



HUNTINGTON YMCA WINTER 2021 Schedule

Session Runs February 8 – April 10, 2021

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	2:15–2:45am A 4:00–4:30pm N	4:40–5:10pm N		10:15–10:45am A 4:40–5:10pm N	4:00–4:30pm N	9:45–10:15am A 11:15–11:45am A
Stage 2: Water Movement		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			
Stage 2: Water Movement		5:20–5:50pm N	4:00–4:30pm 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	10:00–10:30am N
Stage 4: Stroke Introduction	4:40–5:10pm N	5:20–5:50pm N	5:20–5:50pm N	5:20–5:50pm N	4:40–5:10pm N	9:00–9:30am N 10:45–11:15am 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 Strokes (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			6:00–6:45pm N		1:00–1:45pm N

A=Albicocco Pool N= Norton Pool

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	
ADULT 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

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

SWIM LESSONS: 9-WEEK SESSION

Classes meet once a week

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

WATER FITNESS: 9-WEEK SESSION

Full \$135 Prog \$270
No Drop in

Huntington YMCA Spring Intramural Soccer 2021

Session Dates: April 4th- June 11th

Ages 3 -12

Registration begins January 25th online at YMCALI.ORG/SOCCER2021

Located on our YMCA field

Practices are held during the week, games are on Saturday mornings

\$100 Full Member \$115 Program Members

Volunteer Coaches Needed!

For more information contact: Casey Filippone

Casey.filippone@ymcali.org or 631-574-2154



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