

Great South Bay YMCA

200 West Main Street, Bay Shore, NY 11706 | 631.665.4255 | YMCALI.org

FALL 1 SESSION: Sunday, September 11–November 19, 2022

CONTACT: Lisa McKeown | 631.344.6717 | Lisa.McKeown@ymcali.org

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	
AQUATICS PROGRAMS									
INFANT/TODDLER SWIM LESSONS (6 MONTHS– 3 YEARS OLD) Classes meet once per week for 9 weeks. 30 minutes								FULL	PROGRAM
STAGE: A Water Discovery			6:00–6:30pm		10:15–10:45am 6:00–6:30pm	10:00–10:30am	11:00–11:30am	\$142	\$179
STAGE: B Water Discovery		6:00–6:30pm (Stage B only)	6:00–6:30pm		10:15–10:45am 6:00–6:30pm	10:00–10:30am	11:00–11:30am	\$142	\$179
PRESCHOOL SWIM LESSONS (3–5 YEARS OLD) Classes meet once per week for 9 weeks. 30 minutes									
STAGE 1 Water Acclimation		3:30–4:00pm	10:00–10:30am	1:00–1:30pm 4:00–4:30pm	6:00–6:30pm	1:00–1:30pm	9:30–10:00am 11:30am–12:00pm	\$142	\$179
STAGE 2 Water Movement		4:00–4:30pm	6:00–6:30pm	3:30–4:00pm			10:30–11:00am 12:00–12:30pm	\$142	\$179
STAGE 3 Water Stamina		4:30–5:00pm	4:30–5:00pm		3:30–4:00pm		9:30–10:00am	\$142	\$179
STAGE 4 Stroke Introduction							10:00–10:30am	\$142	\$179
SCHOOL-AGE SWIM LESSONS (6–12 YEARS OLD) Classes meet once per week for 9 weeks. 30 minutes									
STAGE 1 Water Acclimation		6:30–7:00pm	4:30–5:00pm	4:30–5:00pm	4:30–5:00pm		10:30–11:00am 12:00–12:30pm	\$142	\$179
STAGE 2 Water Movement		6:30–7:00pm	3:30–4:00pm	4:30–5:00pm		4:00–4:30pm	10:00–10:30am 12:30–1:00pm	\$142	\$179
STAGE 3 Water Stamina		4:30–5:00pm	4:00–4:30pm	3:30–4:00pm	6:30–7:00pm		9:00–9:30am 11:30am–12:00pm	\$142	\$179
STAGE 4 Stroke Introduction		7:00–7:30pm	4:00–4:30pm		4:00–4:30pm		10:00–10:30am	\$142	\$179
STAGE 5 Stroke Development		6:00–6:30pm		4:00–4:30pm	6:30–7:00pm	4:30–5:00pm	9:00–9:30am	\$142	\$179
STAGE 6 Stroke Mechanics		6:00–6:30pm		4:00–4:30pm	6:30–7:00pm	4:30–5:00pm	9:00–9:30am	\$142	\$179

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WATER POLO Swim test required.								FULL	PROGRAM

WATER POLO Beginner	10:15–11:15am							\$150	\$200
WATER POLO Intermediate	9:00–10:00am							\$150	\$200

PRE SWIM TEAM PREP Classes meet once per week for 9 weeks. 45 minutes

PRE-SWIM TEAM Beginner			6:45–7:30pm					\$158	\$194
PRE-SWIM TEAM Intermediate					7:00–7:45pm			\$158	\$194
PRE-SWIM TEAM Advanced (2x/week)			4:00–4:45pm		4:00–4:45pm			\$200	\$255

AQUATICS PROGRAMS

Lifeguard Prep	11:15am–12:00pm							\$158	\$194
Swim Basics TEEN (Ages 12–17)		6:30–7:15pm						\$158	\$194
Sensational Swim Special Needs				6:00–6:30pm 7:00–7:30pm				\$142	\$179

ADULT SWIM LESSONS/WORKOUT (17+ YEARS OLD)

Swim Strokes Adult			6:45–7:30pm		8:45–9:30am			\$158	\$194
Adult Swim Workout (2x/week)			5:30–7:00am		5:30–7:00am			\$180	\$290

ADULT SWIM FITNESS

AFYAP		1:00–2:00pm				10:30–11:30am		\$150	\$200
Aqua Jog			8:30–9:30am					\$150	\$200
Senior Shape Up			1:00–2:00pm		1:00–2:00pm			\$150	\$200
Water Slimnastics		9:00–10:00am			8:30–9:30am	9:00–10:00am		\$150	\$200
Power Water Walking				9:00–9:45am	9:30–10:15am			\$113	\$150
Aqua Balance				9:45–10:30am				\$113	\$150
Aqua Power Express			9:30–10:00am					\$75	\$100

Private Swim Lessons

- 4-pk (30 minutes) \$231
- 8-pk (30 minutes) \$420
- 12-pk (30 minutes) \$573

Semi-Private Swim Lessons

- 2–3 participants; similar age & ability
- 4-pk (30 minutes) \$378 (\$189/person)
 - 8-pk (30 minutes) \$705 (\$352.50/person)
 - 12-pk (30 minutes) \$961 (\$480.50/person)

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FALL 1 SESSION: Sunday, September 11–November 19, 2022

CONTACT: Linda McKeever/Nicole Hamer | 631.344.6728

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YOUTH MOVEMENT PROGRAMS

TODDLER GYM CLASS Classes meet once per week for 10 weeks.

Toddler Gym Class Ages 1 1/2 - 2				8:30-9:30am				FULL \$100	PROGRAM \$125
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PRESCHOOL GYM AND ART Classes meet once per week for 10 weeks.

Preschool Gym and Art Ages 2-3				9:45-11:15am				\$140	\$175
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YOUTH SPORTS PROGRAMS

PEE WEE CO-ED SPORTS SAMPLER Classes meet once per week for 10 weeks. 45 minutes

Pee Wee Co-Ed Sports			4:00-5:00pm (Ages 5-7)				9:15-10:15am (Ages 5-6) 10:15-11:15am (Ages 3-4)	\$100	\$125
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YOUTH BASKETBALL Classes meet once per week for 10 weeks. 60 minutes

Youth Basketball Instructional							9:15-10:15am (Ages 6-8) 10:15-11:15am (Ages 9-12)	\$100	\$125
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YOUTH CO-ED VOLLEYBALL Classes meet once per week for 10 weeks. 45 minutes

Co-Ed Volleyball Instructional			5:00-6:00pm (Ages 8-11) 6:15-7:15pm (Ages 12-15)					\$100	\$125
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PRE-TEEN NIGHT IS BACK!
GRADES 5-8
6:30PM-8:45PM
No fee. Members only.
10/14, 10/28, 11/4, 11/18, 12/2, 12/16

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CONTACT: Despina Tenedorio | 516.344.6715 | Despina.Tenedorio@ymcali.org

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HEALTH & WELLNESS PROGRAMS

PICKLEBALL Classes meet once per week for 5 weeks.

								FULL	PROGRAM
Pickleball Beginner				12:00–1:00pm				\$55	\$70

SMALL GROUP TRAINING

Small Group Training			10:15–11:00am		10:15–11:00am	5:00–5:45pm	9:30–10:15am	\$150	\$175
Senior Small Group Training			11:15am–12:00pm					\$150	\$175

BOOTCAMP Classes meet once per week for 10 weeks. 60 minutes

Boot Camp (8–15 yrs.)			4:00–5:00pm					\$105	\$150
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WEIGHT-LIFTING Classes meet once per week for 10 weeks. 60 minutes

Intro to Weight-Lifting (13–16yrs.)					4:00–5:00pm			\$105	\$150
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ADULT PROGRAMS

LIVESTRONG Classes meet 2/week per week.

LIVESTrong					TBA 1.5 hours		TBA 1.5 hours	FREE	FREE
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MOVING FOR BETTER BALANCE Classes meet 2/week per week. Non-members fee: \$150

Moving for Better Balance			12:15–1:15pm			12:45–1:45pm		FREE	\$75
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ADULT LEAGUES

VOLLEYBALL Nicole Hamer | 516.344.6728 | Nicole.Hamer@ymcali.org

Adult Co-Ed Volleyball League Beginners & Intermediate Begins 10/13					6:00–9:00pm			\$400/team	
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BASKETBALL Mike Passerello | 516.344.6707 | Mike.Passerello@ymcali.org

Adult Basketball League (40+) Begins 10/12				6:00–9:00pm				\$120	\$150
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