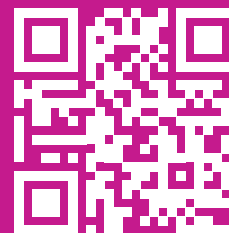




# YMCA OF LONG ISLAND

## FALL I 2026 DIGITAL GUIDE

Fall Session: September 13 – November 21, 2026 | Registration starts August 31, 2026



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

## 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.
- 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.
- Access to YMCA 360. On-Demand + Livestream fitness - <https://ymca360.org>



## 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 13-26. Full-time college students must show a valid college ID.

### ADULT

Ages 27-61

### 2 ADULTS

Ages 27-61. Adults must reside in the same household.

### SENIOR ADULT

Ages 62+

### 2 SENIOR ADULT

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

4 Adult + dependents under 26 years of age living in the same household.

<https://ymcali.org/membership>



## OTHER MEMBERSHIPS

### OPTUM Fitness Advantage / Silver & Fit FitOn Health / 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)

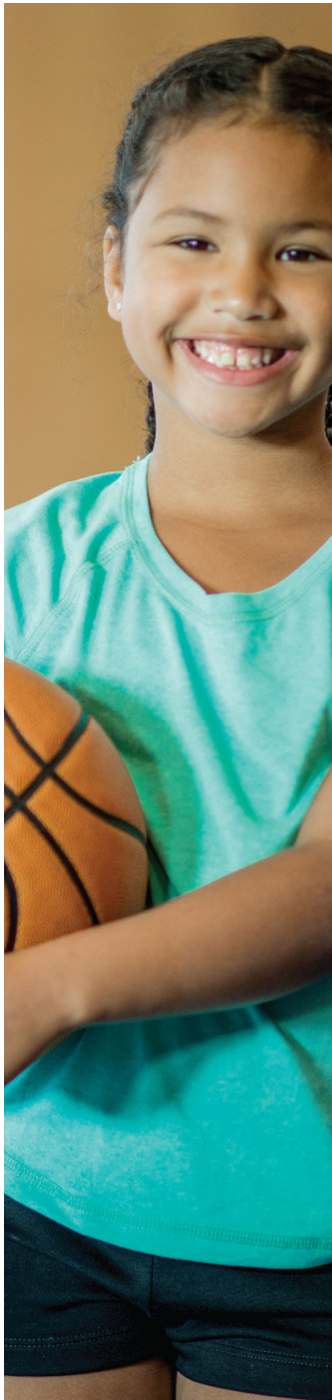
**HUNTINGTON YMCA**  
[HUMembership@ymcali.org](mailto:HUMembership@ymcali.org)

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

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

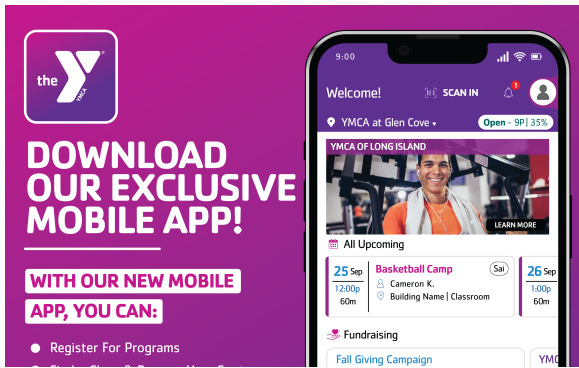
**YMCA EAST HAMPTON RECENTER**  
[EHMembership@ymcali.org](mailto:EHMembership@ymcali.org)





| Branch                                | Address + Phone                                                        | Operating Hours                                                                                                                                                                                             | Child Watch Hours                                                                                                                         |
|---------------------------------------|------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|
| <b>BROOKHAVEN ROE<br/>YMCA CENTER</b> | 155 Buckley Road<br>Holtsville, NY 11742<br>(631) 891-1862             | <b>M-F:</b> 7:00am - 10:00am<br>4:00pm - 7:00pm<br><b>Sat - Sun:</b> Closed                                                                                                                                 | No child watch hours                                                                                                                      |
| <b>GREAT SOUTH BAY<br/>YMCA</b>       | 200 West Main Street<br>Bay Shore, NY 11706<br>(631) 665-4255          | <b>M-F:</b> 5:00am - 9:00pm<br><b>Sat:</b> 7:00am - 6:00pm<br><b>Sun:</b> 7:00am - 4:00pm                                                                                                                   | <b>Tues:</b> 8:00am - 12:00pm then 4:45pm-7:00pm<br><b>Wed &amp; Thurs:</b> 8:00am-12:00pm then 4:30-7:00pm<br><b>Sat:</b> 7:45am-12:00pm |
| <b>HUNTINGTON YMCA</b>                | 60 Main Street<br>Huntington, NY 11743<br>(631) 421-4242               | <b>M-F:</b> 5:00am - 9:00pm<br><b>Sat:</b> 6:00am - 6:00pm<br><b>Sun:</b> 6:00am - 5:00pm<br><b>HLC Hours:</b><br><b>M-F:</b> 6:00am - 9:00pm<br><b>Sat:</b> 7:00am - 6:00pm<br><b>Sun:</b> 7:00am - 5:00pm | <b>Mon - Thurs:</b> 5:00pm-8:00pm<br><b>Sat - Sun:</b> 9:00am-1:00pm                                                                      |
| <b>PATCHOGUE FAMILY<br/>YMCA</b>      | 255 West Main Street<br>Patchogue, NY 11772<br>(631) 891-1800          | <b>M-F:</b> 5:00am - 9:00pm<br><b>Sat:</b> 7:00am-6:00pm<br><b>Sun:</b> 7:00am - 4:00pm                                                                                                                     | <b>Mon, Wed:</b> 8:00-11:00am then 5:00-8:00pm<br><b>Fri:</b> 8:00-11:00am<br><b>Sat-Sun:</b> 8:00-11:00am                                |
| <b>YMCA AT GLEN COVE</b>              | 125 Dosoris Lane<br>Glen Cove, NY 11542<br>(516) 671-8270              | <b>M-F:</b> 6:00am - 9:00pm<br><b>Sat:</b> 7:00am - 6:00pm<br><b>Sun:</b> 7:00am - 4:00pm                                                                                                                   | No child watch hours                                                                                                                      |
| <b>YMCA EAST HAMPTON<br/>RECENTER</b> | 2 Gingerbread Lane<br>East Hampton, NY 11937<br>(631) 329-6884         | <b>M-F:</b> 6:00am - 9:00pm<br><b>Sat - Sun:</b> 7:00am - 4:00pm                                                                                                                                            | No child watch hours                                                                                                                      |
| <b>YMCA FAMILY SERVICES</b>           | 1150 Portion Road<br>Suite 6<br>Holtsville, NY 11742<br>(631) 580-7777 | <b>M-Th:</b> 9:00am - 9:30pm<br><b>F:</b> 9:00am - 5:00pm<br><b>Sat - Sun:</b> Closed                                                                                                                       | No child watch hours                                                                                                                      |

\*Schedule subject to change



## TRY OUR MOBILE APP!

We are so excited to announce our new app is here! With one easy login, access your YMCA of Long Island account and view all your scheduled activities—swim lessons, group classes, youth programs, and more—in one convenient place.



## FREQUENT Y'ER

The Frequent Y'er Club is only for Members of the YMCA of Long Island. Scan your YMCA ID card at least 12 times each month to automatically become a member each month, Frequent Y'er members are entered into monthly drawing for prizes. Winners will be notified by email Make sure to scan your card & check in every time you work out.



## MONTHLY FITNESS CHALLENGE

We are here to help you make your fitness goals possible at the Y, lets take it a step further with our Monthly Challenges! Start every month off strong with these challenges! To start the challenge, visit the challenge section in our app!



## REFER A FRIEND TO THE Y & GET ONE MONTH FREE!

For each new member you recruit to become a member at the Y, you get 1 Month FREE! Plus, the new member gets \$0 Joiner Fee. That's a \$75 savings per adult. Terms & conditions apply.

\*Visit the Member Services Desk for more details





## 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

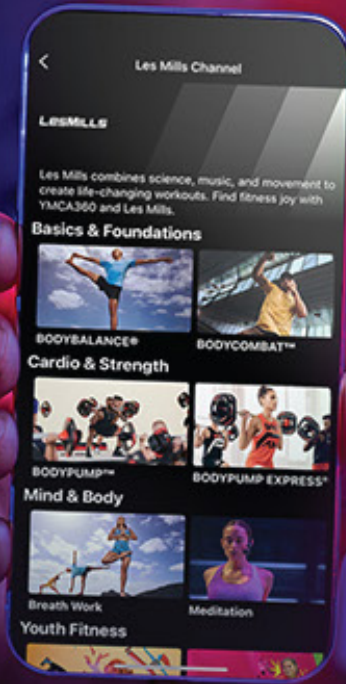




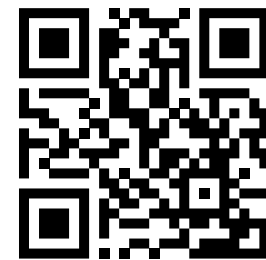
**LES MILLS**

# THE BEST OF BOTH WORLDS

CHANNEL ACCESS NOW AVAILABLE 



## JOIN US TODAY!



## 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.



# TRY OUR NEW APP!

## WITH OUR MOBILE APP, YOU CAN:

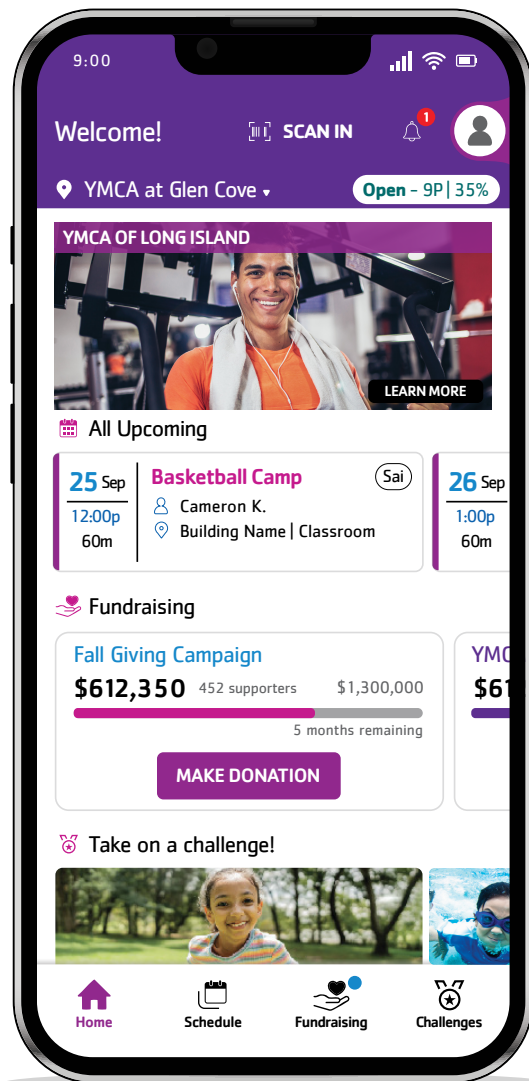
- Register For Programs
- Find a Class & Reserve Your Spot
- Sync Apple Health (iOS Devices)
- Receive Important Y Updates



Download on the  
**App Store**



GET IT ON  
**Google Play**



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We are so excited to announce our new app is here! With one easy login, access your YMCA of Long Island account and view all your scheduled activities—swim lessons, group classes, youth programs, and more—in one convenient place.

**LEARN MORE!**



**Opt in for Emails!**



**Stay Connected on all things  
YMCA of Long Island.**

**Follow us on Social media.**

Instagram: @ymcali

Facebook: @ymcali

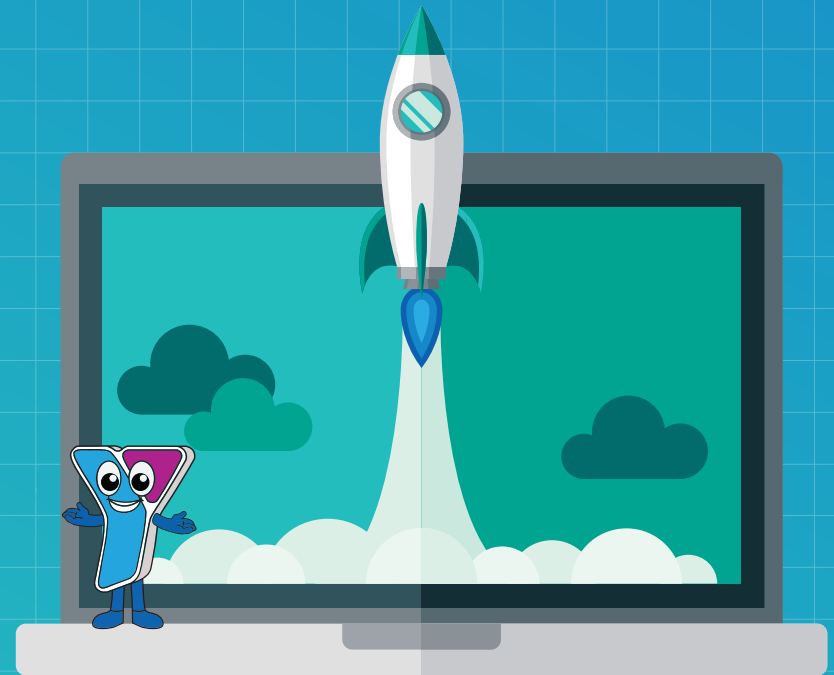
Twitter: @ymcali

TikTok: @ymcali

Snapchat: @ymca\_li



**NEW DIGITAL  
EXPERIENCE  
IS HERE!**



**LEARN  
MORE!**