

YMCA at Glen Cove

125 Dosoris Lane, Glen Cove, NY 11542 | 516.671.8270 | YMCALI.org

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

CONTACT: Ally Considine | 516.583.5419 | Alexandra.Considine@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		10:45–11:15am		10:00–10:30am			10:45–11:15am	\$142	\$179
STAGE: B Water Exploration		10:00–10:30am		10:45–11:15am			10:45–11:15am	\$142	\$179
PRESCHOOL SWIM LESSONS (3–5 YEARS OLD) Classes meet once per week for 9 weeks. 30 minutes									
STAGE 1 Water Acclimation		3:45–4:15pm	3:45–4:15pm		4:30pm–5:00pm		9:15–9:45am	\$142	\$179
STAGE 2 Water Movement		3:45–4:15pm	4:30–5:15		3:45–4:15pm		10:00–10:30am	\$142	\$179
STAGE 3 Water Stamina		4:30–5:00pm	3:45–4:15pm		5:15–5:45pm		10:00–10:30am	\$142	\$179
STAGE 4 Stroke Introduction		3:45–4:15pm		5:15pm–5:45pm			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		4:30–5:00pm	5:15–5:45pm		5:15–5:45pm			\$142	\$179
STAGE 2 Water Movement		5:15–5:45pm	4:30–5:00pm	5:15–5:45pm	4:30–5:00pm		9:15–9:45am	\$142	\$179
STAGE 3 Water Stamina		5:15–5:45pm	5:15–5:45pm		3:45–4:15pm		9:15–9:45am	\$142	\$179
STAGE 4 Stroke Introduction			4:30–5:00pm		4:30–5:00pm		11:30–12:00pm	\$142	\$179
STAGE 5 Stroke Development		4:30–5:00pm		5:15–5:45pm			11:30–12:00pm	\$142	\$179
STAGE 6 Stroke Mechanics			5:15–5:45pm		5:15–5:45pm			\$142	\$179
SWIM CLUB									
Swim Club		6:00–6:45pm	6:00–6:45pm	6:00–6:45pm	6:00–6:45pm			\$158	\$194
SWIMNASTICS									
Swimnastics				9:00–9:50am				\$150	\$200

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) \$704 (\$352.50/person)
 - 12-pk (30 minutes) \$961 (\$480.50/person)

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CONTACT: Joseph Furman/JeanAnne Valance | 516.671.8270

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YOUTH PROGRAMS CONTACT: Joseph Furman 516.671.8270, xt 5439 Joseph.Furman@ymcali.org									
SOCCER CLINIC Classes meet once per week for 10 weeks. 60 minutes									
Ages 5-10							12:30-1:30pm	\$105	\$130
Y HOOPS BASKETBALL									
Youth Scrimmage Basketball League (Ages 5-7)					5:00-6:00pm		11:00-12:00pm	\$175	\$200
Youth Scrimmage Basketball League (Ages 8-10)					6:00-7:00pm		10:00-11:00am	\$175	\$200
Y Hoops Clinic (Ages 6-9)				5:00-6:00pm				\$105	\$130
Y Hoops Clinic (Ages 10-14)				6:00-7:00pm				\$105	\$130
JUNIOR PRE SPORTS Classes meet once per 10 weeks. Start September 17 and ends November 19. 55 minutes.									
Junior Pre-Sports (Ages 4 to 6)							9:00-9:55am	\$105	\$130

PRE-TEEN NIGHT IS BACK!

GRADES 5-8
7PM-9PM
Free and Open to the Community
10/14, 10/28, 11/4, 11/18, 12/2, 12/16

HEALTH & WELLNESS PROGRAMS

 CONTACT: JeanAnne Valance | 516.671.8270, xt. 5421 | Jeananne.Valance@ymcali.org

SMALL GROUP TRAINING Classes meet once per week for 10 weeks. 60 minutes

Small Group Training		11:30-12:30pm w/Michaela (Fitness Center)					11:30-12:30pm w/Michaela (Fitness Center)	\$150	\$175
SGT Teens 13+				3:30-4:30pm w/ Sean B (Fitness Center)				\$150	\$175
Moving for Better Balance 12 weeks			11:30-12:30pm		11:30-12:30pm			\$75	\$150

Small Group Training

SGT, A class, held in the fitness center, where you will have a trainer provide guidance to the team of participants to motivate you and push you to your limits. Class meets in the Fitness Center, once a week for one hour for 10 weeks.

SGT Teens 13+: This class is geared towards the teen who is just starting out in the weight room or is needing to fine tune their form and enhance their workout.

Moving for Better Balance w/John Briscoe

Tuesday and Thursday 11:30a-12:30p, Fitness Studio, Class runs 12 weeks: Starts 9/13 & 9/15 through 11/29 - 12/8 (No class on Thanksgiving) Moving for Better Balance is a fall prevention program that is offered to members ages 62 and older. The class uses the principles and movements of Tai Chi to help older adults improve their balance and increase their confidence in doing everyday activities. In order to see results, the class meets twice a week for one hour for 12 weeks. Fees: Full Members: Free; Program Members: \$75; Non-Members: \$150.