

YMCA East Hampton RECenter

2 Gingerbread Lane, East Hampton, NY 11937 | 631.329.6884 | YMCALI.org

FALL II SESSION: Sunday, November 20–February 4, 2023

No Classes November 24 and December 24–January 1

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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			11:00–11:30am		11:00–11:30am			\$158	\$195
STAGE: B Water Discovery			11:30–12:00pm		11:30–12:00pm		10:30–11:00am	\$158	\$195
PRESCHOOL SWIM LESSONS (3–5 YEARS OLD) Classes meet once per week for 9 weeks. 30 minutes									
STAGE 1 Water Acclimation		3:00–3:30pm 3:30–4:00pm		4:30–5:00pm			9:00–9:30am	\$158	\$195
STAGE 2 Water Movement		4:30–5:00pm 5:00–5:30pm	3:30–4:00pm 4:30–5:00pm	3:30–4:00pm			9:30–10:00am	\$158	\$195
STAGE 3 Water Stamina			4:00–4:30pm	4:30–5:00pm	3:30–4:00pm 4:00–4:30pm		10:00–10:30am	\$158	\$195
STAGE 4 Stroke Introduction		4:00–4:30pm 4:00–4:30pm 5:00–5:30pm*	5:00–5:30pm	4:00–4:30pm				\$158	\$195
*lap pool									
SCHOOL-AGE SWIM LESSONS (6–12 YEARS OLD) Classes meet once per week for 9 weeks. 30 minutes									
STAGE 1 Water Acclimation					5:00–5:30pm *small pool			\$158	\$195
STAGE 2 Water Movement			4:30–5:00pm *small pool	5:30–6:00pm	4:30–5:00 *small pool			\$158	\$195
STAGE 3 Water Stamina		5:00–5:30pm	5:00–5:30pm	5:00–5:30pm				\$158	\$195
STAGE 4 Stroke Introduction		5:30–6:00pm		5:00–5:30pm				\$158	\$195
Swim Club			5:00pm–5:45pm		5:00pm–5:45pm			\$168	\$205
ADULT SWIM LESSONS									
Adult Water Acclimation				2:30–3:00pm				\$158	\$195
Morning Masters meets 2x per week			6:00am–7:15am		6:00am–7:15am			\$265	\$300
Mid-Morning Masters meets 2x per week			7:30am–8:45am		7:30am–8:45am			\$265	\$300
Water Aerobics meets 2x per week			10:15–11:00am					\$150	\$200