

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	
<b>AQUATICS PROGRAMS</b>									
<b>INFANT/TODDLER SWIM LESSONS (6 MONTHS– 3 YEARS OLD)</b> 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			6:00-6:30pm		10:15-10:45am 6:00-6:30pm	10:00-10:30am	11:00-11:30am	\$146	\$185
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	\$146	\$185
<b>PRESCHOOL SWIM LESSONS (3-5 YEARS OLD)</b> Classes meet once per week for 9 weeks. 30 minutes									
STAGE 1 Water Acclimation		3:30-4:00pm	10:30-11:00am	1:00-1:30pm 4:00-4:30pm	6:00-6:30pm	1:00-1:30pm	9:30-10:00am 11:30am-12:00pm	\$146	\$185
STAGE 2 Water Movement		4:00-4:30pm	6:00-6:30pm	3:30-4:00pm			10:30-11:00am 12:00-12:30pm	\$146	\$185
STAGE 3 Water Stamina		4:30-5:00pm	4:30-5:00pm		3:30-4:00pm		9:30-10:00am	\$146	\$185
STAGE 4 Stroke Introduction							10:00-10:30am	\$146	\$185
<b>SCHOOL-AGE SWIM LESSONS (6-12 YEARS OLD)</b> Classes meet once per week for 9 weeks. 30 minutes									
STAGE 1 Water Acclimation		6:30-7:00pm	4:30-5:00pm	3:30-4:00pm	4:30-5:00pm		10:30-11:00am 12:00-12:30pm	\$146	\$185
STAGE 2 Water Movement		6:30-7:00pm	3:30-4:00pm	4:30-5:00pm			10:00-10:30am 12:30-1:00pm	\$146	\$185
STAGE 3 Water Stamina		4:30-5:00pm	4:00-4:30pm		6:30-7:00pm		9:00-9:30am 11:30am-12:00pm	\$146	\$185
STAGE 4 Stroke Introduction		7:00-7:30pm	4:00-4:30pm		4:00-4:30pm	4:00-4:30pm	10:00-10:30am	\$146	\$185
STAGE 5 Stroke Development		6:00-6:30pm		4:00-4:30pm	6:30-7:00pm	4:30-5:00pm	9:00-9:30pm	\$146	\$185
STAGE 6 Stroke Mechanics		6:00-6:30pm		4:00-4:30pm	6:30-7:00pm	4:30-5:00pm	9:00-9:30pm	\$146	\$185

# Great South Bay YMCA

WINTER SESSION: Sunday, February 5–April 15, 2023

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

CONTACT: Lisa McKeown | 631.344.6717 | Lisa.McKeown@ymcali.org

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	
<b>WATER POLO</b> Swim test required. Meets one a week for 9 weeks. 1. hour								FULL	PROGRAM
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, unless otherwise indicated.

PRE-SWIM TEAM Beginner			6:45–7:30pm					\$163	\$200
PRE-SWIM TEAM Intermediate					7:00–7:45pm			\$163	\$200
PRE-SWIM TEAM Advanced (2x/week)			4:00–4:45pm		4:00–4:45pm			\$205	\$263

## AQUATICS PROGRAMS

Lifeguard Prep	11:00–11:45am							\$163	\$200
Swim Basics TEEN (Ages 12–17)		6:30–7:15pm						\$163	\$200
Sensational Swim Special Needs				6:00–6:30pm 7:00–7:30pm				\$146	\$185

## ADULT SWIM LESSONS/WORKOUT (17+ YEARS OLD)

Swim Strokes Adult			6:45–7:30pm		8:45–9:30am			\$163	\$200
Adult Swim Workout (2x/week)		5:30–7:00am		5:30–7:00am				\$189	\$305

## AQUATIC FITNESS PROGRAMS

AFYAP		1:00–2:00pm				10:30–11:30am		\$100	\$200
Aqua Jog			8:30–9:30am					\$100	\$200
Senior Shape Up			1:00–2:00pm		1:00–2:00pm			\$100	\$200
Water Slimnastics		9:00–10:00am			8:30–9:30am	9:00–10:00am		\$100	\$200
Power Water Walking				9:00–9:45am	9:30–10:15am			\$80	\$150
Aqua Power Express			9:30–10:00am	6:30–7:00pm				\$50	\$100

### Private Swim Lessons

- 4-pk (30 minutes) \$243
- 8-pk (30 minutes) \$441
- 12-pk (30 minutes) \$602

### Semi-Private Swim Lessons

- 2–3 participants; similar age & ability
- 4-pk (30 minutes) \$198.00/person
- 8-pk (30 minutes) \$370.00/person
- 12-pk (30 minutes) \$505.00/person

**Want to try out a Water Fitness class?  
Buy 3 Get the 4th FREE!!!!**

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## HEALTH & WELLNESS PROGRAMS

**PICKLEBALL** Classes meet once per week for 5 weeks.

								FULL	PROGRAM
Beginner Pickleball 5 weeks			5:00-6:00pm 2/7-3/7 or 3/14 - 4/11	11:00-12:00PM 2/8-3/8 or 3/15 4/12				\$75	\$100
Intermediate Pickleball 5 weeks			6:00-7:00pm 2/7-3/7 or 3/14- 4/11					\$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		8:00-8:50am 10:15-11:00am			\$150	\$175
Senior Small Group Training			11:15am-12:00pm					\$150	\$175
Kids Zumba (8-13yrs)			3:30-4:20pm					\$125	\$150
Boot Camp (8-13yrs)			4:00-4:50pm					\$125	\$150
Intro to Weightlifting (13-16yrs)					4:00-4:50pm			\$125	\$150

**BASKETBALL** Classes meet once per week for 10 weeks. 60 minutes

Basketball Training (8-13 yrs)						4:00-4:50pm		\$125	\$150
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## ADULT PROGRAMS

### SENIOR VOLLEYBALL

Senior Volleyball				10:30-12:30pm		10:30-12:30pm		NO FEES/ Members Only	
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Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	
<b>YOUTH SPORTS/ PRE-TEEN &amp; TEEN REC PROGRAMS</b>									
Youth Basketball Instructional							9:15-10:15am (Ages 6-8) 10:15-11:15am (Ages 9-12)	\$100	\$125
Mommy & Me Gym			9:30am – 10:30am					\$100	\$125
Elite Y Basketball Training (13-21yrs)							10am – 12pm 3/4, 3/11 & 3/25	\$25	\$75
Open Co-Ed Volleyball					6pm -9pm			No Fee	\$175
Futsal (Indoor soccer) Clinic (8-12yrs)	2pm – 4pm ½ Gym							\$125	\$175

**PRE-TEEN NIGHT IS BACK!**

GRADES 5-8

6:30PM-8:45PM

No fee. Open to the community.

- JANUARY 13 & 27
- FEBRUARY 3 & 17
- MARCH 3, 17 & 31
- APRIL 21