

YMCA at Glen Cove

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

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

No Classes November 24 and December 24-January 1
CONTACT: Joseph Furman/JeanAnne Valance | 516.671.8270

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price
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YOUTH PROGRAMS CONTACT: Joseph Furman | 516.671.8270, xt 5439 | Joseph.Furman@ymcali.org

Y HOOPS BASKETBALL

Y Hoops Scrimmage (Ages 8-10)					5:00-6:00pm		10:00-11:00am	\$175	\$200
Y Hoops Clinic (Ages 6-14)				5:00-6:00pm				\$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)							9:00-10:00am	\$105	\$130
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PRE-TEEN NIGHT IS BACK!

GRADES 5-8
7PM-9PM
Free and Open to the Community
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. 60 minutes.

Small Group Training Mondays		11:30-12:30pm w/Michaela						\$150	\$175
Small Group Training Fridays						11:30-12:30pm w/Michaela No class Friday, 11/25		\$135	\$157.50
SGT Teens 13+				3:00-4:00pm w/Sean B				\$150	\$175

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.

- Monday, November 21, 2022 through Friday, February 3, 2023
- Classes will not be held the week of December 25-30
- There is no SGT class Friday, 11/25