



DISCOVER the Y in YOU.

GREAT SOUTH BAY YMCA

FALL II 2021 PROGRAM GUIDE

Fall II Session Runs Sunday, November 21 — Saturday, February 5

Registration begins Monday, November 8

3 WAYS TO REGISTER!

• ONLINE

ymcali.org/programs

OR

Scan QR Code using
your phone camera
to register now



• IN-PERSON

• BY PHONE

Great South Bay YMCA

200 West Main Street
Bay Shore, NY 11706
YMCAI.org
631.665.4255

Facility Hours

Monday – Friday	5:00am – 9:00pm
Saturday	7:00am – 6:00pm
Sunday	7:00am – 4:00pm

Child Watch Hours

Included with Full Facility Memberships Only

Saturday	7:45am – 12:00pm
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IT PAYS TO BE A MEMBER

Member Benefits & Information

Our Full Membership Is Full Of Value

When you become a full member, you'll enjoy:

- Use of indoor pools, state-of-the-art fitness centers, gymnasiums, cycle studios, group fitness classes, indoor track at select locations, and more.
- Personalized goal setting and support through MY WELLNESS PLAN. My Wellness Plan includes one-on-one consultation, goal setting, follow up and encouragement, and an action plan to help you overcome barriers and achieve success.
- 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 this program. Visit ymca.org to see participating YMCAs. 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 are not eligible for nationwide membership. Special memberships established by any Y for group homes, 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 chronic diseases such as high blood pressure, cancer and arthritis. These programs are offered at no charge or at a reduced cost to participants. *Temporarily suspended due to COVID-19.

JOIN NOW ONLINE OR IN-PERSON

You can join the YMCA at your branch or from your computer or device. Once you're a member, you can sign up for many programs, including camp and swim lessons using our online system.

To join the Y, please visit YMCALI.org, call 855-2YMCALI, or stop in at the Member Services Desk.

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 Members only. Ages 6 months – 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.

OTHER MEMBERSHIPS

OPTUM Fitness Advantage / Renew Active: Certain insurance plans provide reimbursement for YMCA memberships. Please check with your carrier or our Member Services Desk.

FINANCIAL ASSISTANCE

Financial Assistance is available for membership, summer day camp, and programs. Applications can be found on our website at YMCALI.org or at the Member Services Desk. All information provided is confidential.

CONTACT US

If you have any questions about your membership, please contact us at GSBMembership@ymcali.org



STAYING HEALTHY & SAFE

What To Expect When You Visit The Y

As we continue to transition the YMCA facilities further for greater member usage, it is important for all of us to remember that while we take care of our own personal health, we have a responsibility to public health. As such, our YMCA continues to reopen in stages with restrictions and requirements for members and staff that are aligned with the CDC, NYS Department of Health, and our local health officials on Long Island.

We encourage you to read our Y GUIDE to help answer any questions you may have and to learn about what you can expect when you visit the YMCA. These policies are subject to change at any time based on guidance from governing agencies and public health experts.

Keeping You Safe At The Y

Our #1 priority is to make our facilities as safe as possible for our members, visitors, and staff. Upon reopening, our facilities implemented the YCare&Clean Program which delivers the same reliable and friendly service you'd expect at the Y, but with the added confidence of industry-leading cleaning practices. This program addresses an interactive approach to cleaning, sanitizing, and healthy practices to create an environment that is safe for all.

Read our Y GUIDE for Updates

Scan QR Code using your phone camera.



MAKE A SPLASH

Aquatics Programs

FALL II SESSION: Sunday, November 21 — Saturday, February 5

Aquatics Director: Lisa McKeown | 516.344.6717

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
INFANT/TODDLER SWIM LESSONS (6 MONTHS– 3 YEARS OLD)							
STAGE: A & B Water Discovery & Exploration		6:00–6:30pm (Stage B only)	6:00–6:30pm		10:15–10:45am 6:00–6:30pm	10:00–10:30am	11:15–11:45am
PRESCHOOL SWIM LESSONS (3–5 YEARS OLD)							
STAGE 1 Water Acclimation	9:00–9:30am	4–4:30pm		1:00–1:30pm	6:00–6:30pm		9:30–10:00am 12:00–12:30pm
STAGE 2 Water Movement	9:00–9:30am	4:00–4:30pm	6:00–6:30pm				10:30–11:00am 12:30–1:00pm
STAGE 3 Water Stamina	11:00–11:30am	4:30–5:00pm	4:00–4:30pm		6:30–7:00pm		9:00–9:30am
STAGE 4 Stroke Introduction	10:30–11:00am						10:00–10:30am
SCHOOL-AGE SWIM LESSONS (5–12 YEARS OLD)							
STAGE 1 Water Acclimation	10:00–10:30am	6:30–7:00pm	4:30–5:00pm	4:30–5:00pm	4:00–4:30pm		10:30–11:00am 12:30–1:00pm
STAGE 2 Water Movement	10:00–10:30am	6:30–7:00pm	3:00–3:30pm	4:30–5:00pm	4:00–4:30pm	4:00–4:30pm	10:00–10:30am 1:00–1:30pm
STAGE 3 Water Stamina	11:00–11:30am	4:30–5:00pm	4:00–4:30pm	4:00–4:30pm	6:30–7:00pm		9:00–9:30am 12:00–12:30pm
STAGE 4 Stroke Introduction	10:30–11:00am	7:00–7:30pm	4:00–4:30pm	4:00–4:30pm	4:00–4:30pm	4:00–4:30pm	10:00–10:30am
STAGE 5 Stroke Development	9:00–9:30am	6:00–6:30pm			6:30–7:00pm	4:30–5:00pm	9:00–9:30am
STAGE 6 Stroke Mechanics	9:00–9:30am	6:00–6:30pm			6:30–7:00pm	4:30–5:00pm	9:00–9:30am

Aquatics Programs continued on next page →

MAKE A SPLASH

Aquatics Programs

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Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PRE-SWIM TEAM							
Beginner			6:45-7:30pm				
Intermediate					7:00-7:45pm		
TEEN SWIM LESSONS/SENSATIONAL SWIM							
Lifeguard Prep							11:00-11:45am
Swim Basics Teen (12-17 yrs)		6:45-7:30pm					
Sensational Swim Special Needs				6:00-6:30pm 7:00-7:30pm			
ADULT SWIM LESSONS/WORKOUT (17+ YEARS OLD)							
Swim Strokes Adult			6:45-7:30pm		9:15-10:00am		
Adult Swim Workout			5:30-7:00am		5:30-7:00am		
WATER FITNESS							
Water Slimnastics		9:00-10:00am			8:30-9:30am	9:00-10:00am	
Aqua Jog			8:30-9:30am				
AFYAP		2:00-3:00pm				10:30-11:30am	
Senior Shape Up			1:00-2:00pm		1:00-2:00pm		
Power Water Walking		10:45-11:30am		9:00-9:45am			
Aqua Power Express			9:30-10:00am				

LET'S PLAY

Youth Programs

FALL II SESSION: Sunday, November 21 — Saturday, February 5

Youth Fitness: Despina Tenedorio | 631.665.4255 ext. 6715
Youth Program Coordinator: Nicole Hamer | 516.344.6728

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
YOUTH FITNESS						
Getting Ready 2 ½- 4 years		9:30am –12:00pm		9:30am –12:00pm		
Bootcamp 8-13 yrs.		4:00-5:00pm				
Intro to Weight Lifting 12-15 yrs.				4:00-5:00pm		
YOUTH SPORTS						
Basketball Clinic Ages 6-8						9:15-10:15am
Basketball Clinic Ages 9-12						10:15- 11:15am
PeeWee Co-Ed Sports Sampler Ages 5-6						9:15-10:15am
PeeWee Co-Ed Sports Sampler Ages 7-10						10:15-11:15am
YOUTH VOLLEYBALL						
Ages 8-11		5:00-6:00pm				
Ages 12-15		6:15-7:15pm				

GET STRONGER

Health & Wellness Programs

FALL II SESSION: Sunday, November 21 — Saturday, February 5

Health & Wellness Director: Despina Tenedorio | 516.344.6715

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ADULT FITNESS						
Functional Training		10:15-11:15am		6:00-7:00am 10:15-11:15am		8:00-9:00am
Senior Functional Training		11:15am- 12:00pm				
Les Mills Grit		6:00-6:30am				
Sensational Yoga (Special Needs)			4:30-5:30pm			

CERTIFIED PERSONAL TRAINING

Working together to help you live better.

One client.

One trainer.

One goal.

Take fitness to a whole new level with one-on-one personal training sessions.

View next page for pricing.

PRICING

SWIM LESSONS—9 WK SESSION

Classes meet once a week

30 minute class

Full \$135 Program \$170

45 minute class

Full \$150 Program \$185

WATER FITNESS—9 WK SESSION

No drop in

1 hour class

Full \$135 Program \$270

45 minute class

Full \$101 Program \$203

30 minute class

Full \$68 Program \$135

ADULT SWIM WORKOUT

No drop in

Full \$168 Program \$270

PRIVATE SWIM LESSONS

4-pk (30 minutes)

\$220

8-pk (30 minutes)

\$400

SEMI-PRIVATE LESSONS

2-3 participants; similar age & ability, same family

4-pk (30 minutes)

\$360

8-pk (30 minutes)

\$670

YOUTH SPORTS/FITNESS/MOVEMENT

One Hour Class – 1x per week for 10 weeks

Full \$100 Program \$125

Getting Ready – 2x per week for 9 weeks

Full \$260 Program \$330

LES MILLS GRIT

Full \$90 Program \$110

SMALL GROUP TRAINING ADULT/SENIOR FITNESS—10 WK SESSION

Full \$130 Program \$175

PERSONAL TRAINING

One-on-one session with trainer.

1 Hour Sessions

1 session	\$60
4 sessions	\$230
8 sessions	\$450
12 sessions	\$660
24 sessions	\$1,204

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► **No classes** November 25 & December 24 through January 1

Half Hour Sessions

1 session	\$40
4 sessions	\$146
8 sessions	\$274
12 sessions	\$396

6-month Personal Training Packages

48 sessions, 2x per week

1-Hour sessions	\$2,016
Half Hour sessions	\$1,248

72 sessions, 3x per week

1-Hour sessions	\$3,024
Half Hour sessions	\$1,872

Introductory Rate

For members new to personal training at the Y

(3) 1 hour sessions \$150

PILATES REFORMER

45-minute sessions

One-on-One

1 session	\$50
4 sessions	\$190
8 sessions	\$370
12 sessions	\$540
24 sessions	\$1,056

You and a friend

1 session	\$84
4 sessions	\$320
8 sessions	\$600
12 sessions	\$865
24 sessions	\$1,680

LET'S PARTY!



Celebrate your special day with us.

Throw a hassle-free event or fun-filled birthday party for your child at the Y. We offer party packages including pool parties and gym parties. Keep the kids busy and happy with an activity of your choice, facilitated by an enthusiastic YMCA staff member in your own party room. Our team can help you organize your special event. Food, beverage, and party goods not included.

Pool Party

Enjoy swimming in our pool with family and friends, and head to a separate party room for more birthday festivities!

Gym Party

Themed parties in basketball, soccer, and other sports include instructors, non-competitive games, and a separate party room for more fun.

Pricing

Full Members	\$300
Program Members & Non-Members	\$400

Contact

Julissa Carter
Director of Sales & Membership Engagement
631-665-6706
Julissa.Carter@ymcali.org



YMCA360

Open Anywhere, Anytime

Healthy Living For All.

YMCA members across the country now have a new benefit that matches their on-the-go lifestyles and puts healthy living at the center of 2021.

Introducing YMCA360, a 360-degree seamless Y experience on TV and the web!

Hundreds of livestreaming and on-demand exercise classes and programs for adults, seniors, kids, and families are accessible 24/7 to provide another way to engage with the Y from home. New programs and classes are added weekly so there's always something new to try. A companion mobile app will make its debut soon!

Whether it's your home or ours, the Y and its state-of-the-art programs are ready to exceed your expectations.

Visit [YMCAI.org/ymca360](https://ymcali.org/ymca360) to try it today!*

*Included with your full-facility membership.

GIVE FOR A BETTER US

Everyone knows the Y as a place to swim, play basketball, and exercise. Yet the Y is so much more!

As a 501(c)3 nonprofit organization, we provide critical programs and services to tens of thousands of individuals and families each year. Through partnerships and generous donor and sponsor support, we are able to make our programs and services accessible to children, teens, adults, and families in need who live all across Long Island.

Your donation is 100% tax-deductible to the extent allowed by law, and stays right here on Long Island. Your gift can help support initiatives that keeps kids safe, improves community health, and builds strong families. The Y needs your support to continue to make our work possible!

Our Mission

The YMCA of Long Island is a leading nonprofit community-based service organization working daily to improve lives through programs and services that nurture **youth development**, foster **healthy living**, and inspire **social responsibility**.

Our Focus

Youth Development: Nurturing the potential of every child and teen.

All kids deserve the opportunity to discover who they are and what they can achieve. Through the Y, youth are cultivating the values, skills and relationships that lead to positive behaviors, better health and educational achievement.

Healthy Living: Improving the nation's health and well-being.

The Y encourages good health and fosters connections through fitness, sports, fun and shared interests. Youth, adults and families receive the support, guidance and resources needed to achieve greater health and well-being for the spirit, mind and body.

Social Responsibility: Giving back and providing support to our neighbors.

With our doors open to all, we work every day to connect people from all backgrounds across Long Island and support to 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.

Our Values

Caring, Honesty, Respect, and Responsibility. Our values are celebrated by staff and members that provide a positive foundation for all Y programs and a healthy connection with others.

SUPPORT OUR COMMUNITY TODAY!

LEARN. DONATE. SPONSOR.

▶ Visit us online at ymcali.org/Donate

Email us: Give@ymcali.org

Scan QR Code using your phone camera.

