



# DISCOVER the Y in YOU.

## HUNTINGTON YMCA

### SPRING 2022 PROGRAM GUIDE

**Spring Session Runs Monday, April 18 – Saturday, June 25**

**Registration begins Monday, April 4**

#### 3 WAYS TO REGISTER!

##### • ONLINE

[ymcali.org/programs](http://ymcali.org/programs)

OR

Scan QR Code using  
your phone camera  
to register now



##### • IN-PERSON

##### • BY PHONE

#### Huntington YMCA

60 Main Street  
Huntington, NY 11743  
[YMCALI.org](http://YMCALI.org)  
631.421.4242

#### Facility Hours

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

\*Healthy Living Center opens at 6:00am

#### Child Watch Hours

Included with Full Facility Memberships Only  
Reservation required.

Tuesday & Thursday	5:00–8:15pm
Saturday	9:00am–1:00pm

## 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](http://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.

## 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](http://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](http://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](http://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 [HUMembership@ymcali.org](mailto:HUMembership@ymcali.org)



## STAYING HEALTHY & SAFE

### What To Expect When You Visit The Y

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

SPRING SESSION: Monday, April 18 – Saturday, June 25

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>INFANT/TODDLER SWIM LESSONS (6 MONTHS– 3 YEARS OLD) *PARENT/GUARDIAN REQUIRED IN THE WATER</b>							
STAGE: A & B Swim Starters	9:05–9:35am A	10:05–10:35am A	6:05–6:35pm A	9:15–9:45am A	9:00–9:30am A		9:45–10:15am A 10:25–10:55am A
<b>PRESCHOOL SWIM LESSONS (3–5 YEARS OLD)</b>							
STAGE 1 Water Acclimation	9:45–10:15am A 11:05–11:35am A	2:15–2:45pm A 4:05–4:35pm N	4:05–4:35pm A 4:45–5:15pm A	1:15–1:45pm A	9:40–10:10am A 3:15–3:45pm A 4:45–5:15pm N	4:05–4:35pm A	9:05–9:35am A 10:10–10:40am N 11:05–11:35am A
STAGE 2 Water Movement	9:05–9:35am A 10:25–10:55am A	4:45–5:15pm N	4:05–4:35pm A	2:00–2:30pm A 4:45–5:15pm N	4:05–4:35pm N	3:15–3:45pm A 4:45–5:15pm A	9:05–9:35am A 10:50–11:20am N
STAGE 3 Water Stamina				4:05–4:35pm N			11:05–11:35am A
STAGE 4 Stroke Introduction	9:50–10:20am N					4:45–5:15pm A	
<b>SCHOOL-AGE SWIM LESSONS (6–12 YEARS OLD)</b>							
STAGE 1 Water Acclimation	9:10–9:40am N			4:45–5:15pm N	4:05–4:35pm N		
STAGE 2 Water Movement	9:50–10:20am N 10:30–11:00am N		5:25–5:55pm A	4:05–4:35pm N	4:45–5:15pm N	5:25–5:55pm A	10:10–10:40am N 12:10–12:40pm N
STAGE 3 Water Stamina	10:30–11:00am N	4:45–5:15pm N	4:45–5:15pm A		5:25–5:55pm N	4:05–4:35pm A	10:25–10:55am A 12:10–12:40pm N
STAGE 4 Stroke Introduction	9:10–9:40am N 10:25–10:55am A 11:10–11:40am N	4:45–5:15pm N	5:25–5:55pm A	5:25–5:55pm N	5:25–5:55pm N	4:45–5:15pm A	9:45–10:15am A 11:30–12:00pm N
STAGE 5 Stroke Development	9:45–10:15am A 11:05–11:35am A	5:25–5:55pm N		5:25–5:55pm N		5:25–5:55pm A	10:50–11:20am N
STAGE 6 Stroke Mechanics	11:10–11:40am N	5:25–5:55pm N				5:25–5:55pm A	11:30–12:00pm A

A = Albicocco Pool

N = Norton Pool

\* This schedule is subject to change.

Aquatics Programs continued on next page →

# MAKE A SPLASH

## Aquatics Programs

SPRING SESSION: Monday, April 18 – Saturday, June 25

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SENSATION SWIM: SPECIAL NEEDS SWIM LESSON FOR AGES 5-10 & 11-17. PARENT/GUARDIAN REQUIRED TO BE IN THE WATER							
SENSATIONAL SWIM			6:45-7:15pm A				
TEEN SWIM LESSONS (12-17 YEARS OLD)							
TEEN BASICS (Stages 1-4)	11:45-12:30pm A						11:45-12:30pm A
TEEN STROKES (Stages 5-6)	11:45-12:30pm A			6:05-6:50pm N			11:45-12:30pm A
SWIM CLUB		6:05-6:50pm N				6:05-6:50pm A	
LIFEGUARD PREP				7:00-7:45pm N			
INSTRUCTOR PREP				4:45-5:15pm N			
ADULT SWIM LESSONS (18+ YEARS OLD)							
ADULT BASICS (Stage 1-4)			9:00-9:45am A 7:00-7:45pm A				
ADULT STROKES (Stage 5-6)						9:00-9:45am A	
ADULT TRI SWIMMING		7:00-7:45pm N		There's a cycle & running portion as well. Members can sign up for 1, 2 or the 3 disciplines.			
AQUA FITNESS CLASSES (18+ YEARS OLD)							
HYDROFIT		9:00-9:55am A				10:00-10:55am A	
WATER WALKING				10:00-10:55am A			
AQUA POWER			11:20-12:15pm N		11:20-12:15pm N 7:00-7:55pm N		

A = Albicocco Pool | N = Norton Pool | \* This schedule is subject to change.

# LET'S PLAY

## Youth Programs

SPRING SESSION: Monday, April 18 – Saturday, June 25

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>PARENT/ CHILD CLASSES</b>							
Ages 18-36 months		Sports 9:30-10:15am		Sports 9:30-10:15am			
<b>BUMBLEBEES</b>							
Ages 3-5	Sports 9:00-9:45am	Ninja 4:00-4:45pm	Sports 4:00-4:45pm	Sports 4:00-4:45pm	Music 4:00-4:45pm Sports 4:00-4:45pm	Ninja 4:00-4:45pm	Ninja 9:00-9:45am
<b>ALL STAR SPORTS SAMPLER</b>							
Grades K-2				5:00-6:00pm			
Grades 3-5							
<b>INSTRUCTIONAL BASKETBALL</b>							
Grades K-2			5:00-6:00pm	6:00-7:00pm		5:00-6:00pm	10:00-11:00am
Grades 3-5			6:00-7:00pm			6:00-7:00pm	11:00-12:00pm
<b>INSTRUCTIONAL SOCCER</b>							
Grades K-2						5:00-6:00pm	
Grades 3-5							
<b>NINJA FIT</b>							
Grades K-2	10:00-11:00am						
<b>NERF BATTLE</b>							
Grades K-2					5:00-6:00pm		
Grades 3-5					6:00-7:00pm		

Youth Programs continued on next page →

# LET'S PLAY

## Youth Programs

SPRING SESSION: Monday, April 18 – Saturday, June 25

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>GAGA</b>							
Grades K-2		5:00-6:00pm					
Grades 3-5						6:00-7:00pm	

### YOUTH BASKETBALL LEAGUE

Grades K-5  
Sundays, 11:00-2:00pm

### 1:1 SPORT TRAINING

Ages 8+, One-Hour Sessions  
Contact Casey.Filippone@ymcali.org or 631-574-2154 to schedule sessions

### SPRING SOCCER

Register now for Spring Soccer. Program begins April 18th. Ages 3-12. Visit [YMCAI.org/soccer2022](https://ymcali.org/soccer2022) for more info

### HALF DAY SPORTS CAMP

Available during the April break. April 18th-April 22nd from 9am-12pm. Grades K-6. \$40 per day

# GET STRONGER

## Health & Wellness Programs

SPRING SESSION: Monday, April 18 – Saturday, June 25

Coleen DeLorenzo | 631.574.2184 | [coleen.delorenzo@ymcali.org](mailto:coleen.delorenzo@ymcali.org)

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>ADULT FITNESS CLASSES</b>						
Small Group Training	8:00–9:00am Dawn (FC)		8:00–9:00am Lauren (FC)		8:15–9:15am Lauren (FC) 9:30–10:30am Lauren (FC)	11:30–12:30pm Coleen D (HLC)
Senior Small Group Training			11:15–12:15am Jane (FC)			
Tri Training	6:00–6:45pm Cycle (HLC) 7:00–7:45pm Swim (Albi)			6:30–7:15pm Run (HLC)		
Belly Dance for Beginners			5:30–6:15pm Coleen D (HLC)	11:30–12:15pm Coleen D (HLC)		

### LIVESTRONG AT THE YMCA

A FREE 12-week program designed for cancer survivors who want to regain or maintain their health. This is a group-based program that meets twice per week for 75 minutes at the Y. Our staff of certified coaches provides a safe and supportive environment for each class. Coaches have participated in specialized training in the elements of cancer, post-rehab exercise, nutrition, and supportive cancer care who follow American College of Sports Medicine and American Cancer Society exercise guidelines.

### YMCA 5K IN MEMORY OF MARCIE MAZZOLA

Sunday, May 1st

Register for the Y's 5K series at [YMCAI.org/5Kseries](https://ymcali.org/5Kseries)



# PRICING

SPRING SESSION: Monday, April 18 – Saturday, June 25

► **No classes** Monday, May 30 (Memorial Day)

## SWIM LESSONS—9 WK SESSION

APRIL 18- JUNE 18

Classes meet once a week

### 30 minute class

Full \$142      Program \$179

### 45 minute class

Full \$158      Program \$194

## WATER FITNESS—9 WK SESSION

No drop ins

Full \$142      Program \$284

## PRIVATE SWIM LESSONS

### 4-pk (30 minutes)

\$231

### 8-pk (30 minutes)

\$420

## SEMI-PRIVATE LESSONS

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

### 4-pk (30 minutes)

\$378

## TRI TRAINING

1 Discipline	Full \$125	Program \$135
2 Discipline	Full \$215	Program \$225
3 Discipline	Full \$300	Program \$325

## YOUTH SPORTS/FITNESS—10 WK SESSION

Classes meet once a week

### Bumblebee & Youth Sports

Full \$105      Program \$130

### Spring Soccer

Full \$105      Program \$120

### Half Day Sports Camp

April 18-25

\$40/day

## ADULT GROUP FITNESS

10 week session

### Small Group Training

Full \$150      Program \$175

## BELLY DANCE

6 weeks - ends May 26th

### 45 minute class

Full \$100      Program \$125

## PERSONAL TRAINING

One-on-one session with trainer.

### 1 Hour Sessions

1 session	\$75
4 sessions	\$255
8 sessions	\$490
12 sessions	\$715
24 sessions	\$1,310

### Half Hour Sessions

1 session	\$50
4 sessions	\$170
8 sessions	\$310
12 sessions	\$445

### Introductory Rate

For members new to personal training at the Y

(3) 1 hour sessions      \$150

## 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	\$320
Program Members & Non-Members	\$420



# 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 [YMCAI.org/Donate](https://ymcali.org/Donate)**

Email us: [Give@ymcali.org](mailto:Give@ymcali.org)

Scan QR Code using your phone camera.

