

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 Exploration		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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								FULL	PROGRAM	
WATER POLO Swim test required.										
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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CONTACT: Linda McKeever/Nicole Hamer | 631.344.6728

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	
YOUTH MOVEMENT PROGRAMS									
TODDLER GYM CLASS Classes meet once per week for 10 weeks.								FULL	PROGRAM
Toddler Gym Class Ages 1 1/2 - 2				8:30-9:30am				\$100	\$125
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
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
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
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

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

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price		
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	
WEIGHT-LIFTING Classes meet once per week for 10 weeks. 60 minutes										
Intro to Weight-Lifting (13–16yrs.)					4:00–5:00pm			\$105	\$150	
ADULT PROGRAMS										
LIVESTRONG Classes meet 2/week per week.										
LIVEStrong					TBA 1.5 hours		TBA 1.5 hours	FREE	FREE	
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	
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	
BASKETBALL Mike Passerello 516.344.6707 Mike.Passerello@ymcali.org										
Adult Basketball League (40+) Begins 10/12				6:00–9:00pm				\$120	\$150	