



# Patchogue Family YMCA Fall II 2020-21 Schedule

Session Runs November 23rd — February 6th

Registration Starts Monday, November 9th

Christina Frank 631-891-1815 or [Christina.Frank@ymcali.org](mailto:Christina.Frank@ymcali.org)

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>SWIM LESSONS</b>						
Stage A/B: Water Discovery & Exploration Infant & Toddler (6 months-3 years)	11:15-11:45am 5:15-5:45pm			5:30-6:00pm	10:15-10:45am	10:30-11:00am
Stage 1: Water Acclimation Preschool (3-5 years)	10:15-10:45am 1:15-1:45pm 5:15-5:45pm	1:15-1:45pm	2:15-2:45pm 3:45-4:15pm	2:15-2:45pm	11:15-11:45am 3:15-3:45pm	10:30-11:00am
Stage 1: Water Acclimation School Age (5-12 years)	4:30-5:00pm			5:30-6:00pm		9:00-9:30am
Stage 2: Water Movement Preschool (3-5 years)	2:15-2:45pm 3:45-4:15pm	2:15-2:45pm	4:30-5:00pm	11:15-11:45am	1:15-1:45pm	9:45-10:15am
Stage 2: Water Movement School Age (5-12 years)		5:15-5:45pm	4:30-5:00pm		4:15-4:45pm	11:15-11:45am
Stage 3: Water Stamina Preschool (3-5 years)	4:30-5:00pm		5:15-5:45pm	1:15-1:45pm	2:15-2:45pm	
Stage 3: Water Stamina School Age (5-12 years)			3:45-4:15pm	6:15-6:45pm		11:15-11:45am
Stage 4: Stroke Introduction School Age (5-12 years)	3:45-4:15pm		5:15-5:45pm		5:15-5:45pm	9:00-9:30am
Stage 5: Stroke Development School Age (5-12 years)		5:15-5:45pm				9:45-10:15am
Stage 6: Stroke Mechanics School Age (5-12 years)				6:15-6:45pm		
Sensational Swim (4-12 years with parents)						9:45-10:15am
Swim Basics & Strokes Adult (17 and over)		6:00-6:45pm		10:00-10:45am		
Swim Basics & Strokes Teen (12-17 years)				7:00-7:45pm		
<b>COMPETITION</b>						
Beginner Pre-Swim Team		6:00-6:45pm				
Advanced Pre-Swim Team		7:00-7:45pm		7:00-7:45pm		
<b>LEADERSHIP</b>						
Lifeguard Prep		7:00-7:45pm				
<b>WATER FITNESS</b>						
Aqua Aerobics		9:00am-9:45am	9:00am-9:45am		9:00am-9:45am	
Aqua Jog	9:00am-9:45am					

**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

Email Christina Frank for scheduling

There will be no classes  
November 26th, December 24-  
January 1st

Thursday classes will be pro-rated  
for 8 weeks

**WATER FITNESS 10 WK SESSION**

Full \$150 Prog \$300

No Drop in

**SWIM LESSONS- 9 WK SESSION**

Classes meet once a week

30 minute class Full \$135 Prog \$170

45 minute class Full \$150 Prog \$185