



Patchogue Family YMCA Spring 2021 Schedule

Session Runs Monday, April 19th — June 21st

Registration Starts Monday, April 5th

Contact: Christina Frank 631-891-1815

Christina.Frank@ymcali.org

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

WATER FITNESS-9 WK SESSION

Full \$135 Prog \$270

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

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

No class Monday 5/31 for Memorial Day

Last day for Monday classes is 6/21

All other classes will end by Saturday, June 19th



Patchogue Family YMCA Spring 2021 Schedule

Session Runs April 18—June 26

Contact: Darryl Smith
Darryl.Smith@ymcali.org

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
YOUTH FITNESS						
Fit Kit Y Warriors (4-6 years)			4:00-5:00pm			
YOUTH SPORTS						
Youth Basketball Age (8-11 years)						9:30-10:30 am

All Youth Classes - 10 WK Session
Classes meet once a week
Fees
Full \$100 Prog \$125

Fitness Group Training –10 WK Session
Classes meet once a week
Fees: Full \$150 Prog \$175
Small Group Training: Take your fitness to the next level with our coaches and a small group of 4-8 people. Designed to achieve your health and wellness goals.
Offered on Thursday 9:15-10:15 am
For more information please email Brittany.Mueller@ymcali.org