

YMCA OF LONG ISLAND

FALL II 2026–27 DIGITAL GUIDE

Fall II Session: November 22, 2026– February 6, 2027 | Registration starts Monday, November 9, 2026

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 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, 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 13-26. 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 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

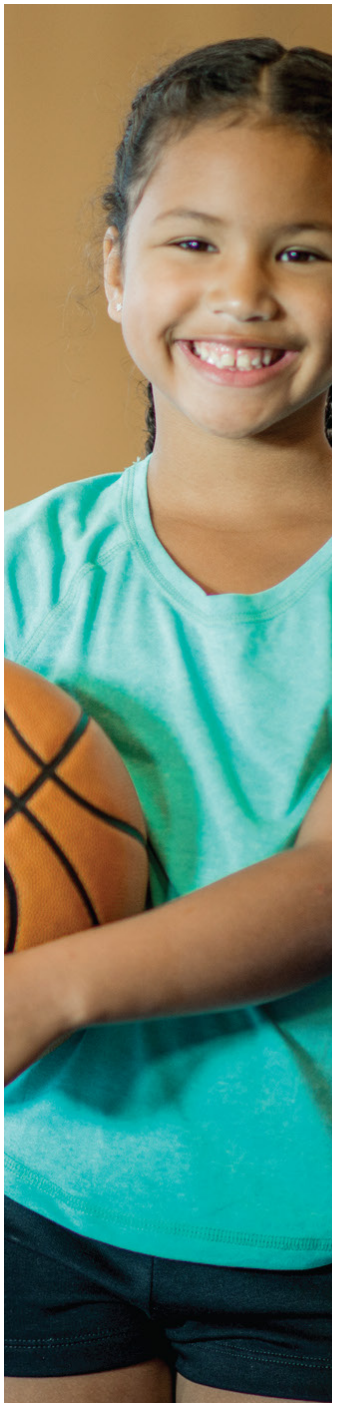
HUNTINGTON YMCA
HUMembership@ymcali.org

PATCHOGUE FAMILY YMCA
PAMembership@ymcali.org

YMCA AT GLEN COVE
GCMembership@ymcali.org

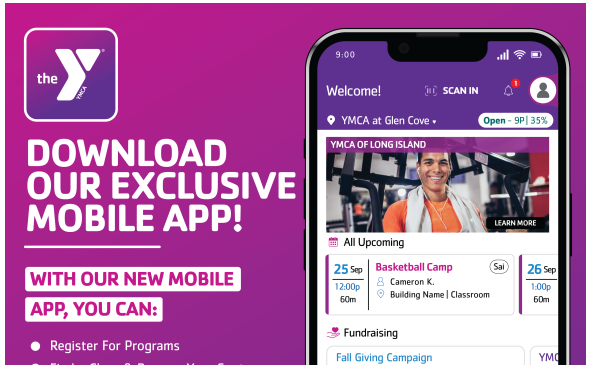
YMCA EAST HAMPTON RECENTER
EHMembership@ymcali.org





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



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 YMCALI.org/Donate

Email us: Give@ymcali.org

Scan QR Code using your phone camera.



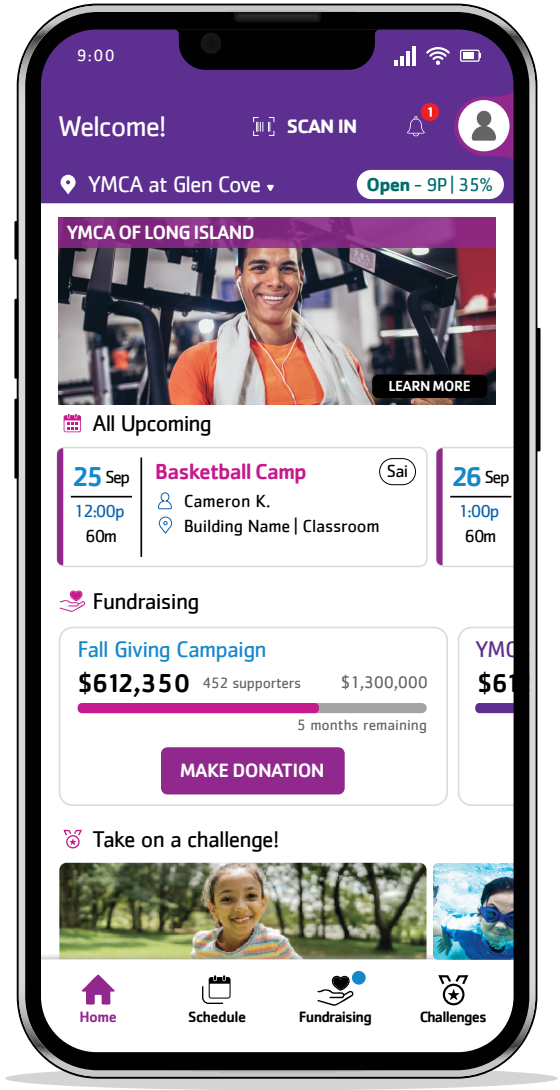
TRY OUR NEW APP!

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



DOWNLOAD OUR EXCLUSIVE 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.

LEARN MORE!

Opt in for Emails!



Stay Connected on all things YMCA of Long Island.

Follow us on Social media.

Instagram: **@ymcali**

Facebook: **@ymcali**

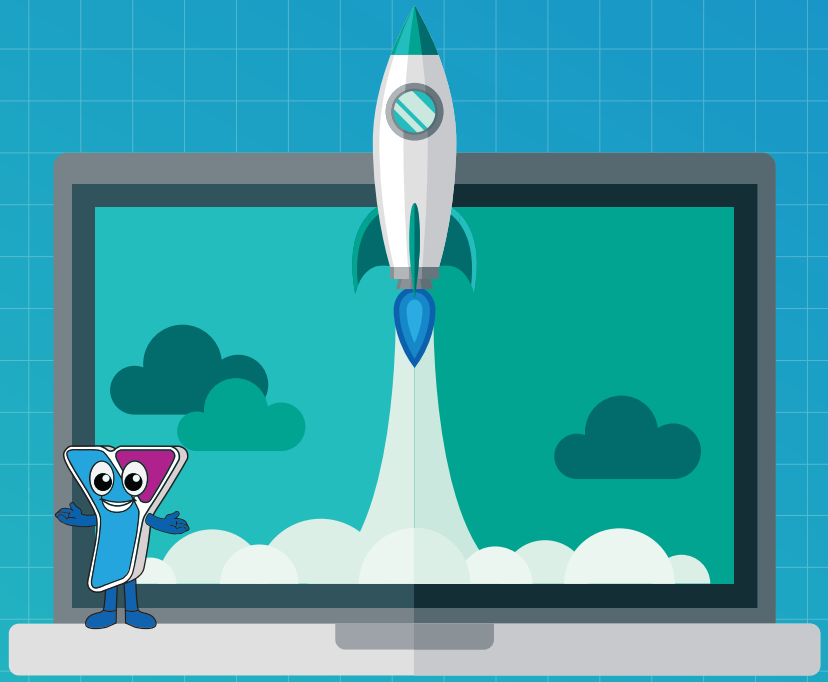
Twitter: **@ymcali**

TikTok: **@ymcali**

Snapchat: **@ymca_li**



NEW DIGITAL EXPERIENCE IS HERE!



LEARN MORE!