

# Huntington YMCA

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

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

No Classes November 24 and December 24-January 1

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	
<b>INFANT/TODDLER SWIM LESSONS (6 MONTHS– 3 YEARS OLD)</b> Classes meet once per week for 9 weeks								FULL	PROGRAM
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	9:10–9:40am A	9:15–9:45m A	9:45–10:15am A 10:25–10:55am A	\$142	\$179
<b>PRESCHOOL SWIM LESSONS (3–5 YEARS OLD)</b> 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	2:15–2:45pm A 4:45–5:15pm N	1:35–2:05pm A	9:50–10:20am 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	1:00–1:30pm A 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
<b>SCHOOL-AGE SWIM LESSONS (6–12 YEARS OLD)</b> 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	4:05–4:35pm 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 11:10–11:40am 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	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
<b>TEEN SWIM LESSONS (12–17 YEARS OLD)</b> 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				6:05–6:50pm A		\$158	\$194
INSTRUCTOR PREP	11:45–12:15pm A			4:45–5:15pm N				\$142	\$179
LIFEGUARD PREP				7:00–7:45pm N				\$158	\$194

A = Albicocco Pool N=Norton Pool

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<b>WATER POLO</b> Classes meet once per week for 9 weeks								Full	Program
Water Polo (Ages 7-10)	8:00-9:00am N							\$150	\$200
Water Polo (Ages 11-17)		7:00-8:00pm N						\$150	\$200
<b>ADULT SWIM LESSONS (18+ YEARS OLD)</b> Classes meet once per week for 9 weeks								Full	Program
ADULT BASICS (Stage 1-4)			9:15-10:00am A 6:50-7:35pm A					\$158	\$194
ADULT STROKES (Stage 5-6)						11:15-12:00pm A		\$158	\$194
<b>AQUA FITNESS CLASSES (18+ YEARS OLD)</b> 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		8:00-9:00am N 7:00-8:00pm N			\$150	\$200
<b>YOUTH ENRICHMENT</b>									
<b>PARENT/ CHILD CLASSES (18-36 MONTHS)</b> Classes meet once per week for 10 weeks. Sunday, Thursday & Saturday Classes will be 9 weeks.									
You & Me Art	9:30-10:15am							\$105	\$135
You & Me Play With A Purpose		9:30-10:15am		9:30-10:15am * 9 weeks				\$105	\$135
<b>BUMBLEBEES ENRICHMENT (3-5 YEARS OLD)</b> Classes meet once per week for 10 weeks. Sunday, Thursday & Saturday Classes will be 9 weeks.									
Art	10:15-11:00am							\$105	\$135
Dance * 4 weeks 11/21, 11/28, 12/5 & 12/12		4:00-4:45pm						\$48	\$60
Arts & Crafts			4:00-4:45pm					\$105	\$135
Dinosaur Explorers		4:00-4:45pm						\$105	\$135
Music & Movement					4:00-4:45pm			\$105	\$135
<b>YOUTH ENRICHMENT (GRADES K-2)</b> Classes meet once per week for 10 weeks. Sunday, Thursday & Saturday Classes will be 9 weeks.									
Dinosaur Explorers		5:00-6:00pm						\$105	\$135
Arts & Crafts			5:00-6:00pm					\$105	\$135
Fun With Food				5:00-6:00pm				\$115	\$145
Snappy XO					5:00-6:00pm			\$105	\$135
Young Engineers					4:00-5:00pm		10:00-11:00am	\$200	\$200
<b>YOUTH ENRICHMENT (GRADES 3-5)</b> Classes meet once per week for 10 weeks. Sunday, Thursday & Saturday Classes will be 9 weeks.									
IMPROV * 4 weeks 11/21, 11/28, 12/5 & 12/12		6:00-7:00pm						\$48	\$60
Arts & Crafts			6:00-7:00pm					\$105	\$135
Fun With Food				6:00-7:00pm				\$115	\$145
Snappy Xo					6:00-7:00pm			\$105	\$135
Young Engineers					5:00-6:00pm		11:00-12:00pm	\$200	\$200

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## YOUTH SPORTS

**BUMBLEBEES SPORTS (3-5 YEARS OLD)** Classes meet once per week for 10 weeks. Sunday, Thursday & Saturday Classes will be 9 weeks.

Basketball			4:00-4:45pm					\$105	\$135
Sports Sampler				4:00-4:45pm				\$105	\$135
Ninja		4:00-4:45pm			4:00-4:45pm	4:00-4:45pm		\$105	\$135

**YOUTH SPORTS (GRADES K-2)** Classes meet once per week for 10 weeks. Sunday, Thursday & Saturday Classes will be 9 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

**YOUTH SPORTS (GRADES 3-5)** Classes meet once per week for 10 weeks. Sunday, Thursday & Saturday Classes will be 9 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
Dodgeball/Nerf					5:00-6:00pm			\$105	\$135

**YOUTH SPORTS (GRADES 6-8)** Classes meet once per week for 10 weeks. Sunday, Thursday & Saturday Classes will be 9 weeks.

Fit Kids				6:00-7:00pm				\$105	\$135
Basketball					6:00-7:00pm			\$105	\$135

**YOUTH BASKETBALL LEAGUE:** Saturdays K-2 from 12:00pm-1:00pm and Grades 3-5 from 1:00pm-2:00pm. Players will practice for the first 30 minutes of class followed by a game. \$105 for Full Members, \$115 for Program Members. Volunteer Coaches Needed!

**HALF-DAY SPORTS CAMP DATES:** November 8 & 11. December 26-30, February 20-24 and April 3-7. K-6th grade. 9am-12:00pm \$40/day.

**HOLIDAY CAMP DATES FOR 2022:** December 23, 26-30, February 20-24 and April 3-7. Grades K-6. 8am-6:00pm \$70/day.

**PRE-TEEN NIGHTS!** November 4 & 18, December 2 & 16. Grades 5-8. 6:00-8:00pm. Free to the community.

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<b>FITNESS</b>								
<b>TEEN FITNESS (13-18)</b> Classes meet once per week for 10 weeks								
Weight Lifting For Teens		3:00-4:00pm						\$150 \$175
<b>ADULT FITNESS (18+)</b> Classes meet once per week for 10 weeks								
Small Group Training		8:00-9:00am		8:00-9:00am		8:00-9:00am 9:45-10:45am		\$150 \$175
Senior Small Group Training				11:30-12:30pm				\$150 \$175
Combat Back Pain			11:00-12:00pm					\$150 \$175

**PICKLEBALL TOURNAMENT:** Saturday, November 19th at 3:00pm. \$20/member. \$25/non-member. Prizes awarded for the winning teams.

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