

# YMCA at Glen Cove Pool Schedule

## Sunday, February 2, 2020 – Saturday April 11, 2020

SUN	MON	TUES	WED	THURS	FRI	SAT
6:00-9:00am Adult Swim	5:00-8:00am Adult Swim	5:00-8:00am Adult Swim	5:00-8:00am Adult Swim	5:00-8:00am Adult Swim	5:00-8:00am Adult Swim 8:00am-9:00am Swim Programs 3 Adult Lap Lanes	6:00-9:00am Adult Swim
9:00-12:00pm Swim Programs 3 Adult Lap Lanes	8:00-9:00am Swim Programs 3 Adult Lap Lanes	8:00-10:00am Swim Programs 3 Adult Lap Lanes	8:00-11:30am Swim Programs 3 Adult Lap Lanes	8:00-10:00am Swim Programs 2 Adult Lap Lanes	9:00-11:30am Pool Closed to Members	9:00-2:00pm Pool Closed to Members
12:00-4:00pm 3 Adult Lap Lanes Family Swim	9:00am-3:00pm 3 Adult Lap Lanes Family Swim	10:00am- 4:00pm 3 Adult Lap Lanes Family Swim	11:30am- 6:00pm 3 Adult Lap Lanes Family Swim	10:00am- 3:00pm 3 Adult Lap Lanes Family Swim	11:30am- 6:00pm 3 Adult Lap Lanes Family Swim	2:00-4:00pm 3 Adult Lap Lanes Family Swim
4:00-6:00am Adult Swim	3:00-7:30pm Swim Programs 2 Adult Lap Lanes	4:00-7:30pm Swim Programs 2 Adult Lap Lanes	6:00-7:30pm Swim Programs 2 Adult Lap Lanes	3:00-7:30pm Swim Programs 2 Adult Lap Lanes	6:00-7:30pm Swim Programs 2 Adult Lap Lanes	4:00-6:00am Adult Swim
	7:30-10:00pm 3 Adult Lap Lanes Family Swim	7:30-10:00pm 3 Adult Lap Lanes Family Swim	7:30-10:00pm 3 Adult Lap Lanes Family Swim	7:30-10:00pm 3 Adult Lap Lanes Family Swim	7:30-10:00pm 3 Adult Lap Lanes Family Swim	

Lap Lanes are for Continuous Lap Swimming

Adult Swim and Adult Lap Lanes are for patrons 16 years or older

Family Swim: Children 9 and under MUST be accompanied IN the water by a guardian at all times!

**\*Schedule Subject to Change\***

# AQUATICS Monday, February 3, 2020 – Saturday, April 4, 2020

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

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

## Dates of Lessons:

Monday Lessons	February 3, 10, 17, 24, March 2, 9, 16, 23, 30
Tuesday Lessons	February 4, 11, 18, 25, March 3, 10, 17, 24, 31
Wednesday Lessons	February 5, 12, 19, 26, March 4, 11, 18, 25, April 1
Thursday Lessons	February 6, 13, 20, 27, March 5, 12, 19, 26, April 2
Friday Lessons	February 7, 14, 21, 28, March 6, 13, 20, 27, April 3
Saturday Lessons	February 8, 15, 22, 29, March 7, 14, 21, 28, April 4

Schedules are subject to change  
Parents are *only* permitted on the pool deck for observation during the first and last class of the session – those dates are in blue

No make-up classes

## AQUATICS CONTINUED ...

CLASS	MON	TUES	WED	THURS	FRI	SAT
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### TEEN AQUATICS (12-17 years)

Swim Basics			7:30-8:15pm			12:55-1:40pm
Swim Strokes		7:30-8:15pm				12:55-1:40pm

### ADULT AQUATICS (17+ years)

Swim Basics			7:30-8:15pm			12:55-1:40pm
Swim Strokes		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		
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### 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				

Membership +	Program	Full
<b>Water Fitness:</b>	\$98	\$79
Registration is required – No Drop-Ins		

#### 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

#### 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

\*Swimmers are *only* allowed to come on the days they register for

Membership +	Program	Full
	\$151 ea. day	\$132 ea. day

#### SENSATIONAL SWIM

Progressive swim instruction available to students with special needs at the YMCA at Glen Cove. Based on a child's needs, a parent may be asked to enter the water.

#### LIFEGUARD TRAINING

Dates: February 15, 16, 17  
OR February 19, 20, 21  
Pretest: \$25  
Lifeguard Class: \$375

Membership +

	Program	Full
<b>ALL Swim Lessons:</b>	\$151	\$132