

Great South Bay YMCA

200 West Main Street, Bay Shore, NY 11706 | 631.665.4255 | YMCALI.org

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

No Classes November 24 and December 24–January 1

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. An adult must accompany each child in the pool.								FULL	PROGRAM
STAGE: A Water Discovery			6:00-6:30am		10:15-10:45am 6:00-6:30pm	10:00-10:30am	11:00-11:30am	\$142	\$179
STAGE: B Water Discovery		6:00-6:30pm	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			10:00-10:30am	10:00-10:30am 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		10:30-11:00am 12:00-12:30pm	\$142	\$179
STAGE 2 Water Movement		6:30-7:00pm		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		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	10:00–11:00am							\$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	11:00–11:45am							\$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	
AQUATIC FITNESS PROGRAMS										
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						10:00–10:45am		\$113	\$150	
Aqua Power Express			9:30–10:00am	7:30–8:00pm				\$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: 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
Beginner Pickleball 5 weeks			6:00–7:00pm begins 1/3; half gym	12:00–1:00pm begins 11/23				\$75	\$100
Intermediate Pickleball					6:00–7:00pm begins 1/5; half gym			\$75	\$100
SMALL GROUP TRAINING									
Warrior Small Group Training				8:00–8:45am			8:00–8:45am	\$150	\$175
Small Group Training			10:15–11:00am		10:15–11:00am	5:00–5:45pm		\$150	\$175
Senior Small Group Training			11:15am–12:00pm					\$150	\$175
BASKETBALL Classes meet once per week for 10 weeks. 60 minutes									
Basketball Training (8–13 yrs., half-gym)						4:00–4:50pm		\$125	\$150
BOOTCAMP Classes meet once per week for 10 weeks. 60 minutes									
Boot Camp (8–15 yrs.)			4:00–4:50pm					\$125	\$150
WEIGHT-LIFTING Classes meet once per week for 10 weeks. 60 minutes									
Intro to Weight-Lifting (13–16yrs.)					4:00–4:50pm			\$125	\$150
ADULT PROGRAMS									
SENIOR VOLLEYBALL									
Senior Volleyball				10:30am–12:30pm		10:30am–12:30pm		NO FEES/ Members Only	

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YOUTH MOVEMENT TODDLER

TODDLER Classes meet once per week for 10 weeks. 60 minutes

Toddler Gym (Ages 1 ^{1/2} –2years)			9:30–10:30am					\$100	\$125
Pre-School Gym & Art (Ages 2–3)					9:30–11:00am			\$140	\$175

YOUTH SPORTS PROGRAMS

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
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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
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PRE-TEEN NIGHT IS BACK!

GRADES 5–8

6:30PM–8:45PM

No fee. Open to the community.

11/4, 11/18, 12/2, 12/16