



# Patchogue Family YMCA Winter 2021 Schedule

Session Runs February 8th —April 17th

Contact: Christina Frank 631-891-1815

Christina.Frank@ymcali.org

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>SWIM LESSONS</b>						
Stage A/B: Water Discovery & Exploration (6 months-3 years with Parent/Guardian)				5:30-6:00pm	10:00-10:30am	10:30-11:00am
Stage 1: Water Acclimation Preschool (3-5 years)	10:00-10:30am 5:15-5:45pm		11:00-11:30am 3:45-4:15pm		11:00-11:30am 3:00-3:30pm	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)	3:45-4:15pm	11:00-11:30am	10:00-10:30am 4:30-5:00pm	11:00-11:30am		9:45-10:15am
Stage 2: Water Movement School Age (5-12 years)		5:15-5:45pm	4:30-5:00pm		4:00-4:30pm	11:15-11:45am
Stage 3: Water Stamina Preschool (3-5 years)	11:00-11:30am 4:30-5:00pm	10:00-10:30am	5:15-5:45pm			
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)	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	5:00-5:30pm	
Sensational Swim Special Needs (4-12 years with parents)						9:45-10:15am
Swim Basics & Strokes Teen (12-17 years)				7:00-7:45pm		
Swim Basics & Strokes Adult (17 years & over)		6:00-6:45pm		10:00-10:45am		
<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 Jog	9:00-9:45am					
Aqua Aerobics		9:00-9:45am	9:00-9:45am		9:00-9:45am	

**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

All swim lessons are 9 weeks.

**Pool will be closed for maintenance Friday 4/2 at 10:00am and reopen Monday 4/5**

Monday-Thursday swim lessons will end April 10th

Week of April 12th will be used as a make-up only if the YMCA cancels. Friday and Saturday swim lessons will end April 16th & April 17th

**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