

Huntington YMCA

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

60 Main Street, Huntington, NY 11743 | 631.421.4242 | YMCAI.org

A = Albicocco Pool • N = Norton Pool

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	
								FULL	PROGRAM
INFANT/TODDLER SWIM LESSONS (6 MONTHS– 3 YEARS OLD) Classes meet once per week for 9 weeks									
STAGE: A & B Swim Starters	9:05–9:35am A	10:10–10:40am A	6:10–6:40pm A	9:15–9:45am A	9:00–9:30am A		9:45–10:15am A 10:25–10:55am A	\$142	\$179
PRESCHOOL SWIM LESSONS (3–5 YEARS OLD) Classes meet once per week for 9 weeks									
STAGE 1 Water Acclimation	9:45–10:15am A 11:05–11:35am A	2:15–2:45pm A 4:05–4:35pm N	4:45–5:15pm N	1:35–2:05pm A	9:40–10:10am A 4:45–5:15pm N	4:05–4:35pm A	9:05–9:35am A 10:30–11:00am N 11:05–11:35am A	\$142	\$179
STAGE 2 Water Movement	9:05–9:35am A 10:25–10:55am A	4:05–4:35pm N	4:05–4:35pm N	2:15–2:45pm A 4:45–5:15pm N	4:05–4:35pm N	4:45–5:15pm A	9:05–9:35am A 11:10–11:40am N	\$142	\$179
STAGE 3 Water Stamina				5:25–5:55pm N			11:05–11:35am A	\$142	\$179
STAGE 4 Stroke Introduction	9:50–10:20am N					4:45–5:15pm A		\$142	\$179
SCHOOL-AGE SWIM LESSONS (6–12 YEARS OLD) Classes meet once per week for 9 weeks									
STAGE 1 Water Acclimation	9:10–9:40am N		4:05–4:35pm N		4:05–4:35pm N		9:10–9:40am N	\$142	\$179
STAGE 2 Water Movement	9:50–10:20am N 10:30–11:00am N		5:25–5:55pm N	4:05–4:30pm N	4:45–5:15pm N	5:25–5:55pm A	9:50–10:20am N 10:30–11:00am N	\$142	\$179
STAGE 3 Water Stamina	10:30–11:00am N	4:45–5:15pm N	4:45–5:15pm N		5:25–5:55pm N	4:05–4:35pm A	9:50–10:20am N 10:25–10:55am A	\$142	\$179
STAGE 4 Stroke Introduction	9:10–9:40am N 10:25–10:55am A 11:10–11:40am N	4:45–5:15pm N	5:25–5:55pm N	4:05–4:35pm N	5:25–5:55pm N	4:45–5:15pm A	9:10–9:40am N 9:45–10:15am A 11:50–12:20pm N	\$142	\$179
STAGE 5 Stroke Development	9:45–10:15am A 11:05–11:35am A	5:25–5:55pm N		5:25–5:55pm N		5:25–5:55pm A	11:10–11:40am N	\$142	\$179
STAGE 6 Stroke Mechanics	11:10–11:40am N	5:25–5:55pm N				5:25–5:55pm A	11:50–12:20pm N	\$142	\$179
SENSATIONAL SWIM			6:50–7:20pm A					\$142	\$179
TEEN SWIM LESSONS (12–17 YEARS OLD) Classes meet once per week for 9 weeks									
TEEN BASICS (Stages 1–4)	11:45–12:30pm A						11:45–12:30pm A	\$158	\$194
TEEN STROKES (Stages 5–6)	11:45–12:30pm A			6:05–6:50pm N			11:45–12:30pm A	\$158	\$194
SWIM CLUB		6:05–6:50pm N				6:00–6:50pm A		\$158	\$194
INSTRUCTOR PREP	11:45–12:15pm A			4:45–5:15pm				\$142	\$179
LIFEGUARD PREP				7:00–7:45pm N				\$158	\$194

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								Full	Program
WATER POLO Classes meet once per week for 9 weeks									
Water Polo (Ages 7-10)	8:00-9:00am N							\$150	\$200
Water Polo (Ages 11-17)		7:00-8:00pm N						\$150	\$200
ADULT SWIM LESSONS (18+ YEARS OLD) Classes meet once per week for 9 weeks									
ADULT BASICS (Stage 1-4)			9:00-9:45am A 6:50-7:35pm A					\$158	\$194
ADULT STROKES (Stage 5-6)						9:00-9:45am A		\$158	\$194
AQUA FITNESS CLASSES (18+ YEARS OLD) Classes meet once per week for 9 weeks									
HYDROFIT		9:00-10:00am A				10:00-11:00am A		\$150	\$200
WATER WALKING				10:00-11:00am A				\$150	\$200
AQUA POWER			10:00-11:00am N		11:20-12:20pm N 7:00-8:00pm N			\$150	\$200
YOUTH PROGRAMS									
PARENT/ CHILD CLASSES (18-36 MONTHS) Classes meet once per week for 10 weeks									
You & Me Art	9:30-10:15am							\$105	\$135
You & Me Preschool		9:30-10:15am						\$105	\$135
You & Me Sports				9:30-10:15am				\$105	\$135
You & Me Music					9:30-10:15am			\$105	\$135
BUMBLEBEES ENRICHMENT (3-5 YEARS OLD) Classes meet once per week for 10 weeks									
Art	10:15-11:00am							\$105	\$135
Tap, Tumble & Roll		4:00-4:45pm						\$105	\$135
Fall Arts & Crafts			4:00-4:45pm					\$105	\$135
Dinosaur Explorers				4:00-4:45pm				\$105	\$135
Music & Movement					4:00-4:45pm			\$105	\$135
BUMBLEBEES SPORTS (3-5 YEARS OLD) Classes meet once per week for 10 weeks									
Soccer		4:00-4:45pm						\$105	\$135
Basketball			4:00-4:45pm					\$105	\$135
Sports Sampler				4:00-4:45pm			1:00-1:45pm	\$105	\$135
Ninja					4:00-4:45pm	4:00-4:45pm		\$105	\$135

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YOUTH ENRICHMENT (GRADES K-2) Classes meet once per week for 10 weeks									
Dinosaur Explorers		5:00-6:00pm						\$105	\$135
Fall Arts & Crafts			5:00-6:00pm					\$105	\$135
Fun With Food				5:00-6:00pm				\$105	\$135
Snappy Xo					5:00-6:00pm			\$105	\$135
Young Engineers			4:00-5:00pm		4:00-5:00pm		10:00-11:00am	\$200	\$200
YOUTH ENRICHMENT (GRADES 3-5) Classes meet once per week for 10 weeks									
Fall Arts & Crafts			6:00-7:00pm		4:00-5:00pm		10:00-11:00am	\$105	\$135
Fun With Food				6:00-7:00pm				\$105	\$135
Snappy Xo					6:00-7:00pm			\$105	\$135
Improv		6:00-7:00pm						\$105	\$135
Young Engineers			5:00-6:00pm		5:00-6:00pm		11:00-12:00pm	\$200	\$200
YOUTH SPORTS (GRADES K-2) Classes meet once per week for 10 weeks									
Instructional Soccer		5:00-6:00pm						\$105	\$135
Instructional Basketball			5:00-6:00pm			5:00-6:00pm	10:00-11:00am	\$105	\$135
All Star Sports Sampler				5:00-5:00pm				\$105	\$135
Dodgeball/Nerf					5:00-6:00pm			\$105	\$135
YOUTH SPORTS (GRADES 3-5) Classes meet once per week for 10 weeks									
Instructional Soccer		6:00-7:00pm						\$105	\$135
Instructional Basketball			6:00-7:00pm			6:00-7:00pm	11:00-12:00pm	\$105	\$135
All Star Sports Sampler				6:00-7:00pm				\$105	\$135
Dodgeball/Nerf					6:00-7:00pm			\$105	\$135
TEEN FITNESS (13-18) Classes meet once per week for 10 weeks									
Weight Lifting For Teens				4:30-5:15pm				\$150	\$175

YOUTH SOCCER LEAGUE: Register now for our Fall Youth Soccer Intramural League. For ages 3 -10 years old. Season runs September 12- November 12. Visit YMCALI.ORG/SOCCER2022 for more info.

HALF-DAY SPORTS CAMP DATES: September 26 & 27. October 5. November 8 & 11. December 26-30. K-6th grade. 9am-12:00pm \$40/day.

HOLIDAY CAMP DATES FOR 2022: December 23, 26, 27, 28, 29. Age 3 through Grade 6. \$70/day

PRE-TEEN NIGHT IS BACK! October 14 & 28, November 4 & 18, December 2 & 16. Grades 5-8. 6:00-8:00pm. Free to the community.

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ADULT FITNESS (18+) Classes meet once per week for 10 weeks									
Small Group Training		8:00–9:00am		8:00–9:00am		8:15–9:15am 9:45–10:45am		\$150	\$175
Senior Small Group Training				11:30–12:30pm 12:30–1:30pm				\$150	\$175
Muscle & Joint Recovery					8:15–9:15am			\$150	\$175
Fit For Fall Weight Loss (Meets 2x Per Week)				6:00–7:00pm Nutrition			11:30–12:30pm Bootcamp	\$300	\$325
Weight Lifting For Teens				4:30–5:15pm				\$150	\$175
Pre- & Post Natal Group Training			9:15–10:15am					\$150	\$175
Cross Fit			9:00–10:00am					\$150	\$175
Combat Back Pain			11:00–12:00pm					\$150	\$175
Pedaling For Parkinson's 4 weeks beginning Sept.21				10:30–11:30am				\$50	\$75

MEN'S BASKETBALL TOURNAMENT: November 19th. More information to follow!

SIGNATURE PROGRAMS

LIVESTRONG AT THE YMCA: A FREE 12-week program designed for cancer survivors who want to regain or maintain their health. This is a group-based program that meets twice per week for 75 minutes at the Y. Our staff of certified coaches provides a safe and supportive environment for each class. Coaches have participated in specialized training in the elements of cancer, post-rehab exercise, nutrition, and supportive cancer care who follow American College of Sports Medicine and American Cancer Society exercise guidelines.

MOVING FOR BETTER BALANCE: You can build strength, improve balance, and gain confidence in your mobility through Moving for Better Balance. This is a 12-week evidence-based, instructor-led group program designed to help you improve your strength, balance, flexibility, and mobility through slow, therapeutic movements based on Tai Chi. Moving For Better Balance includes two class sessions and two-plus hours of at-home practice per week. The program takes place in a safe and supportive group setting. Tuesday and Thursdays 11:30–12:30pm. This class is Free.