

# FAMILY, FITNESS, & FUN

PATCHOGUE FAMILY YMCA  
BROOKHAVEN/ROE YMCA

**SPRING SESSION 2019**

Sunday, September 8<sup>th</sup> –

Saturday, November 16<sup>th</sup>, 2019



**REGISTRATION BEGINS  
SUNDAY, AUGUST 25<sup>th</sup> at 6:00am**



## FACILITY HOURS

Monday - Friday 5:00am-10:00pm

Saturday-Sunday 6:00am-6:00pm

PATCHOGUE FAMILY YMCA  
631.891.1800

BROOKHAVEN/ROE Y CENTER  
631.289.4440

255 WEST MAIN ST  
PATCHOGUE NY 11772

155 BUCKLEY RD  
HOLTSVILLE NY 11742

Three ways to register!

August 25<sup>th</sup> at 6:00am



ONLINE  
YMCALI.ORG



IN PERSON



OVER THE PHONE

# FALL SESSION 2019

## SEPTEMBER 8TH-NOVEMBER 16TH

### PATCHOGUE FAMILY YMCA



Registration begins 8/25/19  
Schedules subject to change.

Darryl.Smith@ymcali.org  
Phil.Insalaco@ymcali.org

Patchogue Family YMCA  
631.891.1800

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

## GYMNASIUM SCHEDULE

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  <i>*Members only no guests 18+*</i>	6:00-12:00pm Full Court Adult Basketball  <i>*Members only no guests 18+*</i>
	8:30-10:00am Full Court Adult Open Gym	8:30-10:00am Full Court Adult Open Gym	8:30-10:00am Full Court Adult Open Gym	8:30-10:00am Full Court Adult Open Gym	11:00-12:00pm Full Court HappyFeet Soccer	12:00-1:15pm Full Court Family Open Gym
8:30-3:00pm Full Court Adult Open Gym	10:00-3:00pm Full Court Pickleball  <i>*Programs may take Front Half of Gym as per needed*</i>	10:00-12:00pm Full Court Senior Volleyball	10:00-3:00pm Full Court Pickleball  <i>*Programs may take Front Half of Gym as per needed*</i>	10:00-12:00pm Full Court Senior Volleyball	12:00-1:15pm Full Court Family Open Gym	1:15-2:00pm Front Half Birthday Parties Back Half Family Open Gym
		12:00-3:00pm Front Half Programs Back Half Adult Open Gym		12:00-3:00pm Front Half Programs Back Half Adult Open Gym	1:15-4:00pm 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	3:00-4:45pm Full Court Family 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	4:45-6:30pm Front Half Youth Programs Back Half Family Open Gym					
6:00-7:00pm Full Court Family Open Gym	6:30-7:00pm Front Half Rising Stars Basketball Team Back Half Family Open Gym	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	7:00-7:45pm Full Court Rising Stars Basketball Team	7:00-10:00pm Full Court Adult Basketball League				
8:30-10:00pm Full Court Adult Basketball  <i>*Members only no guests 18+*</i>	7:45-10:00pm Full Court Adult Basketball League					

## 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 SESSION 2019

SEPTEMBER 8TH-NOVEMBER 16TH  
PATCHOGUE FAMILY YMCA



## SWIM CLASS SCHEDULE

Registration begins 8/25/19  
Schedules subject to change.

Christina.Frank@ymcali.org  
Kyle.Bachek@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 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	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 5:15-6:00pm	2:15-3:00pm 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	9:45-10:30am 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	10:15-11:00am 1:30-2:15pm
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	9:15-10:00am	11:15-12:00pm	7:30-8:15pm		12:45-1:30pm
Stages 4-6: Swim Strokes Adult (17 and over)		7:30-8:15pm	7:00-7:45am	6:45-7:30pm			
Sensational Swim School Age (5-12 years)	12:45-1:30pm						
CLASS NAME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>COMPETITION</b>							
Beginner Pre Swim Team (8-17 years)		7:30-8:30pm		7:30-8:30pm	7:30-8:30pm		
<b>LEADERSHIP</b>							
Lifeguard Prep (11-17 years)			7:30-8:30pm		7:30-8:30pm		
<b>WATER FITNESS</b>							
Aqua Zumba							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

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Kyle.Bachek@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	10:15-11:00am	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				
Stages 4-6: Swim Strokes Adult (17 and over)					9:30-10:15am		
CLASS NAME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>COMPETITION</b>							
Advanced Pre Swim Team (8-17 years)			5:30-7:00pm		5:30-7:00pm		
<b>WATER FITNESS</b>							
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

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## YOUTH AND TEEN SPORT PROGRAMS

CLASS	\$ FEE FM/PM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Small Stars Basketball Ages 4-6	45/60	4:30-5:00pm						
All Sport Ages 7+	0/5	5:00-5:45pm						
Kids Basketball Clinic Ages 7-9	70/90		5:00-5:45pm					
Youth Basketball Clinic Ages 10-13	70/90		5:45-6:30pm					
Speed and Agility Ages 8-12	45/60					5:30-6:00pm		

## 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	5:15-5:45pm		4:45-5:15pm				
Running Club Ages 6+	0/5			5:30-6:00pm				
Youth Strength and Conditioning Ages 8-10	70/90		5:05-5:50pm		5:05-5:50pm			
Youth Strength and Conditioning Ages 10-12	70/90			4:45-5:30pm	4:15-5:00pm			
Teen Strength and Conditioning Ages 13+	70/90		4:15-5:00pm			4:30-5:15pm		

## YOUTH AND TEEN MOVEMENT PROGRAMS

CLASS	\$ FEE FM/PM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Tumbling Ages 3-5	70/90					5:40-6:10pm		
Family Zumba Ages 5+	0/5		4:00-4:45pm					
Youth Gymnastics I Ages 6-8	90/110					6:15-7:10pm		
Big and Little Ninjas Ages 3-7 With Parent/Guardian	159 per Month 2x week		4:15-5:00pm		4:15-5:00pm			
Youth Gymnastics II Ages 8-12	90/110					7:15-8:10pm		
Youth Karate Ages 8-14	159 per Month 2x week		5:00-5:45pm		5:00-5:45pm			
Teen Zumba 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			5:00-5:45pm				

# YOUTH KARATE

## AT THE PATCHOGUE FAMILY YMCA

### ABOUT TRADITIONAL SHOTOKAN KARATE

Traditional Japanese Karate is a beautiful, peaceful, ancient & weaponless art of self-defense. The true goal is to better ones character through karate training and to reap all its benefits such as:

- Self-Defense
- Fitness and Health
- Coordination and Conditioning
- Focus and Balance
- Awareness and Confidence
- Improvement of Character

#### BIG AND LITTLE NINJAS

Tuesdays and Thursdays  
4:15-5:00pm  
3-7 years old *\*With Parent/Guardian\**

#### YOUTH KARATE

Tuesdays and Thursdays  
5:00-6:00pm  
8-14 years old

**TWO CLASSES PER WEEK!**  
**Only \$159 per month!**

Contact [Darryl.Smith@YMCAI.org](mailto:Darryl.Smith@YMCAI.org) to sign up  
First Class 9/17/19 - Registration begins 8/25/19

#### Big and Little Ninjas

Children and Parents/Guardians will learn traditional karate etiquette

- Basic karate techniques
- Good sportsmanship
- Following instructions
- Coordination and Focus
- Balance
- Fun types of Family Fitness
- Respect for themselves and others
- Bond with your Parent/Guardian

#### Youth Karate

- Children will learn traditional karate etiquette
- Basic karate techniques
- Basic techniques combined with movement and first forms
- Basic self-defense
- Good sportsmanship
- Following instructions
- Focus
- Respect for themselves and others

## KARATE IS FOR EVERYONE!



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY