

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	
								FULL	PROGRAM

AQUATICS PROGRAMS

PRESCHOOL SWIM LESSONS (3–5 YEARS OLD) Classes meet once per week for 9 weeks. 30 minutes

STAGE 1 Water Acclimation		4:00–4:30pm					9:15–9:45am	\$142	\$179
STAGE 2 Water Movement		4:35–5:05pm					10:00–10:30am	\$142	\$179
STAGE 3 Water Stamina		5:10–5:40pm					10:45–11:15am	\$142	\$179

SCHOOL-AGE SWIM LESSONS (6–12 YEARS OLD) Classes meet once per week for 9 weeks. 30 minutes

STAGE 1 Water Acclimation				4:00–4:30pm			11:30–12:00pm	\$142	\$179
STAGE 2 Water Movement				4:35–5:05pm				\$142	\$179
STAGE 3 Water Stamina				5:10–5:40pm			11:30a–12:00pm	\$142	\$179
STAGE 4 Stroke Introduction			4:00–4:30pm		4:00–4:30pm		9:15–9:45am	\$142	\$179
STAGE 5 Stroke Development			4:30–5:00pm		4:35–5:05pm		10:00–10:30am	\$142	\$179
STAGE 6 Stroke Mechanics			5:10–5:40pm		5:10–5:40pm		10:45–11:15am	\$142	\$179

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
 - 8-pk (30 minutes) \$704
 - 12-pk (30 minutes) \$961

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	
YOUTH PROGRAMS CONTACT: Joseph Furman 516.671.8270, xt 5439 Joseph.Furman@ymcali.org									
Y HOOPS BASKETBALL									
Y Hoops Scrimmage (Ages 8–12)					5:30–6:30pm (gym)		10:00am–11:00am (gym)	\$175	\$200
Y Hoops Clinic (Ages 6–14)				5:00pm–6:00pm (gym)				\$105	\$130
JUNIOR PRE SPORTS Classes meet once per 10 weeks.									
Junior Pre-Sports (Ages 4 to 6)							9:00am–10:00am– (Child Watch)	\$105	\$130
YOUTH SOCCER Classes meet once per 10 weeks.									
Soccer Clinic (ages 6–10)							12:00pm–1:00pm (gym)	\$105	\$130
FUTSAL Classes meet once per 10 weeks.									
Futsal (ages 7–9)		5:00pm–6:00pm (gym)						\$105	\$130
ALL STAR SPORTS Classes meet once per 10 weeks.									
All Star Sports (ages 5–7)				6:00–7:00pm				\$105	\$130
All Stars Sports (ages 8–10)					5:00–6:00pm			\$105	\$130
DODGEBALL/ NERF (7-10 YEARS)									
Dodgeball/ Nerf (ages 8–10)		6:00–7:00pm						\$105	\$130
BEGINNER DRAWING (8-16YEARS) Classes meet Tuesday's 2/7, 2/14, 2/28, 3/7, 3/28 & 4/4									
Beginners Drawing			5:00–6:00pm (lounge)					\$65	\$80

Junior Pre Sports: This class is for children 4–6 years old that will focus on movement, footwork, balance and coordination while we learn the values of exercise and good habits in a fun-filled environment!

All Star Sports: Offers kids a sampling of the sports including, soccer, baseball, football, volleyball and more. Kids will get a grasp of the rules for each sport.

Dodgeball/Nerf is a combination ball/dart class, participants will explore the sport of dodgeball and exciting introduction to nerf sports in a safe and supervised environment. All equipment will be provided.

Beginner Drawing: A six-session art instruction class that teaches students the basic fundamentals of drawing.

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price
-------	--------	--------	---------	-----------	----------	--------	----------	-------

HEALTH & WELLNESS PROGRAMS CONTACT: JeanAnne Valance | 516.671.8270, xt. 5421 | Jeananne.Valance@ymcali.org

Small Group Training (Fitness Center)		11:30am-12:30pm w/ Michaela			12:00-1:00p w/ Sean B	11:00a-12:00p w/ Michaela		\$150	\$175
Youth Yoga (Fitness Studio)							K-2nd:11:30am-12:15pm 3-5th: 12:30pm-1:15pm	\$150	\$175
Sports Sampler (Ages 3-5)					2:00-2:40pm			\$120	\$120
Les Mills BODY PUMP - Fundamentals 101				8:00-8:45am				\$100	\$125
Intro to Weight Training (ages 13-17)				4:00-5:00pm w/ Sean B				\$150	\$175
Beginner Pickleball (age 18+)			1:00-2:00pm					\$75	\$100

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.

- Monday's 11:30am-12:30pm, Feb 6- April 10
- Thursday's: 12:00-1:00pm, Feb 9- April 13
- Friday's 11:00am-12:00p, Feb 10-April 14

Youth Yoga

Improve your concentration along with your flexibility, strength & balance.

Instructor: Larissa Finik

Sports Sampler (Ages 3-5)

A pre-school aged, fun-filled sports sampler consisting of hockey, soccer & basketball with Coach Laura.

- Thursday's- 2:00-2:40pm
- Dates: February 9 & 16, March 2, 9, 16, 23 & 30 (7 weeks)

LesMills Body Pump-Fundamentals 101

- LesMills BODYPUMP is a barbell class, that shapes, tones and strengthens your entire body. It is the rep effect focusing on high repetition movements with light weight loads.
- Learn proper form, from a simple bicep curl to a tricep extension to a deadlift to a clean & press, to a squat to a lunge and much more. Your last session will be a full BODY PUMP class!
- Held in the Fitness Studio

Beginner Pickleball (18+)

Pickleball is a combination of tennis, ping pong, racquetball and badminton. Played in singles & doubles. The game is easy to learn.

- Dates: February 7- March 7 (5 weeks)
- Tuesday's: 1:00-2:00pm

Intro to Weight Training (Ages 13-17)

Geared towards people who are just starting out in the weight room or looking to fine tune their form and enhance their workout.

- Wednesdays 4:00-5:00pm w/ Sean B