



Huntington YMCA Fall II 2020-21 Schedule

Session Runs November 23 — February 6

AQUATICS SCHEDULE

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
INFANT/TODDLER AQUATICS LESSONS (6 months– 3 years)						
Stage A/B: Water Discovery & Exploration (6 months-3 years)	9:15-9:45am A		9:15-9:45am A	9:15-9:45am A		10:30-11:00am A
PRESCHOOL AQUATICS LESSONS (3-5 years)						
Stage 1: Water Acclimation	2:15-2:45pm A 4:00-4:30pm N	4:40-5:10pm N	1:15-1:45pm A	10:15-10:45am A 4:40-5:10pm	4:00-4:30pm N	9:45-10:15am A 11:15-11:45am A
Stage 2: Water Movement	1:15-1:45pm A	4:00-4:30pm N	2:15-2:45pm A 5:20-5:50pm N	4:00-4:30pm N	4:40-5:10pm N	9:00-9:30am A 10:30-11:00am A 1:00-1:30pm N
Stage 3: Water Stamina		2:15-2:45pm A	4:00-4:30pm N			11:15-11:45am A
Stage 4: Stroke Introduction						9:45-10:15am A
SCHOOL-AGE AQUATICS LESSONS (6-12 years)						
Stage 1: Water Acclimation			4:40-5:10pm N			12:15-12:45pm N
Stage 2: Water Movement	4:40-5:10pm N	5:20-5:50pm N	4:00-4:30pm N			9:15-9:45am N 10:00-10:30am N 11:30-12:00pm N
Stage 3: Water Stamina	4:00-4:30pm N	4:40-5:10pm N		5:20-5:50pm N	4:00-4:30pm N	9:00-9:30am A 10:00-10:30am N
Stage 4: Stroke Introduction	4:40-5:10pm N	5:20-5:50pm N	5:20-5:50pm N	4:00-4:30pm N 5:20-5:50pm N	4:40-5:10pm N	9:15-9:45am N 10:45-11:15am N 11:30-12:00pm N
Stage 5: Stroke Development	5:20-5:50pm N	4:00-4:30pm N	4:40-5:10pm N		5:20-5:50pm N	10:45-11:15am N 1:00-1:30am N
Stage 6: Stroke Mechanics	5:20-5:50pm N			4:40-5:10pm N	5:20-5:50pm N	12:15-12:45pm N
TEEN AQUATICS LESSONS (12-17 years)						
Teen Basics (Stg 1-4)			6:00-6:45pm N			12:00-12:45pm A
Teen Stokes (Stg 5-6)		6:00-6:45pm N	6:00-6:45pm N			12:00-12:45pm A
Swim Club	6:00-6:45pm N		7:00-7:45pm N	6:00-6:45pm N		

A=Albicocco Pool N= Norton Pool

There will be no classes December 24th– January 1st.
Classes will resume on January 2nd.
Thursday classes will be prorated for 8 weeks

SWIM LESSONS– 9 WEEK SESSION

Classes meet once a week

30 minute class Full \$135 Prog \$170

45 minute class Full \$150 Prog \$185

HUNTINGTON YMCA

60 Main Street Huntington, NY 11743 · 631.421.4242 · YMCALI.ORG



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AQUATICS SCHEDULE

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ADULT AQUATICS PROGRAMS (18+)						
Adult Basics (Stg 1-4)		9:00-9:45am A				
Adult Strokes (Stg 5-6)					9:00-9:45am A	
WATER FITNESS						
Hydrofit	10:00-10:45am A				10:00-10:45am A	
Aqua Balance			10:00-10:45am A			

A=Albicocco Pool N= Norton Pool

There will be no classes December 24th– January 1st.
Classes will resume on January 2nd.
Thursday classes will be prorated for 8 weeks

WATER FITNESS 9 WEEK SESSION

Full \$135 Prog \$270
No Drop in

SWIM LESSONS– 9 WEEK SESSION

Classes meet once a week

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

PRIVATE SWIM LESSONS

4 lessons (30 minutes) \$220
8 lessons (30 minutes) \$400

SEMI-PRIVATE LESSONS

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

4 lessons (30 minutes) \$360
8 lessons (30 minutes) \$670

To schedule a private or semi-private swim lesson please
contact: Carrie Williams at
Carrie.williams@ymcali.org or (631)574-2124

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