

GROWING STRONGER TOGETHER



For a better us.™
YMCALI.org

Register now
for Summer
Day Camp and
Child Care!



WINTER 2020 | Program Guide GREAT SOUTH BAY YMCA

Winter Programs run
February 2 – April 11, 2020
(10 week sessions)

FACILITY HOURS

Monday – Friday
Saturday & Sunday

5:00am – 10:00pm
6:00am – 6:00pm

TWO WAYS TO REGISTER:



Starting January 19th:
ONLINE YMCALI.org/programs

OR



IN PERSON

SPECIAL EVENTS FOR OUR MEMBERS

- SENIOR BINGO:** (Gym) Thurs., January 30th 1-3pm
- SENIOR BREAKFAST:** (Lobby) Thurs., February 20th 10-11am
- SENIOR PAINTING:** Thurs., March 26th 1pm
- ZUMBA** Every Sunday 9:30am (Loft) w/Deborah
- SUNDAY FUNDAY AT THE Y** (see page 7)



FAMILY CONNECTIONS!

Helping families focus on emotional and physical health.

SUPER SKILLS

Group geared to help 7-9 year olds with: Communication skills, Positive behaviors, Problem solving, Conflict resolution
9 week program starts 2/6, Thursdays from 5:30 – 6:30pm



GIRL POWER

Girl group discussions regarding: Building self-esteem, Dealing with peer pressure, Positive self-image, Healthy friendships
Girls ages 8-10 years old
9 week program starts 2/6, Thursdays from 7-8pm

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STAFF DIRECTORY

EXECUTIVE DIRECTOR	Bob Pettersen	Bob.Pettersen@ymcali.org	Ext. 6713
ASSOCIATE EXECUTIVE DIRECTOR	John Borromeo	John.Borromeo@ymcali.org	Ext. 6709
SCHOOL AGED CHILD CARE	Cathy McKenna (Massapequa) Melanie Schiavone (Bay Shore)	Cathy.Mckenna@ymcali.org Melanie.Schiavone@ymcali.org	(516) 778-4791 Ext. 6722
PERFORMING ARTS: THEATRE PROGRAM	Tiana Christoforidis	Tiana.Christoforidis@ymcali.org	Ext. 6728
PERFORMING ARTS: DANCE	Oyah Bangura	Oyah.Bangura@ymcali.org	Ext. 6727
CHILD CARE	Cindy Becker Robin Vanschaick	Cindy.Becker@ymcali.org Robin.Vanschaick@ymcali.org	Ext. 6711 Ext. 6721
YOUTH MOVEMENT	Linda McKeever	Linda.McKeever@ymcali.org	Ext. 6726
FACILITY	Dan Roan	Dan.Roan@ymcali.org	Ext. 6719
FITNESS	Despina Tenedorio	Despina.Tenedorio@ymcali.org	Ext. 6715
YOUTH SPORTS & CAMP	Scott Snyder	Scott.Snyder@ymcali.org	Ext. 6731
MEMBERSHIP	Julissa Carter Fidelia Tobar	Julissa.Carter@ymcali.org Fidelia.Tobar@ymcali.org	Ext. 6706 Ext. 6704
AQUATICS	Lisa McKeown Keri Bruder	Lisa.McKeown@ymcali.org Keri.Bruder@ymcali.org	Ext. 6717
SPECIAL EVENTS & FUNDRAISING	Kate Bozymowski	Kate.Bozymowski@ymcali.org	Ext. 6710
INCLUSION PROGRAM	Tracy Sirc-Chandler	Tracy.Sirc-chandler@ymcali.org	Ext. 6730
BILLING/BUSINESS OFFICE	Sandy Lena Joanna Dursi	Sandy.Lena@ymcali.org Joanna.Dursi@ymcali.org	Ext. 6708 Ext. 6712
Y BOULTON CENTER BOX OFFICE			(631) 969-1101

BOARD OF MANAGERS

Patrick Fawcett Chairman	
Donna Bondy Vice Chairwoman	Bob Clayton Treasurer
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Harrison Kraft	Frank Malpigli
Raymond Mattfeld	Francis McNamee
David Mott	Tina Atlas Panos
Jeffrey Rettaliata	



ADULT & SENIOR SPORTS AND FITNESS

Despina Tenedorio x6715 Despina.Tenedorio@ymcali.org

BOGA-FITNESS CLASSES!

Boga-fitness offers a unique workout on water, utilizing traditional gym exercises to improve balance and core strength by doing a new fusion of Yoga, Pilates and Boot camp.

BOGA CLASSES (9 WEEK PROGRAM):

CLASS	MON	TUES	WED	THURS	FRI
BOGA-BOOTCAMP w/Maria		10:15-11:00am			
BOGA-FIT w/Sue			7:30-8:15pm		

\$105 / Full \$130 / Program 4 max participants \$15 Drop-in (membership required)



ADULT FITNESS Despina Tenedorio x6715 Despina.Tenedorio@ymcali.org

CLASS	MON	TUES	WED	THURS	FRI	SAT
Les Mills Grit Ages 15 + w/Maria \$90 Full/\$110 Prog \$15 Drop-in			5:45-6:15pm (FC)	7:15-7:45am (LOFT)	7:00-7:30am (LOFT)	
Adult Functional Training Ages 18 + \$130 Full/\$155 Prog \$15 Drop-in	6:30-7:15pm w/Nicole	6:00-6:45am w/Maria 9:15-10:00am w/Despina 10:00-10:45am w/Despina	6:15-7:00am w/Denise	6:00-6:45am w/Angel 10:15-11:00am w/Rudy		

PILATES REFORMER AND BOGA ONE-ON-ONE CLASSES AVAILABLE!
Contact Despina for more information.

Y SIGNATURE PROGRAMS

Contact Despina Tenedorio x6715 to register! 2nd session starts March 2020!

CLASS	MON	TUES	WED	THURS	FRI
Moving for Better Balance for Seniors (12wk program)	11:30am-12:30pm (DS) Members: Free Non Members: \$75				11:30am-12:30pm (LOFT) Members: Free Non Members: \$75
Enhanced Fitness for Seniors (16wk program)	12:30-1:30pm (LOFT) Members: Free Non Members: \$150		12:30-1:30pm (LOFT) Members: Free Non Members: \$150		12:30-1:30pm (LOFT) Members: Free Non Members: \$150
LiveStrong at the Y "Partners in healing the whole person"	3:30-4:30pm			3:30-4:30pm	

ADULT SPORTS Scott Snyder x6731

CLASS	MON	TUES	WED	THURS
Co-ed Volleyball Ages 16+		7:00 -10:00pm Team Fee \$350		7:00 -10:00pm Team Fee \$350
Men's Basketball League Ages 35+			7:00 -10:00pm \$75 Full/\$95 Program	

SENIOR VOLLEYBALL (Ages 62 +) Start Sept. 11
Wed & Fri 10:00-11:30am
PICKLEBALL Start Sept. 10
Adult (18+) Tues & Thurs 10:15am-12:00pm
Adult (18+) Wednesday 11:30am-1:00pm
Adult (18+) Friday 11:30am-1:00pm
Adult (18+) Sunday 4:30-5:45pm

PERSONAL TRAINING PACKAGES Please contact Despina x6715

ONE HOUR PACKAGES

- One Hour = \$60
- 4 Sessions = \$225
- 8 Sessions = \$425
- 12 Sessions = \$600
- 24 Sessions = \$1,130

HALF-HOUR PACKAGES

- Half-hour = \$36
- 4 1/2 Hour Sessions = \$136
- 8 1/2 Hour Sessions = \$256
- 12 1/2 Hour Sessions = \$365

6 MONTH PACKAGES*

- 48 Sessions (2x a week):
1/2 Hour = \$1,200 1 Hour = \$2,016
- 72 Sessions (3x a week):
1/2 Hour = \$1,800 1 Hour = \$3,024

*** BEST DEAL!**
\$25
1/2 hr session
or
\$42
1 hr session



SWIM LESSONS

Lisa McKeown or Keri Bruder x6717 Lisa.McKeown@ymcali.org / Keri.Bruder@ymcali.org

CLASS	SUN	MON	TUES	WED	THURS	FRI	SAT
Stage A: Water Discovery Infant & Toddler (6 months -3 years)		11:00-11:30am	11:00-11:30am	10:15-10:45am	11:00-11:30am 6:00-6:30pm	11:00-11:30am	11:15-11:45am
Stage B: Water Exploration Infant & Toddler (6 months -3 years)		11:00-11:30am	11:00-11:30am 6:00-6:30pm	10:15-10:45am	11:00-11:30am	11:00-11:30am	9:00-9:30am
Stage 1: Water Acclimation Preschool (3-5 years)	10:30-11:15am	3:30-4:15pm	1:15-2:00pm 3:30-4:15pm		3:30-4:15pm 6:45-7:30pm	10:15-11:00am 2:00-2:45pm	9:45-10:30am 12:00-12:45pm
Stage 1: Water Acclimation School Age (5-12 years)	9:00-9:45am	4:15-5:00pm 6:00-6:45pm	4:15-5:00pm	4:15-5:00pm	4:15-5:00pm		10:30-11:15am 12:00-12:45pm
Stage 2: Water Movement Preschool (3-5 years)	9:45-10:30am	3:30-4:15pm 6:00-6:45pm	1:15-2:00pm 3:30-4:15pm	3:30-4:15pm	3:30-4:15pm	10:15-11:00am 2:00-2:45pm	10:30-11:15am 12:45-1:30pm
Stage 2: Water Movement School Age (5-12 years)	11:15am-12:00pm	4:15-5:00pm 6:45-7:30pm	4:15-5:00pm	4:15-5:00pm			11:15am-12:00pm 12:45-1:30pm
Stage 3: Water Stamina Preschool (3-5 years)	11:15am-12:00pm	3:30-4:15pm	3:30-4:15pm	3:30-4:15pm	6:00-6:45pm	10:15-11:00am 2:00-2:45pm	9:45-10:30am
Stage 3: Water Stamina School Age (5-12 years)	10:30-11:15am	4:15-5:00pm	6:00-6:45pm	4:15-5:00pm	6:45-7:30pm		9:00-9:45am 12:45-1:30pm
Stage 4: Stroke Introduction Preschool (3-5 years)		3:30-4:15pm					9:45-10:30am
Stage 4: Stroke Introduction School Age (5-12 years)	9:45-10:30am	4:15-5:00pm	6:45-7:30pm	4:15-5:00pm	4:15-5:00pm		9:45-10:30am 12:00-12:45pm
Stage 5: Stroke Development School Age (5-12 years)	9:00-9:45am	6:45-7:30pm		3:30-4:15pm	6:45-7:30pm		9:00-9:45am
Stage 6: Stroke Mechanics School Age (5-12 years)	9:00-9:45am	6:45-7:30pm		3:30-4:15pm	6:45-7:30pm		9:00-9:45am
Stages 1-6: Swim Basics Teen (12-17 years)		6:00-6:45pm					
Stages 1-6: Swim Basics Adult (17 and over)			7:15-8:00pm		8:30-9:15am		
COMPETITION							
Beginner Pre-Swim Team					6:00-6:45pm		
Intermediate Pre-Swim Team			6:00-7:00pm				
Advanced Pre-Swim Team 2x week			3:30-5:00pm		3:30-5:00pm		
LEADERSHIP							
Lifeguard Prep	11:00am-12:00pm						
RECREATION							
Sensational Swim special needs				6:00-6:30pm 7:00-7:30pm	Private or Semi-Private Instruction One-on-One Semi-Private 3-pack starter (1/2 hour) \$147 \$210 6 (1/2 hour) \$273 \$368 12 (1/2 hour) \$525 \$704		
Sensational Swimmer Pals (3-6 yrs) w/parent				6:30-7:00pm			
WATER FITNESS							
Adult Swim work-out				5:30-7:00am		5:30-7:00am	
Arthritis Program		1:00-1:45pm		1:00-1:45pm			
Aqua Jog			8:30-9:30am				
Aqua Balance				10:15-10:45am			
Slimnastics		9:15-10:15am			8:30-9:30am	9:15-10:15am	
Power Water Walking				9:30-10:15am	9:30-10:15am		
Aqua Power Express				9:00-9:30am			
Senior Shape Up			1:00-2:00pm				

***Enjoy 3 adult water exercise classes for the price of 2! See Member Services for details. Does not include Bogafit classes.**

AQUATICS - 9WK SESSIONS Classes meet 1x/wk per session.
Stages A & B Fees: Full \$84 Prog \$110
Beginner Pre-Swim Team Full \$139 Prog \$176
Intermediate Pre-Swim Team Full \$152 Prog \$200
Advanced Pre-Swim Team (meets 2x/wk) Full \$189 Prog \$242
Lifeguard Prep: Full \$116 Prog \$147
All other program fees: Full \$109 Prog \$139

AQUATICS ARE 9WK SESSIONS
 Classes meet 1x per wk per session
Adult swim instruction
 Full \$109 Program \$139
Adult swim workout (meets 2x/wk)
 Full \$168 Program \$215
Arthritis & Power Water Walking
 Full \$83 Program \$108
Aqua Power Express & Aqua Balance
 Full \$48 Program \$58
All other adult classes
 Full \$89 Program \$116
Water exercise class drop in fee \$15

ACT OUT THEATRE PRODUCTION WITH INSTRUCTION:

Rehearsals begin with an audition class on the first day. Students should prepare in advance a short Broadway song that showcases their voice and personality. All students will be cast in the production. Auditions are for casting individual roles.

FEES PER PRODUCTION: Full \$325 Program \$350

Fee includes keepsake script and rehearsal cd PLUS professionally recorded dvd of the of the students' performance. Payment is due by first rehearsal.

THE ADDAMS FAMILY YOUNG@PART

Ages 7-11 Mondays & Tuesdays 4:30-6:15pm Y Boulton Center
Class begins Monday February 3 with auditions. Performances are scheduled for the weekend of May 7-9th (exact dates to be confirmed).

THE ADDAMS FAMILY

Ages 12+ Mondays & Tuesdays 6:30-9:30pm Y Boulton Center
Class begins Monday February 3 with auditions. Performances are scheduled for the weekend of May 7-9th (exact dates to be confirmed).

DISNEY THE ARISTOCATS KIDS

Ages 5-10 Saturdays 10am-12pm Y Boulton Center
Class begins Saturday February 8 with auditions. Performances are scheduled for Saturday May 30th.

Shows subject to change.

NEW!

ACT OUT THEATRE ADVANCED ACTING TECHNIQUE WORKSHOP

Ages 10+ with instructor approval.

Saturdays 11am-12:30pm.

Y Boulton Center, lounge

Designed for the more serious minded student actor/singer, this class will focus on monologue/song work and performance technique and will culminate in a small showcase for friends and family at session's end. Class runs from February 29th. Performance held on May 15th. Instructor approval required through Tiana Christoforidis.

INTRODUCTORY SPECIAL: \$100 Full/\$125 Program

THEATRE APPRENTICE PROGRAM FOR TEENS:

Assist on 1 full production program (ADDAMS YOUNG @ PART or DISNEY ARISTOCATS Kids) save 25% on TEEN ADDAMS FAMILY production fee! Requires interview/acceptance by theatre director. Email Tiana.Christoforidis@ymcali.org for details. Responsibilities include rehearsals and performance duties. FEE: FREE

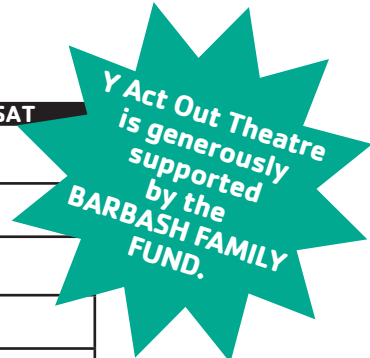
FAMILY/MULTIPLE CLASSES:

10% Discount-Applies to 2nd child and subsequent class only for Act Out AND Dance classes.

FOR TICKETS VISIT BOULTONCENTER.ORG

Y DANCE Oyah Bangura x6727 or 631.678.7582 Oyah.Bangura@ymcali.org

CLASS	MON	TUES	WED	THURS	FRI	SAT
Broadway Babies (Ballet/Tap) (Ages 3-4)	4:30-5:15pm					
Hip Hop 1 (Ages 7+)		4:30-5:15pm				
Lil Divas- A class of Sass (Ballet/Tap) (Ages 3-4)			4:30-5:15pm			
Ballet 1 Beginner (Ages 5-6)			5:15-6:15pm			
Tap 1 (Ages 5+)					4:30-5:15pm	
Tap 2 (Ages 8+)					5:30-6:30pm	
Fancy Feet (Ballet/Tap) (Ages 3-4)						10:00-10:45am
ADULT Modern/Contemporary LOFT (Ages 18+)		5:00-6:00pm (10 weeks)				
ADULT Afro Beats LOFT (Ages 16+)					6:30-7:30pm (10 weeks)	
Dance With Me (Parent and Child) (Ages 1.5-3)						9:30-10:00am (10 weeks)
ADULT Tap (Ages 16+)		6:15-7:15pm (10 weeks)				
FREE FOR FULL MEMBERS						
Hip Hop 2 LOFT (Ages 8+)					4:30-5:30pm	
Jazz Video 2 (Ages 10+)	7:15-8:15pm					
Cheer/ Kickline (Ages 7+)			6:15-7:15pm			
International Dance/ Drum (See Instructor)				6:20-7:20pm		
ADULT International Dance/ Drum (Ages 16+)				7:20-8:20pm		
Ballet 2 Technique (Ages 6+)						10:45-11:30am
Modern/Contemporary LOFT (Ages 10+)						11:30am-12:30pm
ADULT Musical Theater Performance LOFT(Ages 16+)					5:30-6:30pm	
Lyrical 1 (Ages 6+)		5:15-6:15pm				



Y DANCE FALL CLASSES!

Classes begin the week of September 8th and run until June RECITAL. ALL classes are held in the Dance Studio unless otherwise stated.

RECITAL CLASSES (Sept-June)

FEE: Full: \$360
Program: \$450

\$75 Non-refundable costume fee must be paid at time of registration

10 week sessions

FEE: Full: \$105
Program: \$136

RECITAL CLASSES (Sept-June)

FEE: Full: FREE
Program: \$450

\$75 Non-refundable costume fee must be paid at time of registration. Excluding ADULT Recital

Shows and schedule subject to change.

FAMILY/MULTIPLE CLASSES: 10% Discount-
Applies to 2nd child and subsequent class only for Act Out AND Dance classes.

RECITAL

RECITAL



YOUTH & TEEN SPORTS AND FITNESS

YOUTH SPORTS [Scott Snyder x6731 Scott.Snyder@ymcali.org](mailto:Scott.Snyder@ymcali.org)

CLASS	MON	TUES	WED	THURS	FRI	SAT
Pee-Wee Sport Sampler Ages 3 - 4			4:30pm - 5:30pm \$104 Full/\$130 Prog			
Basketball Clinic Ages 5 - 7						9:00 - 10:00am \$104 Full/\$130 Prog
Basketball Clinic Ages 8 - 9						10:00 - 11:00am \$104 Full/\$130 Prog
Basketball Clinic Ages 10 - 12						10:00 - 11:00am \$104 Full/\$130 Prog
Beginner Karate Ages 7 - 15		6:15-7:15pm \$104 Full/\$130 Prog				
Intermediate Karate Ages 7 - 15		7:15-8:15pm \$104 Full/\$130 Prog				
T-Ball Ages 3 - 4						9:00 - 10:00am \$104 Full/\$130 Prog
Soccer Clinic Ages 5 - 7				4:30pm - 5:30pm \$104 Full/\$130 Prog		
Soccer Clinic Ages 8 - 10			5:30 - 6:30pm FREE for Full Members/\$130 Prog			11:00am - 12:00pm FREE for Full Members/\$130 Prog
Ninja Warrior Ages 8 - 10				5:30 - 6:30pm \$104 Full/\$130 Prog		
Ninja Warrior Ages 5 - 7						11:00am - 12:00pm \$104 Full/\$130 Prog



YOUTH FITNESS [Despina Tenedorio x6715 Despina.Tenedorio@ymcali.org](mailto:Despina.Tenedorio@ymcali.org)

CLASS	MON	TUES	WED	THURS	FRI
Speed & Agility Ages 8 - 15 \$35 Full/\$55 Prog \$10 drop-in fee	6:00 - 7:00pm				
Intro to Weight Lifting Ages 8 - 15 \$35 Full/\$55 Prog \$10 drop-in fee		5:00 - 6:00pm *Ages 13-15 only 6:00 - 7:00pm *Ages 8-12 only			
Cardio MMA Ages 8 - 15 \$35 Full/\$55 Prog \$10 drop-in fee				5:00-6:00pm	

ONE-ON-ONE SPORT TRAINING (Volleyball & Basketball):
Take your skills to the next level.
Private:
\$50 - one hour
\$140 - three hours
\$260 - 6 hours
\$500 - 12 hours
.....
Semi-private:
\$80 - one hour
\$200 - 3 hours
\$350 - 6 hours
\$670 - 12 hours

FREE PRE-TEEN & TEEN PROGRAMS [Scott Snyder x6731](mailto:Scott.Snyder@ymcali.org)

CLASS	TUES	FRI	SAT
Friday Night Pre-Teen Ages 8 - 13		7:00 - 9:15pm	
Teen Drop OFF Ages 13 - 17	2:30 - 6:00pm	2:30 - 6:00pm	
Saturday Night Teen Center Ages 13 - 17			7:00 - 9:45 pm

Special Speed, Strength and Agility classes available for sports teams. Contact Despina Tenedorio for more information.

TEEN FITNESS SCHEDULE
The Y is dedicated to improving the overall health of our teen members. The Fitness Center is open to teens:
Ages 13 - 14: Mon.- Thurs. 5:30-8:00pm w/Parent
Mon.- Thurs. 2:30-5:30pm w/o Parent
Fri. - Sun. All Business Hours w/o Parent
Ages 15 +: All days All Business Hours w/o Parent
Fitness Center orientation with Y staff trainer required.

GET INVOLVED AND BE A LEADER!
Leaders Club
meets Tuesdays at 7pm
Grades: 8-12th
contact: Jenette.Adams@ymcali.org



CHILD CARE & YOUTH DEVELOPMENT

DON'T MISS OUT! 2020 SCHOOL YEAR REGISTRATIONS IS NOW OPEN!

PRESCHOOL & FULL DAY CHILD CARE (Ages 18 mo-4 yrs) Cindy Becker x6711 Cindy.Becker@ymcali.org
 Contact Cindy Becker, Child Care Director for program details and openings.

SCHOOL VACATION CARE (Grades K-5)

Winter Break: Feb 19 – 22

Spring Break: April 6 – 10

We are here for you and your family even when school is not in session!
 \$75 per day. Extended AM & PM hours available for additional charge.

Contact Melanie Schiavone, SACC Director for all program details.
 631.665.4255 x6722 or Melanie.Schiavone@ymcali.org

School Age Child Care registration begins March 2nd!



YOUTH MOVEMENT **Linda McKeever x6726 Linda.McKeever@ymcali.org**

CLASS	MON	TUES	WED	THURS	FRI	SAT
Y Tots (with Parent) Ages 12 - 19 mo				9:15-10:00am \$104 Full/\$130 Program		
Lightening Bugs (with Parent) Ages 20 mo - 3 yrs		9:00-10:00am \$105 Full/\$136 Program				
Getting Ready (without Parent) Ages 2 ½ - 4 Meets 2 Days		10am - 12:30pm \$273 Full/\$346 Program (T/Th)		10am - 12:30pm \$273 Full/\$346 Program (T/Th)		
Getting Ready (without Parent) Ages 2 ½ - 4 Meets 3 Days	9:30am - 12pm \$330 Full/\$403 Program (M/W/F)		9:30am - 12pm \$330 Full/\$403 Program (M/W/F)		9:30am - 12pm \$330 Full/\$403 Program (M/W/F)	
Yoga Bears (Lunch Bunch) Ages 3 - 5	11:30am - 1:30pm \$154 Full/\$193 Program					
Mad Scientists (Lunch Bunch) Ages 3 - 5			11:30am - 1:30pm \$154 Full/\$193 Program			
Jitterbug Gym (with Parent) Ages 1 - 4						9:00 - 11:00am FREE for Full Members/ \$50 Program

FREE FOR FULL MEMBERS!

- DROP-IN GROUP EXERCISE CLASSES (see class schedule)
- SELECT DANCE CLASSES (page 5)
- YOUTH FITNESS: SOCCER CLINIC (page 6)
- SUNDAY FAMILY FUNDAY AT THE YMCA!
 - Family Yoga, Dance Studio: 11:30am – 12:30pm
 - Move Your Body: Dance and Fitness Class!
 - Open Family Basketball Gym: 12:00 – 4:00pm
 - Family Swim: 10:30am – 12:00pm and 2:00pm – 3:30pm
 - Teen Rec Lounge Open: 9:00am – 12:00pm
 - Seasonal Events to be announced!

PLUS: 5% off tickets at the Y Boulton Center!



PARTY RENTALS

At the Y, we specialize in FUN! Make your next celebration unforgettable, and book a party at the Y. Contact Fidelia Tobar 631.665.4255 ext. 6704

YMCA INSPIRED GIFTS

Every YMCA Inspired Gift helps to enrich the lives of children, teens, adults, seniors, and families in need. The YMCA provides programs and services that nurture youth development, foster healthy living and inspire social responsibility.

Purchase your Inspired Gift Today!
ymcali.org/inspiregifts



SWIM LESSONS



PRE-TEEN AND TEEN MEMBERSHIPS



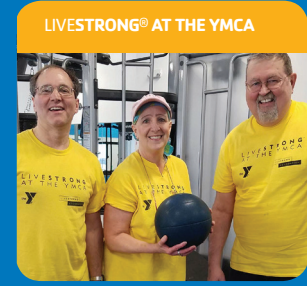
ACTIVE OLDER ADULT MEMBERSHIP



FAMILY MEMBERSHIP



SUMMER DAY CAMP



LIVESTRONG® AT THE YMCA

2ND FLOOR GYMNASIUM SCHEDULE

FAMILY/TEEN TIME

(Children under the age of 13 must be accompanied by an adult)

MON-FRI	12:00pm–2:00pm	HALF GYM*
MON & WED	2:00pm–6:00pm	HALF GYM
TUES & FRI	2:00pm–6:00pm	FULL GYM
	(PICK UP GAMES HALF GYM)	
FRI	9:00pm–9:45pm	HALF GYM
SAT	6:00am–8:45am	FULL GYM
SAT	1:00pm–3:00pm	FULL GYM
SUN	12:00pm–4:00pm	FULL GYM

ADULTS (AGE 18+)

MON-FRI	5:00am–8:45am	FULL GYM
MON	6:30pm–9:45pm	FULL GYM
	(PICK UP GAMES ONLY)	
WED	6:30pm–9:45pm	HALF GYM
FRI	9:00pm–9:45pm	HALF GYM
SAT	3:00pm–5:45pm	FULL GYM
SUN	6:00am–12:00pm	FULL GYM
	(PICK UP GAMES ONLY)	

*Upon Availability

PLEASE NOTE: THESE TIMES ARE SUBJECT TO CHANGE BASED ON THE NEEDS OF THE Y.

CHILD WATCH (Ages 6 months and up)

Mon-Fri 8:00am–12:00pm	Sat 7:45am–12:00pm
Mon-Thurs 5:00pm–8:30pm	Sun 8:00am–10:30am

REC LOUNGE (Ages 7yrs and up)

Mon & Wed 4:00pm–9:00pm	Sat 9:00am–1:00pm
Tues, Thurs, Fri 3:00pm–7:00pm	Sun 9:00am–12:00pm

GREAT SOUTH BAY YMCA

200 West Main Street, Bay Shore, NY 11706
 631.665.4255

POOL SCHEDULE

Adult Lap Swim (Ages 16 +)

Mon. – Fri.	5:00am–9:15am
Mon. – Fri.	11:30am–1:00pm
Mon. – Fri.	5:00pm–6:00pm
Mon./Wed./Thurs.	7:30pm–9:45pm
Tues.	8:00pm–9:45pm
Fri.	2:00pm–3:30pm
Fri.	8:45pm–9:45pm
Sat.	6:00am–9:00am
Sat.	3:00pm–5:45pm
Sun.	6:00am–9:00am
Sun.	12:00pm–2:00pm
Sun.	2:00pm–3:30pm (half pool)
Sun.	3:30pm–5:45pm
*Mon./Wed.	7:30pm–9:45pm

(Teen/pre-teen lap swim Ages 10–15)

When availability allows, even during class times, we make every effort to maintain 1 lap lane:

Mon.-Thurs.	5:00am–7:30pm
Fri.	5:00am–1:00pm and 2:00pm–3:30pm

Family Swim (Half Pool)

Adult members 18 & over must be accompanied by a child; children 10 and under, parent or guardian 18 years of age or older must be in the water; 8–10 yrs old proficient swimmer, parent must remain on deck—does not have to be in water.

Tues.	2:45pm–3:30pm and 7:30pm–8:30pm
Thurs.	2:45pm–3:30pm and 7:30pm–8:30pm
Fri.	4:15pm–5:00pm and 6:00pm–7:15pm
Sat.	1:30pm–3:00pm
Sun.	10:30am–12:00pm and 2:00pm–3:30pm

All members under the age of 18 must be swim tested before being allowed to swim in the deep end.

Parent*/Tot Swim (Enrolled Stages A & B participants only)

Tues.	2:45pm–3:30pm
Thurs.	2:45pm–3:30pm

*Parent may be a grandparent, caregiver or any trusted adult over 18 yrs. of age.

No Lap Lanes	
Mon.	9:15–10:15am 4:15–5:00pm
Tues.	6:00–8:00pm
Wed.	4:15–5:00pm 6:00–7:30pm
Thurs.	4:15–5:00pm 6:00–7:30pm
Fri.	9:15–10:15am 1:00–1:45pm 3:30–4:30pm
Sat.	9:00am–3:00pm
Sun.	9:00am–12:00pm

Pool is subject to closure based upon health dept codes. Please shower before entering the pool. Please leave membership card at the pool while swimming.