



YMCA at Glen Cove Fall II 2020-21 Schedule

Session Runs November 23 — February 6

Contact: Adrienne Rosenberg (516) 671-8270 ext. 5419
 Adrienne.Rosenberg@ymcali.org

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SWIM LESSONS						
Stage A: Water Discovery (6 months-3 years)		10:15-10:45am	10:15-10:45am	10:15-10:45am	10:15-10:45am	10:45-11:15am
Stage B: Water Exploration (6 months-3 years)	10:15-10:45am	11:00-11:30am	11:00-11:30am	11:00-11:30am	11:00-11:30am	
Stage 1: Water Acclimation Preschool (3-5 years)	3:15-3:45pm		1:00-1:30pm	3:30-4:00pm	3:30-4:00pm	10:00-10:30am
Stage 1: Water Acclimation School Age (5-12 years)	4:00-4:30pm	4:45-5:15pm				9:15-9:45am
Stage 2: Water Movement Pre-school (3-5 years)	3:15-3:45pm	4:00-4:30pm	3:00-3:30pm	3:30-4:00pm		10:00-10:30am
Stage 2: Water Movement School Age (5-12 years)	4:00-4:30pm	4:45-5:15pm		4:15-4:45pm		9:15-9:45am
Stage 3: Water Stamina Preschool (3-5 years)		4:00-4:30pm	4:00-4:30pm	5:00-5:30pm	4:15-4:45pm	10:00-10:30am
Stage 3: Water Stamina School Age (5-12 years)	4:00-4:30pm			4:15-4:45pm		9:15-9:45am 11:30a-12:00pm
Stage 4: Stroke Introduction PreSchool (3-5 years)						10:00-10:30am
Stage 4: Stroke Introduction School Age (5-12 years)	4:45-5:15pm		5:00-5:30pm	5:00-5:30pm		9:15-9:45am 11:30a-12:00pm
Stage 5: Stroke Development School Age (5-12 years)	4:45-5:15pm	5:30-6:00pm		5:00-5:30pm		11:30a-12:00pm
Stage 6: Stroke Mechanics School Age (5-12 years)		5:30-6:00pm	5:00-5:30pm		4:15-4:45pm	11:30a-12:00pm
Swim Basics Teen (12-17 years)		6:00-6:45pm				12:15-1:00pm
Swim Strokes Teen (12-17 years)			6:00-6:45pm	5:45-6:30pm	5:00-5:45pm	
Swim Club (7-17 years) *Intended for competitive swimmers*	6:00-6:45pm	7:00-7:45pm		6:45-7:15pm		



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CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ADULT PROGRAMS						
Swim Basics Adult (17 & over)	1:00-1:45pm	6:00-6:45pm				12:15-1:00pm
Swim Strokes Adult (17 & over)			7:00-7:45pm	5:45-6:30pm	5:00-5:45pm	
PRIVATE/SEMI-PRIVATE						
Private/Semi-Private Lessons	2:00-3:00pm 5:00-7:45pm	3:30-6:00pm	12:00-3:00pm 6:30-7:30pm	11:30a-12:00pm 5:30-7:30pm	10:00am-12:00pm 3:00-4:00pm	8:00-9:00am 1:00-2:00p
WATER FITNESS						
AquaJog		9:00-9:45am				
HydroSculpt			9:00-9:45am			
Waterslimnastics				8:00-8:45am		

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