



Great South Bay YMCA Fall II 2020-21 Schedule

Session Runs November 23 — February 6

Contact: Lisa McKeown 516-344-6717 or Lisa.McKeown@ymcali.org

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SWIM LESSONS						
Stage A/B: Water Discovery & Exploration Infant & Toddler (6 months-3 years)		11:00-11:30am	11:00-11:30am	11:00-11:30am	10:15-10:45am	9:00-9:30am
Stage 1: Water Acclimation Preschool (3-5 years)	10:15-10:45am 2:00-2:30pm	10:15-10:45am	2:00-2:30pm	2:00-2:30pm 6:00-6:30pm	1:00-1:30pm	9:45-10:15am
Stage 1: Water Acclimation School Age (5-12 years)	4:15-4:45pm 6:00-6:30pm	3:30-4:00pm	3:30-4:00pm	4:15-4:45pm	3:30-4:00pm	10:30-11:00am
Stage 2: Water Movement Preschool (3-5 years)	10:15-10:45am 2:00-2:30pm	10:15-10:45am 6:00-6:30pm	2:00-2:30pm	10:15-10:45am 2:45-3:15pm	1:00-1:30pm	10:30-11:00am
Stage 2: Water Movement School Age (5-12 years)	3:30-4:00pm 6:00-6:30pm	3:30-4:00pm	3:30-4:00pm	4:15-4:45pm	3:30-4:00pm	11:15-11:45am
Stage 3: Water Stamina Preschool (3-5 years)	10:15-10:45am 2:00-2:30pm	1:00-1:30pm	2:00-2:30pm	1:00-1:30pm 6:00-6:30pm	11:00-11:30am 2:00-2:30pm	9:45-10:15am
Stage 3: Water Stamina School Age (5-12 years)	4:15-4:45pm	4:15-4:45pm	4:15-4:45pm	3:30-4:00pm 6:45-7:15pm	3:30-4:00pm	9:00-9:30am
Stage 4: Stroke Introduction Pre-School (3-5 years) School Age (5-12 years)		4:15-4:45pm 6:00-6:30pm	4:15-4:45pm	3:30-4:00pm	4:15-4:45pm	12:00-12:30pm PS & SA
Stage 5: Stroke Development School Age (5-12 years)	6:00-6:30pm			6:45-7:15pm	4:15-4:45pm	1:00-1:30pm
Stage 6: Stroke Mechanics School Age (5-12 years)	6:00-6:30pm			6:45-7:15pm	4:15-4:45pm	1:00-1:30pm
Lifeguard Prep (45 minutes)						1:00-1:45pm
Swim Basics Teen (12-17 years) (45 minutes)	6:45-7:30pm					
Sensational Swim special needs			6:00-6:30 7:00-7:30			



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ADULT PROGRAMS						
Swim Strokes Adult (17 and over)		6:45-7:30pm		9:15-10:00am		
WATER FITNESS						
Water Slimnastics	9:15-10:00am			9:15-10:00am	9:15-10:00am	
Aqua Jog		9:15-10:00am				
AFYAP	1:00-1:45pm		1:00-1:45pm			
Senior Shape Up		1:00-1:45pm		1:00-1:45pm		
Powerwalking	11:00-11:45am		9:00-9:45am			
Aqua Balance			10:00-10:45am			

SWIM LESSONS- 9 WK SESSION

Classes meet once a week

30 minute class Full \$135 Prog \$170
45 minute class Full \$150 Prog \$185

WATER FITNESS 9 WK SESSION

Full \$135 Prog \$270
No Drop in

PRIVATE SWIM LESSONS

4-pk (30 minutes) \$220
8-pk (30 minutes) \$400

SEMI-PRIVATE LESSONS

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

4-pk (30 minutes) \$360
8-pk (30 minutes) \$670