



# YMCA OF LONG ISLAND

## FALL II 2022 PROGRAM GUIDE

### 3 WAYS TO REGISTER!

#### • ONLINE

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

OR

Scan QR Code using  
your phone camera  
to register now



#### • IN-PERSON

#### • BY PHONE

Session Runs

**NOVEMBER 20 – FEBRUARY 4**

Registration Begins

**NOVEMBER 7**



No Classes November 24 and December 30-January 1

## IT PAYS TO BE A MEMBER

### Member Benefits & Information

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. \*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](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:

GREAT SOUTH BAY YMCA  
[GSBMembership@ymcali.org](mailto:GSBMembership@ymcali.org)

HUNTINGTON YMCA  
[HUMembership@ymcali.org](mailto:HUMembership@ymcali.org)

PATCHOGUE FAMILY YMCA  
[PAMembership@ymcali.org](mailto:PAMembership@ymcali.org)

YMCA AT GLEN COVE  
[GCMembership@ymcali.org](mailto:GCMembership@ymcali.org)

YMCA EAST HAMPTON RECENTER  
[EHEMembership@ymcali.org](mailto:EHEMembership@ymcali.org)





Branch	Address + Phone	Operating Hours	Childwatch Hours
<b>BROOKHAVEN ROE YMCA CENTER</b>	155 Buckley Road Holtsville, NY 11742 (631) 891-1862	<b>M – F</b> 7:00am – 9:00am <b>Sat – Sun</b> Closed	
<b>GREAT SOUTH BAY YMCA</b>	200 West Main Street Bay Shore, NY 11706 (631) 665-4255	<b>M – F</b> 5:00am – 9:00pm <b>Sat</b> 7:00am – 6:00pm <b>Sun</b> 7:00am – 4:00pm	<b>T</b> 8:00am – 11:15am   5:00pm – 8:00pm <b>W</b> 8:00am – 11:15am   4:30pm – 8:00pm <b>Th</b> 8:00am – 11:15am   5:00pm – 8:00pm <b>Sat</b> 7:45am – 1:00pm
<b>HUNTINGTON YMCA</b>	60 Main Street Huntington, NY 11743 (631) 421-4242	<b>M – F</b> 5:00am – 9:00pm <b>Sat</b> 7:00am – 6:00pm <b>Sun</b> 7:00am – 4:00pm	
<b>PATCHOGUE FAMILY YMCA</b>	255 West Main Street Patchogue, NY 11772 (631) 891-1800	<b>M – F</b> 5:00am – 9:00pm <b>Sat</b> 7:00am – 4:00pm <b>Sun</b> 7:00am – 1:00pm	<b>M</b> 5:30pm – 7:30pm <b>W</b> 5:30pm – 7:30pm <b>Sat</b> 8:00am – 11:00am
<b>YMCA AT GLEN COVE</b>	125 Dosoris Lane Glen Cove, NY 11542 (516) 671-8270	<b>M – F</b> 6:00am – 9:00pm <b>Sat</b> 7:00am – 4:00pm <b>Sun</b> 7:00am – 12:00pm	No child watch hours
<b>YMCA EAST HAMPTON RECENTER</b>	2 Gingerbread Lane East Hampton, NY 11937 (631) 329-6884	<b>M – F</b> 6:00am – 9:00pm <b>Sat – Sun</b> 7:00am – 4:00pm	No child watch hours
<b>YMCA FAMILY SERVICES</b>	1150 Portion Road Suite 6 Holtsville, NY 11742 (631)-580-7777	<b>M – Th</b> 9:00am – 9:30pm <b>F</b> 9:00am – 5:00pm <b>Sat – Sun</b> Closed	No child watch hours

\*Schedule subject to change.



## 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. 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.



## PRE-TEEN NIGHT IS BACK!

Kids in grades 5-8 are welcome to join us on the following dates to enjoy fun activities, stay active and meet new friends. Registration is required.

### Pre-Teen Night Dates

October 14	November 18
October 28	December 2
November 4	December 16

### Branch Pre-Teen Night Times

- YMCA at Glen Cove: 7:00 pm-9:00 pm
- YMCA East Hampton RECcenter: 6:30 pm-8:30 pm
- Huntington YMCA: 6:00pm-8:00pm
- Patchogue Family YMCA: 6:00pm-8:00pm
- Great South Bay YMCA: 6:30 pm-8:45 pm

### The Fun Starts Here







## **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**

#### **Ages 8 & Up**

Each swimmer under the age of 8 must be accompanied in the water by an adult age 18+ (maximum 2 children per adult). Non swimmers must have an adult in the water with them. (one adult per non swimmer). A swim test will be administered at the start of the party. YMCA provides Lifeguards.!

### **Birthday Parties**

#### **3-5 years old**

Themes: Princess Party, Ninja Obstacle Course and Sports Sampler, and more!

\* Activities vary based on YMCA Branch.

#### **5-12 years old**

Themes: Princess Party, Nerf Battles and Sports Sampler, and more!

\* Activities vary based on YMCA Branch.



## 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 [YMCAAll.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.



## Stay Connected on all things YMCA of Long Island. Follow us on Social media.

Instagram: @ymcali

Facebook: @ymcali

Twitter: @ymcali

Tiktok: @ymcali

Snapchat: @ymca\_li



## A new way to register for your programs is here

Easier Navigation

Filter your classes by branch,  
activity or time of day

and More!

