



Great South Bay YMCA Spring 2021 Schedule

Session Runs April 18—June 26

CLASS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SWIM LESSONS							
Stage A/B: Water Discovery & Exploration (6 mos-3 yrs)			6-6:30pm		10:15-10:45am 6-6:30pm	10:15-10:45am	11:15-11:45am
Stage 1: Water Acclimation Preschool (3-5 yrs)	10:30-11:00am	10:15-10:45am			11:00-11:30am 6-6:30pm	1:00-1:30pm	9:45-10:15am
Stage 1: Water Acclimation School Age (5-12 yrs)	9:00-9:30am	3:30-4:00pm 6:00-6:30pm			4:15-4:45pm	3:30-4:00pm	10:30-11:00am
Stage 2: Water Movement Preschool (3-5 yrs)	9:45-10:15am	10:15-10:45am	10:15-10:45am 6:00-6:30pm				10:30-11:00am
Stage 2: Water Movement School Age (5-12 yrs)	11:15-11:45am	6:00-6:30pm		3:30-4:00pm	4:15-4:45pm	3:30-4:00pm	11:15-11:45am
Stage 3: Water Stamina Preschool (3-5 yrs)	11:15-11:45am	1:00-1:30pm		10:15-10:45am	6:00-6:30pm		9:45-10:15am
Stage 3: Water Stamina School Age (5-12 yrs)	10:30-11:00am		3:30-4:00pm	4:15-4:45pm	6:45-7:15pm	3:30-4:00pm	9:00-9:30am
Stage 4: Stroke Introduction Preschool (3-5 yrs)							12:00-12:30pm
Stage 4: Stroke Introduction School Age (5-12 yrs)	9:45-10:15am	6:45-7:15pm	4:15-4:45pm	4:15-4:45pm	3:30-4:00pm	4:15-4:45pm	12:00-12:30pm
Stage 5: Stroke Development School Age (5-12 yrs)	9:00-9:30am	6:00-6:30pm			6:45-7:15pm	4:15-4:45pm	9:00-9:30am
Stage 6: Stroke Mechanics School Age (5-12 yrs)	9:00-9:30am	6:00-6:30pm			6:45-7:15pm	4:15-4:45pm	9:00-9:30am
Beginner Pre-Swim Team (45 min)			6:45-7:30pm				
Intermediate Pre-Swim Team (45 min)					4:00-4:45pm		
Lifeguard Prep (45 min)							1:00-1:45pm
Swim Basics Teen (12-17 yrs)		6:45-7:30pm					
Sensational Swim Special Needs				6:00-6:30pm 7:00-7:30pm			

CLASS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ADULT AQUATIC PROGRAMS							
ADULT SWIM LESSONS							
Swim Strokes Adult (17+) (45 min)			6::45-7:30pm		9:15-10:00am		
WATER FITNESS							
Water Slimnastics		9:15-10:00am			9:15-10:00am	9:15-10:00am	
Aqua Jog			9:15-10:00am				
AFYAP		1:00-1:45pm					
Senior Shape Up			1:00-1:45pm		1:00-1:45pm		
Power Water Walking		11:00-11:45am		9:00-9:45am			
Aqua Balance				10:00-10:45am			
		ADULT	FITNESS	PROGRAMS			
Functional Training				10:30-11:30am	6:00-7:00am	8:00-9:00am	6:00-7:00am
YOUTH FITNESS							
Speed & Agility 8-12 yrs.		4:00-5:00pm					
Intro to Weight Training 8-12 yrs.				4:00-5:00pm			
YOUTH SPORTS							
Basketball Clinic Ages 6-8							9:30-10:30am
Basketball Clinic Ages 9-12							10:30-11:30am
Pee Wee Sports Sampler Ages 5-6							9:30-10:30am
Pee Wee Sports Sampler Ages 7-10							10:30-11:30am
Co-Ed Volleyball Training Ages 8-11			5:00-6:00pm				
Co-Ed Volleyball Training Ages 12-15			6:15-7:15pm				
YOUTH MOVEMENT							
Toddler Gym & Art Age 2				10:00-11:15am			
Pre-School Gym & Art Age 3-4				11:30-12:45pm			

SWIM LESSONS-9 WK SESSION

Classes meet once a week

30 minute class Full \$135 Program \$170

45 minute class Full \$150 Program \$185

WATER FITNESS-9 WK SESSION

Full \$135 Program \$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

YOUTH SPORTS/MOVEMENT/FITNESS-10 WK SESSION

Classes meet once a week

One Hour Class Full \$100 Program \$125

SMALL GROUP TRAINING ADULT FITNESS-10 WK SESSION

Full \$150 Program \$175



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Session Runs April 18—June 26

Contact: Lisa McKeown (516) 344-6717 or Lisa.McKeown@ymcali.org

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ADULT LAP SWIM SCHEDULE						
	5-5:45am	5-5:45am	5-5:45am	5-5:45am	5-5:45am	
	6-6:45am	6-6:45am	6-6:45am	6-6:45am	6-6:45am	
7-7:45am	7-7:45am	7-7:45am	7-7:45am	7-7:45am	7-7:45am	7-7:45am
8-8:45am	8-8:45am	8-8:45am	8-8:45am	8-8:45am	8-8:45am	8-8:45am
	11-11:45am	11-11:45am	11-11:45am	11-11:45am	11-11:45am	
12-12:45pm	12-12:45pm	12-12:45pm	12-12:45pm	12-12:45pm	12-12:45pm	
	1-1:45pm	1-1:45pm	1-1:45pm	1-1:45pm	1-1:45pm	1-1:45pm
						2-2:45pm
						3-3:45pm
	5-5:45pm	5-5:45pm	5-5:45pm	5-5:45pm	5-5:45pm	
	6-6:45pm	6-6:45pm	6-6:45pm	6-6:45pm	6-6:45pm	
	7-7:45pm	7-7:45pm	7-7:45pm	7-7:45pm	7-7:45pm	