

LONG ISLAND CITY YMCA COMMUNITY BOARD 2 PRESENTATION

SEPTEMBER 8 2025



**YMCA OF GREATER
NEW YORK**
Where there's a Y,
there's a way.

Quick Overview

Long Island City YMCA

3223 Queens Blvd, Long Island City, NY 11101

- 25 years in the community on the corner of 32nd Place and Queens Blvd
- Non Profit Organization – under the umbrella of the YMCA of Greater New York led by CEO Sharon Greenberger
- Currently serving over 12,000 people in these top 5 zip codes 11377(Sunnyside), 11104 (Sunnyside), 11101 (Sunnyside/LIC), 11373 (Elmhurst), 11372(Jackson Heights). Followed by Astoria
- Free Universal Pre K (36 seats) and 3 K (30 seats). Fee based aftercare for children enrolled in Pre K/3K
- Free Y Afterschool Programs at MS 126 Albert Shanker in Astoria and PS 111
- Free Teen Leadership Programs in Civic Engagement and Leadership Skills offered to teens ages 13 and up
- Volunteer opportunities available
- Board of Managers led by Board Chair Matthew Lawrence, local Sunnyside Resident. Always seeking new Board Members that can provide advisory support as well as fundraise for the Y
- Free Community and Family Events throughout the year
- Financial Assistance available to help with the cost of membership or programs

SUMMER CAMP 2026



Summer Camp 2025 served 364 unduplicated campers ranging from age 3-12

Summer Camp 2026 will continue to serve ages 3-12 with registration opening in late December 2025.



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FALL MEMBERSHIP CAMPAIGN

Long Island City current special: Join today, no joiner's fee, stay 3 months, get December free.

Offer ends October 6th ;

Open House September 13th 10am-12pm



I scroll less and splash more at my Y.

JOIN NOW
GET DECEMBER FREE
+ \$0 Joiner's Fee

the Y
YMCA OF GREATER NEW YORK
BEDFORD-STUYVESANT

Limited-Time Offer 9/1-10/6

Join the Bedford-Stuyvesant Y this fall and enjoy exclusive access to the following benefits:

- State-of-the-art cardio & strength equipment and free weights
- Swimming pool for lap swim and family swim
- Member discounts and priority access for programs
- Free child watch during workout
- Sauna and steam room
- Active older adults programming
- Variety of group fitness classes (cardio, mind/body, dance, martial arts, aqua fitness, and more)
- Free Fitness Center Essentials Program

VISIT THE BEDFORD-STUYVESANT YMCA!



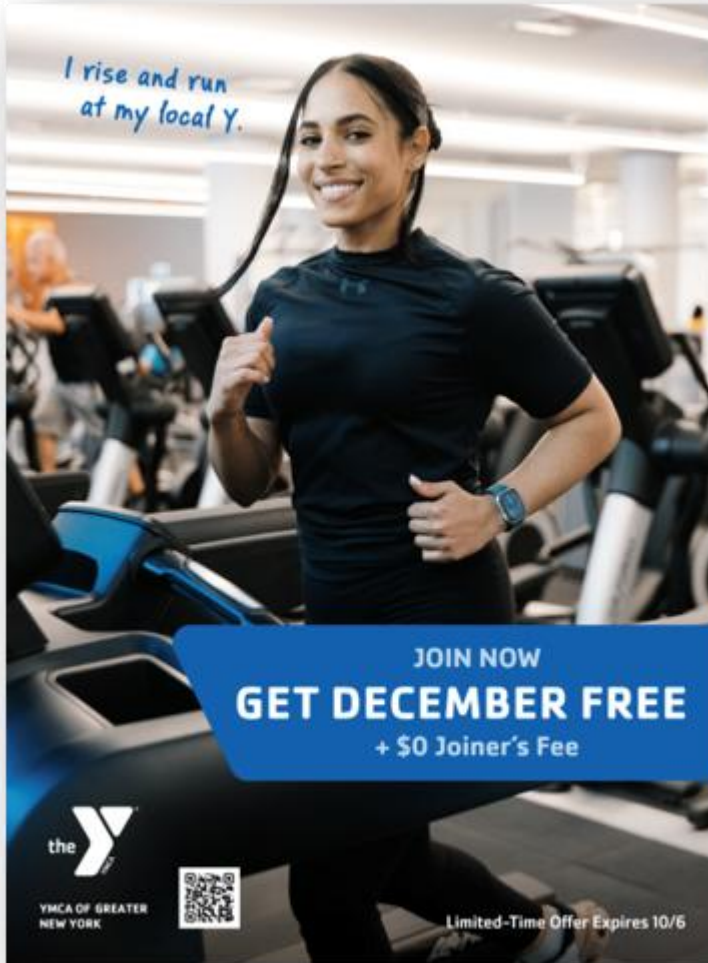
the Y YMCA OF GREATER NEW YORK
BEDFORD-STUYVESANT
1121 Bedford Ave
Brooklyn, NY 11216

YMCANYC.ORG/JOIN
Check out any of our 22 locations throughout the 5 boroughs!

FINANCIAL ASSISTANCE AVAILABLE.
*Offer available September 1 - October 6th, 2025. Offer is valid on new memberships at the YMCA of Greater New York locations only, and not available to lapsed members of the past 30 days. Cannot be combined with any other offer. Valid government ID required.



BENEFITS OF A Y MEMBERSHIP



Membership at the Long Island City YMCA includes the following with your monthly fee:

- State of the Art Cardio and Strength Machines
- Lap Pool
- Indoor Running Track
- 2 Men's and Women's Locker Rooms
- 1 Family Locker Room
- Over 35 Group Exercise Classes (Pilates, Yoga, Aqua Aerobics, Spin, Zumba, BootCamp, HIIT and more)
- Dry Sauna
- Family Swim Time, Family Rec, Childcare while you work out
- Member Rates for Youth Sports, Swim Classes and Child Care Programs such as Camp
- Priority Registration for all Fee Based Classes
- Personal Training*
- Parking*
- Massage Therapy*

MEMBERSHIP FEES



We offer monthly memberships to different age groups:

- Seniors
- Single Adults
- Family (Can be 1 adult and children, or 2 adults and children)
- Family and Household (Can be a group of roommates, multigenerational home etc)
- Student
- Youth* Annual Fee

Rates start at \$72 for a senior to \$88 for a single adult to the highest group Family which starts at \$159. Add on members can be added to the membership.

Options to become a member of all branches in Queens (Flushing, Cross Island, Rockaway, Jamaica, Ridgewood)

OR City Wide Membership which gives access to all locations in all 5 borough (24 branches total)

HIGHLIGHTS



New program Caring for Caregivers begins September 12th. Free to the community. For more information contact Ranya Renee Fleysher RFleysher@ymcanyc.org

The Long Island City YMCA partners with the following local schools in an effort to offer gym space for students to complete their physical education credits.

- Academy of Finance and Enterprise
- Bard HS
- Middle College
- International HS at LaGuardia

The Y offers the Silver Sneakers program which if qualified based on what type of health insurance the person has, they can have access to the Y at no cost to the member. For more information contact Joyce Fenteng@ymcanyc.org

Together with local schools the Y offers free swim lessons in our 2nd Grade Swim Program. Giving access to school aged children to swim and water safety lessons. Most recently partnering with PS 150 from right here in Sunnyside.

THANK YOU!

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