

Patchogue YMCA

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

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

No Classes November 24 and December 24-January 1

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

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

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ADULT SWIM LESSONS (17+ YEARS OLD) 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
COMPETITION 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		7:00-7:45pm			\$158	\$194
LEADERSHIP Classes meet once per week for 9 weeks. 45 minutes									
Lifeguard Prep (11-17)			7:00-7:45pm				11:30-12:15pm	\$158	\$194
RECREATION Classes meet once per week for 9 weeks									
WATER POLO I Instructional (Ages 7-11)					6:00-7:00pm			\$150	\$200
WATER FITNESS (18+ YEARS OLD) 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

Want to try out a Water Fitness class? Drop-in available. Register day of at Welcome Desk.

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	
YOUTH PROGRAMS								Full	Program
PEE WEE BASKETBALL CLINIC Classes meet once per week for 10 weeks. 45 minutes									
Ages 5-7			4:30-5:15pm					\$85	\$105
ALL STAR BASKETBALL CLINIC Classes meet once per week for 10 weeks. 60 minutes									
All Stars			5:15-6:15pm					\$105	\$130
PEE WEE SOCCER Classes meet once per week for 10 weeks. 45 minutes									
Ages 4-6							10:30-11:15am	\$85	\$105
ALL STAR SOCCER Classes meet once per week for 10 weeks. 60 minutes									
Ages 7-9							11:15-12:15pm	\$105	\$130
TUMBLING Classes meet once per week for 10 weeks. 45 minutes									
Ages 3-5					4:15-5:00pm		11:30-12:15pm	\$85	\$105
YOUTH GYMNASTICS Classes meet once per week for 10 weeks. 60 minutes									
Ages 6-8							10:30-11:30am 12:30-1:30pm	\$105	\$130
YOUTH YOGA Classes meet once per week for 10 weeks. 45 minutes									
Ages 7-12				4:30-5:15pm				\$85	\$105
LITTLE BLOCK BUILDERS Classes meet once per week for 10 weeks. 45 minutes									
Ages 4-7		4:00-4:45pm						\$85	\$105
ALL STAR NERF BATTLE Classes meet once per week for 10 weeks. 60 minutes									
Ages 8-12		5:00-6:00pm						\$105	\$130
ALL STAR VOLLEYBALL Classes meet once per week for 10 weeks. 60 minutes									
Ages 8-12							1:00-2:00pm	\$105	\$130
FIT KIDS/Y WARRIORS Classes meet once per week for 10 weeks. 60 minutes									
Ages 5-7				4:15-5:00pm				\$105	\$130

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

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ADULT PROGRAMS

PICKLEBALL 5 weeks, starting 1/4

Adult Pickleball Skills & Drills				9:00-10:00am				\$55	\$70
Adult Pickleball Clinic				10:15-11:15am				\$55	\$70

HEALTH & WELLNESS PROGRAMS

SMALL GROUP TRAINING Classes meet once per week for 5 weeks. 60 minutes

								Full	Program
Fit for the Holidays Circuit Training			5:30-6:30pm					\$75	\$88

Fit for the Holidays Circuit Training: Get fit for the holiday season and take your fitness to the next level with our coaches and a small group of 4-8 people in the fitness center. This class is designed to help you achieve your health and wellness goals. The class will consist of different circuit exercises to train your whole body.

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

6:00PM-8:00PM

Open to the community. No fee.

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