



March Events

At the Huntington YMCA



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MARCH IS: National Nutrition Month Pick up a Healthy Irish Soda Bread recipe at the Member Services Desk		1	2 Happy Birthday Dr. Seuss	3	4 Pre-Teen Center	5 Coffee Run
6	7	8 International Women's Day Weight Lifting for Women	9	10 Irish Step Dance Clinic	11 Menopause & Nutrition Workshop	12 Intro to Pickleball Class
13	14	15 Rally for: 	16 SACC Registration Open	17 St. Patrick's Day	18 Pre-Teen Center	19
20 First Day of Spring	21 BPSM Program Launch	22	23 Spring Preschool Craft	24	25 Senior Social Hour	26 Camp Open House Intro to Pickleball Class
27	28	29	30	31	March Campaigns Better Together Membership Campaign Personal Training Offer	

3/4 & 3/18	Pre-Teen Night 7:00-8:30pm. For Town of Huntington Residents in grades 5th, 6th, 7th & 8th. Registration Required through the Member Service Desk.
3/5 & 3/26	Coffee Run 8:00am-10:00am. Join Runner's Edge for a morning coffee run. Meet at the Runner's Edge shop at 355 New York Ave in Huntington for a run and a shoe demo from Brookes (March 5) and Saucony (March 26).
3/8	Weight Lifting for Women 1:00pm-2:00pm. A 1-hour workshop in the Fitness Center focusing on how to properly & safely work with free weights and design a beginner program. Reservation Required
3/10	Irish Step Dance Clinic 6:00-7:00pm. Join Brooke in the Healthy Living Center to learn the basics of a traditional Irish Step Dance just in time to do a jig for St. Patrick's Day. Reservation Required.
3/11	Menopause & Nutrition Workshop 12:30pm. Learn how nutrition helps our changing bodies. Located in the Healthy Living Center Teaching Kitchen. Reservation Required
3/12 & 3/26	Intro to Pickleball Class 1:00-2:00pm. Learn to play the popular sports game. For beginners only. Register with the Member Services Desk.
3/15	Rally for HYB: show your team spirit by wearing blue to support our Huntington Y Bluefish Swim Team who will be competing in the New York States Championships Swim Meet on March 19th & 20th.
3/16	School Aged Childcare Registration is open for all new and existing families for before and aftercare at the Huntington, South Huntington & Cold Spring Harbor School District. Complete the paperwork and return to the Member Service Desk
3/21	Blood Pressure Self-Monitoring Program March 21-July 21. Participants will work with trained Healthy Heart Ambassadors to monitor and better manage blood pressure. Pick up a flyer today for more information!
3/23	Spring Preschool Craft 4:15pm. Join us for a fun pre-school theme craft in the Rauch lobby. Reservation Required
3/25	Senior Social Hour 12:00-1:30pm. in the HLC lobby. Reservation Required
3/26	Camp Open House 10:00am-12:00pm. Learn about our camp offerings for Summer 2022. Camp Life is the Best Life!



Huntington YMCA

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