AQUATICS Monday, September 9 - Saturday, November 2, 2019 (9 week session)

Katie Waszkiewicz, Aquatic Director (516)671-8270 ext.5419

CLASS	MON	TUES	WED	THURS	FRI	SAT
PARENT/CHILD AQUATICS (6 months-3 years)						
Stage A Water Discovery	10:50-11:20am		10:15-10:45am			10:40- 11:10am
Stage B Water Exploration	10:15-10:45am		10:50-11:20am			10:40- 11:10am
PRESCHOOL AQUATICS (3-5 years)						
Stage 1 Water Acclimation	2:20-3:05pm	3:10-3:55pm	2:20-3:05pm	2:20-3:05pm	2:20-3:05pm	9:50-10:35am 12:05-12:50pm
Stage 2 Water Movement	2:20-3:05pm	2:20-3:05pm	1:30-2:15pm	3:10-3:55pm	3:10-3:55pm	9:50-10:35am 12:05-12:50pm
Stage 3 Water Stamina	3:10-3:55pm	1:30-2:15pm	3:10-3:55pm	1:30-2:15pm		12:05-12:50pm
Stage 4 Stroke Introduction	3:10-3:55pm				1:30-2:15pm	9:50-10:35am
YOUTH AQAUTICS (5-12 years)						
Sensational Swim						10:40- 11:10am
Stage 1 Water Acclimation	4:00-4:45pm	4:50-5:35pm	4:50-5:35pm	4:50-5:35pm	4:00-4:45pm	9:00-9:45am
Stage 2 Water Movement	4:00-4:45pm	5:40-6:25pm		4:50-5:35pm	4:00-4:45pm	11:15am- 12:00
Stage 3 Water Stamina	4:50-5:35pm		5:40-6:25pm	4:00-4:45pm	5:40 - 6:25pm	11:15am- 12:00
Stage 4 Stroke Introduction	4:50-5:35pm		5:40-6:25pm	4:00-4:45pm	5:40-6:25pm	11:15am- 12:00
Stage 5 Stroke Development		4:00-4:45pm	4:00-4:45pm	5:40-6:25pm	6:30-7:15pm	9:00-9:45am
Stage 6 Stroke Mechanics		4:50-5:35pm	4:50-5:35pm	5:40-6:25pm	6:30-7:15pm	9:00-9:45am

AQUATIC FEES

Membership +

	Program	Full
Swim Lessons:	$144	$126
Lifeguard Prep:	$144	$126
Jr. Lifeguarding:	$144	$126
Swim Club (two days):	$288	$252
Teen/Adult Lessons:	$144	$126
Water Fitness:	$144	$126

PRIVATE LESSON PACKAGES

Private Lessons are 45 minutes with a 1:1 student to instructor ratio 8 lessons: $450

SEMI-PRIVATE LESSON PACKAGES

Semi-Private lessons are 45 minutes with a 2:1 student to instructor ratio 8 lessons: $350 each

Contact Katie Waszkiewicz at (516) 671-8270 ext. 5419 to set up Private or Semi-Private Lessons

AQUATICS CONTINUED ...

CLASS	MON	TUES	WED	THURS	FRI	SAT
TEEN AQUATICS (12-17 years)						
Swim Basics			7:30-8:15pm	7:30-8:15pm		12:55-1:40pm
Swim Strokes		7:30-8:15pm		7:30-8:15pm		12:55-1:40pm
ADULT AQUATICS (17+ years)						
Swim Basics			7:30-8:15pm	7:30-8:15pm		12:55-1:40pm
Swim Strokes		7:30-8:15pm		7:30-8:15pm		12:55-1:40pm
COMPETITON (7-17 years)						
Swim Club	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm	6:30-7:30pm		
LEADERSHIP						
Jr. Lifeguard Teen (11-14 years)						12:55-1:40pm
Lifeguard Prep Teen & Adult (17+ years)						12:55-1:40pm
WATER FITNESS						
Aqua Jog		8:00-9:00 am		8:00-9:00 am		
Hydrosculpt				9:00-10:00 am		
Super Water Workout	8:00-9:00 am				8:00-9:00 am	
Swimnastics			8:00-9:00 am			
Twinges		9:00-10:00 am				

SENSATIONAL SWIM

Progressive swim instruction available to children with disabilities at the YMCA at Glen Cove. Lessons are 30 minutes with a 4:1 student to instructor ratio. Based on a child's needs, a parent may be asked to enter the water.

SWIM CLUB

In this program, participants receive coached workouts, two to four times a week, helping them build strength, speed, and endurance, which will complement their stroke technique

Participants MUST be able to swim the butterfly stroke, know open turns, and swim at least 100 years of front crawl, backstroke, and breaststroke.

LIFEGUARD TRAINING

Dates: TBD
Pretest: $25
Lifeguard Class: $350*
*Upon successful completion of pretest

Schedules are subject to change
Parents are only permitted on the pool deck for observation during the first and last class of the session
No make-up classes