GIVE THANKS, GET FIT

PATCHOGUE FAMILY YMCA
BROOKHAVEN/ROE YMCA

FALL II 2018-19 PROGRAM GUIDE

Sunday, November 18, 2018-February 2, 2019

*No class 11/22/18, 12/24/18-1/1/19

the Y YMCA

REGISTRATION BEGINS SUNDAY, NOVEMBER 4TH at 6:00am

FACILITY HOURS

Monday - Friday	5:00am-10:00pm
Saturday-Sunday	6:00am-6:00pm

PATCHOGUE FAMILY YMCA
631.891.1800
255 WEST MAIN ST
PATCHOGUE NY 11772

BROOKHAVEN/ROE Y CENTER
631.289.4440
155 BUCKLEY RD
HOLTSVILLE NY 11742

Three ways to register!

November 4th at 6:00am

ONLINE
YMCALI.ORG

IN PERSON

OVER THE PHONE

FALL II SESSION 2018-2019

NOVEMBER 18TH-FEBRUARY 2ND

PATCHOGUE FAMILY YMCA

Registration begins 11/4/18 Schedules subject to change.	Darryl.Smith@ymcali.org Phil.Insalaco@ymcali.org	Patchogue Family YMCA 631.891.1800

GYMNASIUM SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-8:30am Front Half Adult Open Gym Back Half Pickleball	5:00-8:30am Front Half Adult Open Gym Back Half Pickleball	5:00-8:30am Front Half Adult Open Gym Back Half Pickleball	5:00-8:30am Front Half Adult Open Gym Back Half Pickleball	5:00-8:30am Front Half Adult Open Gym Back Half Pickleball	6:00-11:00am Full Court Adult Basketball *Members only no guests 18+*	6:00-12:00pm Full Court Adult Basketball *Members only no guests 18+*
8:30-3:00pm Full Court Adult Open Gym	8:30-11:30am Full Court Adult Open Gym	8:30-10:00am Full Court Adult Open Gym	8:30-11:30am Full Court Adult Open Gym	8:30-10:00am Full Court Adult Open Gym	11:00-12:00pm Full Court HappyFeet Soccer	12:00-1:30pm Full Court Family Open Gym
	11:30-3:00pm Front Half Programs Back Half Pickleball	10:00-12:00pm Full Court Senior Volleyball	11:30-1:00pm Full Court Pickleball	10:00-12:00pm Full Court Senior Volleyball	12:00-1:30pm Front Half Family Programs Back Half Family Open Gym	1:30-2:00pm Front Half Birthday Parties Back Half Family Open Gym
		12:00-3:00pm Front Half Programs Back Half Adult Open Gym	1:00pm-3:00pm Front Half Programs Back Half Pickleball	12:00-3:00pm Front Half Programs Back Half Adult Open Gym	1:30-4:00pm Front Half Birthday Parties Back Half Family Open Gym	2:00-4:00pm Front Half Birthday Parties Back Half Pickleball
3:00-4:15pm Front Half Adult Open Gym Back Half Teen Center	3:00-5:00pm Front Half Family Open Gym Back Half Adult Open Gym	3:00-6:00pm Full Court Teen Center	3:00-6:00pm Front Half Family Open Gym Back Half Adult Open Gym	3:00-6:00pm Front Half Family Open Gym Back Half Teen Center	4:00-5:45pm Full Court Family Open Gym	4:00-5:45pm Front Half Family Open Gym Back Half Pickleball
4:15-6:00pm Front Half Youth Programs Back Half Teen Center	5:00-6:30pm Front Half Youth Programs Back Half Family Open Gym					
6:00-7:00pm Full Court Family Open Gym	6:30-8:00pm Full Court Rising Stars Basketball Team	6:00-7:00pm Full Court Family Open Gym	6:00-10:00pm Full Court Adult Volleyball League	6:00-10:00pm Full Court Pre-Teen Night		
7:00-8:30pm Full Court Rising Stars Basketball Team	8:00-10:00pm Full Court Adult Basketball League	7:00-10:00pm Full Court Adult Basketball League				
8:30-10:00pm Full Court Adult Basketball *Members only no guests 18+*						

TRACK SCHEDULE

5:00-4:00pm Adult	5:00-4:00pm Adult	5:00-4:00pm Adult	5:00-4:00pm Adult	5:00-4:00pm Adult	6:00-5:45pm Family	6:00-5:45pm Family
4:00-9:45pm Adult/Family/Programs	4:00-9:45pm Adult/Family/Programs	4:00-9:45pm Adult/Family/Programs	4:00-9:45pm Adult/Family/Programs	4:00-9:45pm Adult/Family/Programs		

FALL II SESSION 2018-2019

NOVEMBER 18TH-FEBRUARY 2ND

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YOUTH AND TEEN SPORT PROGRAMS

CLASS	$ FEE FM/PM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Kids Basketball Clinic Ages 5-7	45/60	4:30-5:00pm						
All Sport Ages 7+	0/5	5:00-5:45pm	6:15-7:00pm					
Youth Basketball Clinic Ages 8-12	70/90		5:30-6:15pm					
Speed and Agility Ages 8-12	45/60		6:20-6:50pm	6:30-7:00pm				

YOUTH AND TEEN FITNESS PROGRAMS

CLASS	$ FEE FM/PM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Kids Play Fit and Ninja Warrior Ages 5-7	45/60		4:45-5:15pm	4:45-5:15pm				
Running Club Ages 6+	0/5			5:30-6:00pm				
Youth Strength and Conditioning Ages 8-12	70/90		4:30-5:15pm	5:30-6:15pm	4:30-5:15pm			
Teen Strength and Conditioning Ages 13+	70/90		5:30-6:15pm		5:30-6:15pm			

YOUTH AND TEEN MOVEMENT PROGRAMS

CLASS	$ FEE FM/PM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Mommy and Me Movement Ages 6 months-2 yrs	45/60						9:00-9:30am	
Tumbling Ages 3-5	70/90						9:30-10:15am	12:15-1:00pm
Family Zumba Ages 5+	0/5		4:15-5:00pm					
Youth Gymnastics I Ages 6-8	70/90						10:30-11:15am	
Youth Gymnastics II Ages 8-12	70/90					7:00-7:45pm		
Teen Zumba Ages 13+	0/5				4:15-5:00pm			
Teen Rock Your Flow Yoga Ages 13+	0/5		4:00-4:45pm					

YOUTH AND TEEN ARTS PROGRAMS

CLASS	$ FEE FM/PM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Arts, Crafts, and Painting Ages 8-14	70/90			4:45-5:30pm				
Beginner Guitar Lessons Ages 8+	99/ 125				5:30-6:15pm			

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YOUTH AND TEEN SPORT PROGRAMS

SPORT

Kids Basketball 5-7yrs
Our Kids Basketball Program focuses on learning the basics of the sport, while keeping the ideas of "Fun and Participation" in mind.
Kids will play games, run drills, and make friends.

All Sport 7+ yrs
Play Physical Education classics! Dodgeball, Kickball, Capture the Flag, Flag Football, Basketball and more.

Youth Basketball Clinic 8-12yrs
This class focuses on the development of skills, fundamentals, and strategies of basketball.
The first half of the session will concentrate on skills and drills while the second half focuses on using the skills built in a competitive setting and scrimmaging. Conditioning and Flexibility are implemented in each class.

Youth Sport Workout: Speed and Agility 8-12yrs
A 30 minutes fitness program designed to increase speed, agility, conditioning, footwork, and core strength.

FITNESS

Kids Play Fit and Ninja Warrior 5-7yrs
Kids get a chance to run and play on obstacle courses, use the Rockwall, Adventure Zone, play a variety of sports, and work on beginner fitness concepts.

Youth Strength and Conditioning 8-12yrs
Our first level of youth fitness.
Sports, Body Weight Strength, Flexibility, Balance, and Coordination are all focused on in this class

Running Club 6-12yrs
A fun run for ages 6 and up. Kids can compete, complete challenges, and exercise.

Teen Strength and Conditioning I 13-17yrs
Our first level of Teen Fitness. Members learn the basics of exercise using the Fitness Center, gymnasium, and track. Teens can develop their own workout routines focusing on personal goals.

MOVEMENT

Mommy and Me Movement 6months-3yrs
This program incorporates musical movement, interactive play, gross and fine motor skills and encourage bonding between adult and child.

Tumbling 3-6yrs
Tumblers work on flexibility and coordination while learning the basic moves of gymnastics and creative movement.

Teen Rock Your Flow Yoga 13+
It's not your mama's yoga class. Enjoy a fast paced vinyasa flow yoga workout set to today's upbeat music.

Youth Gymnastics I 6-8yrs
Our first level of gymnastics, expanding on our Tumbling program. The class is geared towards skill development and gymnastic fitness.

Family Zumba 5-12yrs
This classes feature kid-friendly routines based on original Zumba choreography. We break down the steps, add games, and activities. Perfect for children of all ages.

Teen Zumba 13+
Fast-paced and fun, our Teen Zumba is led by Ms. Channelle who implements many styles and songs.

OTHER

Arts ,Crafts, and Paining 8-14yrs
Learn different styles and have fun creating a wide variety of Art in this new program.

Beginner Guitar Lessons 8+
Guitar lessons in a small group setting.
GUITAR NEEDED FOR CLASS

CHILD WATCH

Monday-Sunday
8:00-12:00pm
Monday - Thursday
4:00-8:00pm

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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NOVEMBER 18TH-FEBRUARY 2ND

PATCHOGUE FAMILY YMCA

SWIM CLASS SCHEDULE

Registration begins 11/4/18
Schedules subject to change.

Tracie.Busch@ymcali.org
Christina.Frank@ymcali.org

CLASS NAME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Stage A: Water Discovery Infant & Toddler (6months-3 Years)	10:30-11:00am	9:30-10:00am 5:15-5:45pm	11:30-12:00pm 6:00-6:30pm		5:15-5:45pm		11:15-11:45am
Stage B: Water Exploration Infant & Toddler (6months-3 Years)	11:15-11:45am		11:00-11:30am	5:15-5:45pm			10:30-11:00am
Stage 1: Water Acclimation Preschool (3-5 years)	9:00-9:45am 10:30-11:15am	10:00-10:45am 1:30-2:15pm 5:15-6:00pm	10:15-11:00am 3:00-3:45pm 4:30-5:15pm	10:15-11:00am 2:15-3:00pm	11:00-11:45am 1:30-2:15pm 3:45-4:30pm 5:15-6:00pm	3:00-3:45pm 3:45-4:30pm	9:45-10:30am 11:15-12:00pm
Stage 1: Water Acclimation School Age (5-12 years)	9:45-10:30am	6:00-6:45pm	4:30-5:15pm 6:45-7:30pm	3:45-4:30pm	6:00-6:45pm		9:00-9:45am 12:00-12:45pm
Stage 2: Water Movement Preschool (3-5 years)	9:00-9:45am 12:00-12:45pm	11:00-11:45am 2:15-3:00pm 4:30-5:15pm	2:15-3:00pm 5:15-6:00pm	9:30-10:15am 1:30-2:15pm	10:15-11:00am 3:00-3:45pm 6:00-6:45pm	3:45-4:30pm	10:30-11:15am
Stage 2: Water Movement School Age (5-12 years)	11:15-12:00pm	3:45-4:30pm	6:45-7:30pm	3:45-4:30pm 6:45-7:30pm	4:30-5:15pm	5:15-6:00pm	9:45-10:30a 12:00-12:45pm
Stage 3: Water Stamina Preschool (3-5 years)	9:45-10:30am	3:00-3:45pm	1:30-2:15pm	5:15-6:00pm	9:30-10:15am 2:15-3:00pm 4:30-5:15pm		11:15-12:00pm
Stage 3: Water Stamina School Age (5-12 years)	11:15-12:00pm	6:00-6:45pm	3:45-4:30pm	6:00-6:45pm	6:45-7:30pm	4:30-5:15pm	12:45-1:30pm
Stage 4: Stroke Introduction Preschool (3-5 years)				3:00-3:45pm			9:00-9:45am
Stage 4: Stroke Introduction School Age (5-12 years)	9:45-10:30am 12:00-12:45pm	4:30-5:15pm 6:45-7:30pm	3:45-4:30pm 6:00-6:45pm	5:15-6:00pm	6:00-6:45pm	5:15-6:00pm	9:00-9:45am 12:00-12:45pm
Stage 5: Stroke Development School Age (5-12 years)	9:00-9:45am		5:15-6:00pm	6:00-6:45pm		6:00-6:45pm	9:45-10:30am
Stage 6: Stroke Mechanics School Age (5-12 years)	10:30-11:15am				6:45-7:30pm	4:30-5:15pm	9:00-9:45am
Stages 1-3: Swim Basics Teen (12-17 years)			7:30-8:15pm		6:45-7:30pm		
Stages 4-6: Swim Strokes Teen (12-17 years)	12:00-12:45pm			7:30-8:15pm		6:00-6:45pm	
Stages 1-3: Swim Basics Adult (17 and over)	12:00-12:45pm	6:45-7:30pm		11:00-11:45am	7:30-8:15pm		12:45-1:30pm
Stages 4-6: Swim Strokes Adult (17 and over)		7:00-7:45am 7:30-8:15pm		6:45-7:30pm			
Sensational Swim School Age (5-12 years)	12:45-1:30pm						
CLASS NAME	**SUNDAY**	**MONDAY**	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**	**SATURDAY**
COMPETITION							
Beginner Pre Swim Team (8-17 years)		7:30-8:30pm		7:30-8:30pm	7:30-8:30pm		
LEADERSHIP							
Lifeguard Prep (11-17 years)			7:30-8:30pm				
WATER FITNESS							
Aqua Zumba					7:30-8:30pm		8:10-9:00am
Aqua Jog		8:30-9:30am					
Aqua Aerobics				8:30-9:30am	8:30-9:30am	8:30-9:30am	

AQUATICS PRICING

Swim Program	Full Member	Basic Member
Stage A & B (30 mins)	99	129
Youth - Adult (45 mins)	109	149

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SWIM CLASS SCHEDULE

Registration begins 11/4/18
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Tracie.Busch@ymcali.org
Christina.Frank@ymcali.org

CLASS NAME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Stage 1: Water Acclimation Preschool (3-5 years)		11:00-11:45am 3:30-4:15pm	10:15-11:00am 1:00-1:45pm	9:30-10:15am 5:15-6:00pm	10:15-11:00am 3:00-3:45pm	1:00-1:45pm	
Stage 1: Water Acclimation School Age (5-12 years)		4:15-5:00pm					
Stage 2: Water Movement Preschool (3-5 years)		10:15-11:00am	9:30-10:15am 3:00-3:45pm	11:00-11:45am 2:30-3:15pm	1:00-1:45pm	9:30-10:15am 1:45-2:30pm	
Stage 2: Water Movement School Age (5-12 years)		5:00-5:45pm		4:30-5:15pm			
Stage 3: Water Stamina Preschool (3-5 years)		1:30-2:15pm		10:15-11:00am	9:30-10:15am 1:45-2:30pm	2:30-3:15pm	
Stage 3: Water Stamina School Age (5-12 years)			4:30-5:15pm				
Stage 4: Stroke Introduction Preschool (3-5 years)				1:45-2:30pm		3:15-4:00pm	
Stage 4: Stroke Introduction School Age (5-12 years)		5:45-6:30pm			3:45-4:30pm		
Stage 5: Stroke Development School Age (5-12 years)					4:30-5:15pm		
Stage 6: Stroke Mechanics School Age (5-12 years)							
Stages 1-3: Swim Basics Teen (12-17 years)							
Stages 4-6: Swim Strokes Teen (12-17 years)				3:45-4:30pm			
Stages 1-3: Swim Basics Adult (17 and over)		9:00-9:45am 2:15-3:00pm	1:45-2:30pm				
CLASS NAME	**SUNDAY**	**MONDAY**	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**	**SATURDAY**
COMPETITION							
Advanced Pre Swim Team (8-17 years)			5:30-7:00pm		5:30-7:00pm		
RECREATION							
Advanced Adult Swim Workout (17 and over)			7:00-8:00am				
WATER FITNESS							
Waterslim			11:00-12:00pm		11:00-12:00pm		
Aqua Jog			5:15-6:15pm				
Aqua Aerobics			8:30-9:30am				

AQUATICS PRICING	Swim Program	Full Member	Basic Member
	Stage A & B (30 mins)	99	129
	Youth - Adult (45 mins)	109	149