

# Patchogue YMCA

255 West Main Street, Patchogue, NY 11742 | 631.891.1800 | YMCALI.org

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

CONTACT: Christina Frank | 631.891.1815 | Christina.Frank@ymcali.org

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	
								Full	Program
<b>AQUATICS PROGRAMS</b>									
<b>INFANT/TODDLER SWIM LESSONS (6 MONTHS– 3 YEARS OLD WITH PARENT)</b> Classes meet once per week for 9 weeks. 30 minutes									
STAGE: A Water Discovery	10:30–11:00am	10:00–10:30am		4:30–5:00pm			10:00–10:30am	\$142	\$179
STAGE: B Water Exploration		10:00–10:30am 5:00–5:30pm					10:30–11:00am	\$142	\$179
<b>PRESCHOOL SWIM LESSONS (3–5 YEARS OLD)</b> Classes meet once per week for 9 weeks. 30 minutes									
STAGE 1 Water Acclimation	9:30–10:00am	5:00–5:30pm	11:00–11:30am	4:00–4:30pm	5:00–5:30pm	11:00–11:30am	10:00–10:30am	\$142	\$179
STAGE 2 Water Movement		4:00–4:30pm		4:30–5:00pm	11:00–11:30am 5:30–6:00pm	10:00–10:30am	9:30–10:00am	\$142	\$179
STAGE 3 Water Stamina			10:00–10:30am	5:00–5:30pm			11:00–11:30am	\$142	\$179
<b>SCHOOL-AGE SWIM LESSONS (5–12 YEARS OLD)</b> Classes meet once per week for 9 weeks. 30 minutes									
STAGE 1 Water Acclimation	10:00–10:30am	4:30–5:00pm	5:45–6:15pm				9:00–9:30am	\$142	\$179
STAGE 2 Water Movement		6:00–6:30pm	5:15–5:45pm		4:30–5:00pm	4:00–4:30pm	11:00–11:30am	\$142	\$179
STAGE 3 Water Stamina	9:30–10:00am		5:45–6:15pm	4:00–4:30pm		5:00–5:30pm		\$142	\$179
STAGE 4 Stroke Introduction	9:00–9:30am	5:30–6:00pm		5:30–6:00pm			9:00–9:30am	\$142	\$179
STAGE 5 Stroke Development	10:00–10:30am		5:15–5:45pm				9:30–10:00am	\$142	\$179
STAGE 6 Stroke Mechanics	10:30–11:00am			5:00–5:30pm				\$142	\$179
<b>SENSATIONAL SWIM (4–12 YEARS OLD WITH PARENT)</b> Classes meet once per week for 9 weeks. 30 minutes									
SENSATIONAL SWIM Special Needs							10:30–11:00am	\$142	\$179
<b>TEEN SWIM LESSONS (12–17 YEARS OLD)</b> Classes meet once per week for 9 weeks. 45 minutes									
TEEN BASICS & STROKES	11:00–11:45am	3:45–4:30pm						\$158	\$194

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<b>ADULT SWIM LESSONS (17+ YEARS OLD)</b> Classes meet once per week for 9 weeks. 45 minutes								Full	Program
ADULT BASICS & STROKES		6:00–6:45pm			10:00–10:45am		11:30–12:15pm	\$158	\$194
<b>COMPETITION</b> Classes meet once per week for 9 weeks. 45 minutes									
BEGINNER PRE-SWIM TEAM	8:45–9:30am		6:15–7:00pm					\$158	\$194
ADVANCED PRE-SWIM TEAM			7:00–7:45pm		5:00–5:45pm			\$158	\$194
<b>LEADERSHIP</b> Classes meet once per week for 9 weeks. 45 minutes									
Lifeguard Prep (11–17)			7:00–7:45pm				11:30–12:15pm	\$158	\$194
<b>RECREATION</b> Classes meet once per week for 9 weeks									
WATER POLO I Instructional (Ages 7–11)					6:00–7:00pm			\$150	\$200
WATER POLO II Instructional (Ages 11–17)					7:00–8:00pm			\$150	\$200
<b>WATER FITNESS (18+ YEARS OLD)</b> Classes meet once per week for 9 weeks									
AQUA JOG		8:30–9:25am						\$150	\$200
AQUA AEROBICS				8:30–9:25am		8:30–9:25am		\$150	\$200
AQUA FLEX & STRETCH				6:00–6:55pm				\$150	\$200
BOGA STRENGTH *At Brookhaven Roe			8:30–9:15am					\$162	\$210

## Private Swim Lessons

- 4-pk (30 minutes) \$231
- 8-pk (30 minutes) \$420
- 12-pk (30 minutes) \$573 (2X a week lessons)

## Semi-Private Swim Lessons

2–3 participants; similar age & ability

- 4-pk (30 minutes) \$378
- 8-pk (30 minutes) \$704
- 12-pk (30 minutes) \$961 (2X a week lessons)

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CONTACT: Darryl Smith | 631.891.1810 | Darryl.Smith@ymcali.org

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	
<b>YOUTH PROGRAMS</b>								Full	Program
<b>PEE WEE BASKETBALL CLINIC</b> Classes meet once per week for 10 weeks. 45 minutes									
Ages 5-7			4:30-5:15pm					\$85	\$105
<b>ALL STAR BASKETBALL CLINIC</b> Classes meet once per week for 10 weeks. 60 minutes									
All Stars			5:15-6:15pm					\$105	\$130
<b>PEE WEE SOCCER</b> Classes meet once per week for 10 weeks. 45 minutes									
Ages 4-6							10:30-11:15am	\$85	\$105
<b>ALL STAR SOCCER</b> Classes meet once per week for 10 weeks. 60 minutes									
Ages 7-9							11:15-12:15pm	\$105	\$130
<b>TUMBLING</b> Classes meet once per week for 10 weeks. 45 minutes									
Ages 3-5					4:15-5:00pm		11:30-12:15pm	\$85	\$105
<b>YOUTH GYMNASTICS</b> Classes meet once per week for 10 weeks. 60 minutes									
Ages 6-8							10:30-11:30am 12:30-1:30pm	\$105	\$130
<b>YOUTH YOGA</b> Classes meet once per week for 10 weeks. 60 minutes									
Ages 7-12				4:15-5:15pm				\$105	\$130
<b>LITTLE ARCHITECTS</b> Classes meet once per week for 10 weeks. 45 minutes									
Ages 4-7		4:00-4:45pm						\$85	\$105
<b>ALL STAR NERF BATTLE</b> Classes meet once per week for 10 weeks. 60 minutes									
Ages 8-12		5:00-6:00pm						\$105	\$130
<b>ALL STAR VOLLEYBALL</b> Classes meet once per week for 10 weeks. 60 minutes									
Ages 8-12						4:30-5:30pm		\$105	\$130
<b>ALL STAR SPORT &amp; FITNESS</b> Classes meet once per week for 10 weeks. 60 minutes									
Ages 8-12				4:30-5:30pm				\$105	\$130
<b>ADULT PROGRAMS</b>									
<b>PICKLEBALL</b> 5 weeks, starting 10/5									
Adult Pickleball Skills & Drills				9:00-10:00am				\$55	\$70
Adult Pickleball Clinic				10:15-11:15am				\$55	\$70
<b>VOLLEYBALL LEAGUE</b> Teams meet once per week for 10 weeks									
Adult Co-Ed Volleyball League				6:30-9:00pm				\$400/TEAM	

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CONTACT: Brittany Kontos | 631.891.1813 | Brittany.Kontos@ymcali.org

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## HEALTH & WELLNESS PROGRAMS

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

								Full	Program
Kettle Bell					4:30–5:30pm			\$150	\$175
Circuit			10:30–11:30am					\$150	\$175

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### Adventure Zone:

M–F 4:00–8:00pm

Sat&Sun 8:00am–1:00pm (Subject to change due to rentals)

### Child Watch:

Monday & Wednesday 5:30–7:30PM

Sat 8:00–11:00am

### PRE-TEEN NIGHT IS BACK!

GRADES 5–8

6:30PM–8:45PM

Open to the community. No fee.

10/14, 10/28, 11/4, 11/18, 12/2, 12/16