



YMCA East Hampton RECenter Fall II 2020-21 Schedule

Session Runs Monday, November 23 — Saturday, February 6
Contact: Sondra Vecchio: sondra.vecchio@ymcali.org | 631-329-6884

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SWIM LESSONS						
Stage A/B: Water Discovery & Exploration Infant & Toddler (6 months-3 years)		10:00am-10:30am	11:00am-11:30am			11:15am-11:45am
Stage 1: Water Acclimation Preschool (3-5 years)	4:00pm-4:30pm			4:00pm-4:30pm		9:00-9:30
Stage 2: Water Movement Preschool (3-5 years)	4:45pm-5:15pm		4:00pm-4:30pm		4:45pm-5:15pm	
Stage 3: Water Stamina Preschool (3-5 years)		4:00pm-4:30pm		4:45pm-5:15pm		9:45am-10:15am
Stage 4: Stroke Introduction Pre-School (3-5 years)		4:45pm-5:15pm			4:00pm-4:30pm	10:30am-11:00am
Stage 1: Water Acclimation School Age (6-12 years)	4:15pm-4:45pm					
Stage 2: Water Movement School Age (6-12 years)	5:15pm-5:45pm		5:15pm-5:45pm			9:00am-9:30am
Stage 3: Water Stamina School Age (6-12 years)		4:15pm-4:45pm			5:00pm-5:30pm	9:45am-10:15am
Stage 4: Stroke Introduction School Age (6-12 years)		5:15pm-5:45pm		4:15pm-4:45pm		10:30am-11:00am
Stage 5: Stroke Development School Age (6-12 years)						11:15am-11:45am
Stage 6: Stroke Mechanics School Age (6-12 years)						
Swim Club (6-12 years) * Instructor Approval	6:00pm-6:45pm	6:00pm-6:45pm	6:00pm-6:45pm	5:00pm-5:45pm		



YMCA East Hampton RECenter Fall II 2020-21 Schedule

Session Runs Monday, November 23 — Saturday, February 6
Contact: Sondra Vecchio: sondra.vecchio@ymcali.org | 631-329-6884

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ADULT PROGRAMS						
Morning Masters Meets 2x per week		6:00am-6:45am		6:00am-6:45am		
Mid-Morning Masters Meets 2x per week		9:00am-9:45am		9:00am-9:45am		
Evening Masters Meets 2x per week		7:00pm-7:45pm		7:00pm-7:45pm		
WATER FITNESS						
Arthritis Aquatics		11:00am-11:45am		11:00am-11:45am		
Aqua Zumba					8:00am-8:45am	
Water Slimnastics* (Previously called Water Aerobics)			8:00am-8:45am		9:00am-9:45am	

SWIM LESSONS— 9 WEEK SESSION

Classes meet once a week

Infant/Parent Lessons	Full \$ 150	Prog \$ 185
Preschool Lessons	Full \$ 150	Prog \$ 185
School Age Lessons	Full \$ 150	Prog \$ 185
Swim Club	Full \$ 160	Prog \$ 195

ADULT PROGRAMS 10 WEEK SESSION

Water Fitness Full	\$ 150	Prog	\$ 300
Masters Swim Full	\$ 180	Prog	\$ 215
No Drop in			

***SLIMNASTICS** : A total body exercise program performed mostly in shallow water. Aerobic plus upper and lower body strength training.

PRIVATE SWIM LESSONS

4-pk (30 minutes)	Full \$220	Prog \$265	Non-Member \$310
8-pk (30 minutes)	Full \$400	Prog \$480	Non-Member \$560

SEMI-PRIVATE LESSONS

2-3 participants; similar age & ability, same family

4-pk (30 minutes)	Full \$360	Prog \$405	Non-Member \$450
8-pk (30 minutes)	Full \$670	Prog \$750	Non-Member \$830