



YMCA at Glen Cove Winter 2021 Schedule

Session Runs February 7—April 17

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)						10:45-11:15am
Stage B: Water Exploration (6 months-3 years)						
Stage 1: Water Acclimation Preschool (3-5 years)						10:00-10:30am
Stage 1: Water Acclimation School Age (5-12 years)						9:15-9:45am
Stage 2: Water Movement Preschool (3-5 years)	3:15-3:45pm					10:00-10:30am
Stage 2: Water Movement School Age (5-12 years)						12:00-12:30pm
Stage 3: Water Stamina Preschool (3-5 years)						12:00-12:30pm
Stage 3: Water Stamina School Age (5-12 years)						9:15-9:45am 12:45-1:15pm
Stage 4: Stroke Introduction Preschool (3-5 years)						
Stage 4: Stroke Introduction School Age (5-12 years)				5:00-5:30pm		9:15-9:45am 11:30a-12:00pm
Stage 5: Stroke Development School Age (5-12 years)		5:30-6:00pm		5:00-5:30pm		11:30a-12:00pm 12:45-1:15pm
Stage 6: Stroke Mechanics School Age (5-12 years)						11:30a-12:00pm
Swim Basics Teen (12-17 years)						
Swim Strokes Teen (12-17 years)						
Swim Club (7-17 years) *Intended for competitive swimmers*	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm	6:00-6:45pm		



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ADULT PROGRAMS						
Swim Basics Adult (17 & over)						
Swim Strokes Adult (17 & over)						
PRIVATE/SEMI-PRIVATE						
Private/Semi-Private Lessons						
WATER FITNESS						
AquaJog						
HydroSculpt						
Waterslimnastics						

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