended. Registration opens 24 hours before the start of a class and may be done online through our website or through our app (visit your app store and search “YMCA of Long Island” to download). Please arrive for classes no later than 5 minutes before the start of a class. In the event you do not arrive 5 or more minutes early for your class, the YMCA reserves the right to give your space to someone on our waiting list. The YMCA reserves the right to charge a $25 fee to registrants who do not show up to classes registered for.

MIND & BODY

Flexible Bodies in Movement
Join Henry to improve balance and functional movement. Train your muscles to work together and prepare them for daily tasks by simulating common movements. Henry is a YMCA Personal Trainer and Group Exercise Instructor.

Mindful Yoga
Yoga for the young at heart. Gentle stretching Yoga movements to increase blood flow and circulation. Mindful meditation with the gift of peace to take with you when you leave. This class is also offered as a “chair yoga” option.

Chair Yoga
This class is performed while sitting in a chair. Yoga for the young at heart. Gentle stretching Yoga movements to increase blood flow and circulation. Mindful meditation with the gift of peace to take with you when you leave.

ACTIVE OLDER ADULTS

Aqua Yoga
Performing Yoga postures in the pool creates a softer environment for your joints and tendons.

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.

Arthritis Water Exercise
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.

Restorative Yoga
Yoga stretches to lengthen and to strengthen your body ending with mindful meditation. This class does require you to get down on a mat on the floor.

Silver Sneakers
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 may be used for seated and/or standing support.

ACTIVE OLDER ADULTS

Fit Workout
Just the basics – this fun workout has it all – a combination of weight and cardiovascular training led by an inspiring instructor.

STRENGTH & CONDITIONING

Barre
Our NEW Barre class is an effective full-body workout. You’ll be guided through a series of low-impact, high intensity movements that are designed to strengthen and tone your body like no other class. Give us 45 or 55 minutes and we’ll give you the best of barre - long and lean muscle tone without the bulk.

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

Low-Impact Boxing
Join us for a fantastic, low-impact boxing workout!

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

Total Body Conditioning
A fast-paced workout that combines intense cardio with strength training to improve overall fitness.

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

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.

PERSONAL & SMALL GROUP TRAINING AVAILABLE! – See page 7 for more information.

CHRONIC DISEASE PREVENTION & RECOVERY PROGRAMS

PARKINSON’S SUPPORT GROUP
THURSDAYS 2:00-3:00PM

CANCER SUPPORT GROUP
WEDNESDAYS 1:00PM–2:00PM

ALZHEIMER’S SUPPORT GROUP
MONDAYS 1:00PM–2:00PM
STRENGTH & CONDITIONING

Kickboxing
Combine martial arts techniques with fast-paced cardio. Build stamina, improve coordination and burn calories with this high intensity workout.

LESMILLS VIRTUAL CLASSES

LesMills SH’BAM
SH’BAM is a fun-loving, insanely addictive dance workout. Your instructor will guide you through simple, sassy dance moves, all set to a party playlist.

LesMills BODYFLOW
Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your body, mind, and life.

LES MILLS VIRTUAL CLASSES

LesMills 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.

LesMills CXWORX
This program focuses on the torso and sling muscles that connect your upper body to your lower body. It’s ideal for tightening your tummy and buttocks, as well as improving functional strength and assisting in injury prevention.

NEW! LesMills VIRTUAL CLASSES

Join our LES MILLS Virtual classes – next generation, cinematic fitness that provide our members with fantastic new opportunities to be motivated, entertained and immersed in their favorite programs!
Check our app or class schedule for current class offerings!

YMCAli.org
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 all ages and abilities. Private and semi-private lessons are available as either 30-minute or 1-hour lessons. Sessions may not be split, combined, transferred, or otherwise modified.

PRIVATE LESSONS

1 LESSON
30 Minutes: Full Member $60, Program Member $70, Non-Member $80
60 Minutes: Full Member $100, Program Member $115, Non-Member $130

5 LESSONS
30 Minutes: Full Member $240, Program Member $285, Non-Member $330
60 Minutes: Full Member $395, Program Member $440, Non-Member $485

SEMI-PRIVATE LESSONS

Pricing is per student. The Y does not match participants.

1 LESSON
30 Minutes: Full Member $37, Program Member $47, Non-Member $57
60 Minutes: Full Member $58, Program Member $68, Non-Member $78

5 LESSONS
30 Minutes: Full Member $168, Program Member $213, Non-Member $258
60 Minutes: Full Member $240, Program Member $285, Non-Member $330

PERSONAL & SMALL GROUP TRAINING

Team up with a YMCA Personal Trainer and reach your goals for good! The YMCA offers a variety of private and small group training packages to help 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 and make lasting lifestyle changes.

PERSONAL TRAINING

Participants must have current memberships. Sessions may not be split, combined, transferred, or otherwise modified.

FEES:

ONE-HOUR SESSIONS

1 Session $70
4 Sessions $258
8 Sessions $485
12 Sessions $685
24 Sessions $1,288

HALF-HOUR SESSIONS

1 Session $42
4 Sessions $155
8 Sessions $291
12 Sessions $411

SMALL GROUP TRAINING

All participants must have current memberships. Sessions may not be split, combined, transferred, or otherwise modified.

Training for groups of two or more is available. Please see the fitness director for availability and pricing.

PARTY RENTALS

ALL AGES – 2 & UP

Our specialty parties are designed to make your party the BEST EVER! We offer party packages to fit everyone’s needs! For more information, call us at 631-329-6884, ext. 6805.

SCHOOL BREAK PROGRAMS

AGES 4 – 14

When school is out and your children are looking for something fun to do, the Y has you covered! Activities include: swimming, games, arts & crafts, field trips, sports & fitness, cultural arts classes, and more!

STANDARD DAY (9:00am – 5:00pm) $38 per day
EXTENDED DAY (8:00am – 6:00pm) $48 per day

MLK, JR. DAY

January 20

MID-WINTER RECESS

February 17 – February 21

SPRING RECESS

April 6 – April 10

SPECIAL EVENTS

KIDFEST 2020

Saturday, April 18

TRAININGS & CERTIFICATIONS

The YMCA is a leading provider of CPR and Lifeguard Certification classes. Membership is not required.

Contact the Aquatics Department at 631-329-6884, ext. 6808 for available and upcoming courses or for more information.

YMCALI.org
CAMP REGISTRATION TIPS

- Before registering, please ensure your children are current members of the YMCA East Hampton RECcenter. You may call the Member Services Desk at 631-329-6884, ext. 6800 to check their status.
- You must register online for camp at www.ymcali.org/camp - registration cannot be done over the phone or in person.
- A credit card is required to complete enrollment – your credit card will not be charged until your registration is accepted by the camp director.
- Camp payments may be made online through the parent portal or at the Y by cash or check.

ROUND-TRIP TRANSPORTATION

Round-trip shuttle transportation is provided as a service to our camp families to ensure that every child’s amazing camp experience begins from the moment they step onto our buses. We work with reputable bus companies to provide our carefully routed fleet. All 3-year olds or children under 40 pounds are required to provide a car seat for the bus.

YMCA East Hampton RECcenter Camp Transportation Locations

Amagansett • Bridgehampton • Montauk
Sag Harbor • Southampton