

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	
								Full	Program
<b>AQUATICS PROGRAMS</b>									
<b>INFANT/TODDLER SWIM LESSONS (6 MONTHS–3 YEARS OLD WITH PARENT)</b> 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	\$146	\$185
STAGE: B Water Exploration		10:00–10:30am 5:00–5:30pm					10:30–11:00am	\$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	9:30–10:00am	5:00–5:30pm		4:00–4:30pm	5:00–5:30pm	11:00–11:30pm	10:00–10:30am	\$146	\$185
STAGE 2 Water Movement				4:30–5:00pm	11:00–11:30am 5:30–6:00pm	10:00–10:30am	9:30–10:00am	\$146	\$185
STAGE 3 Water Stamina				5:00–5:30pm			11:00–11:30am	\$146	\$185
<b>SCHOOL-AGE SWIM LESSONS (5–12 YEARS OLD)</b> 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	\$146	\$185
STAGE 2 Water Movement		6:00–6:30pm	5:15–5:45pm		4:30–5:00pm	4:00–4:30pm	11:00–11:30am	\$146	\$185
STAGE 3 Water Stamina	9:30–10:00am		5:45–6:15pm	4:00–4:30pm	5:00–5:30pm			\$146	\$185
STAGE 4 Stroke Introduction	9:00–9:30am	5:30–6:00pm		5:30–6:00pm			9:00–9:30am	\$146	\$185
STAGE 5 Stroke Development	10:00–10:30am		5:15–5:45pm				9:30–10:00am	\$146	\$185
STAGE 6 Stroke Mechanics	10:30–11:00am			5:00–5:30pm				\$146	\$185
<b>SENSATIONAL SWIM (4–12 YEARS OLD WITH PARENT)</b> Classes meet once per week for 9 weeks. 30 minutes									
SENSATIONAL SWIM Special Needs					5:30–6:00pm		10:30–11:00am	\$146	\$185
<b>TEEN SWIM LESSONS (12–17 YEARS OLD)</b> Classes meet once per week for 9 weeks. 45 minutes									
TEEN BASICS & STROKES (12–17yrs)	11:00–11:45am		4:30–5:15pm					\$163	\$200

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	
<b>ADULT SWIM LESSONS (17+ YEARS OLD)</b> Classes meet once per week for 9 weeks. 45 minutes								Full	Program
ADULT BASICS & STROKES (17+)		6:00–6:45pm			10:00–10:45am		11:30–12:15pm	\$163	\$200
<b>COMPETITION</b> Classes meet once per week for 9 weeks. 45 minutes									
BEGINNER PRE-SWIM TEAM	8:45–9:30am		6:15–7:00pm					\$163	\$200
ADVANCED PRE-SWIM TEAM			7:00–7:45pm		7:00–7:45pm			\$163	\$200
<b>LEADERSHIP</b> Classes meet once per week for 9 weeks. 45 minutes									
Lifeguard Prep (11–17)			7:00–7:45pm				11:30–12:15pm	\$163	\$200
<b>RECREATION</b> Classes meet once per week for 9 weeks									
WATER POLO I Instructional (Ages 7–11)					6:00–7:00pm			\$150	\$200
<b>WATER FITNESS (18+ YEARS OLD)</b> Classes meet once per week for 9 weeks									
AQUA JOG		8:30–9:25am						\$100	\$200
AQUA AEROBICS				8:30–9:25am		8:30–9:25am		\$100	\$200
AQUA FLEX & STRETCH			10:30–11:25am		6:00–6:55pm			\$100	\$200

Want to try out a Water Fitness class? Drop-in available. Register day of at Welcome Desk.  
Buy 3 Get the 4th FREE!!!!

### Swim Lessons

- 9 weeks: 30 minutes Full Member: \$146 Program Member: \$185
- 9 weeks: 45 minutes Full Member: \$163 Program Member: \$200

### Private Swim Lessons

- 4-pk (30 minutes) \$243
- 8-pk (30 minutes) \$441
- 12-pk (30 minutes) \$602 (2X a week lessons)

### Semi-Private Swim Lessons

2–3 participants; similar age & ability

- 4-pk (30 minutes) \$397
- 8-pk (30 minutes) \$740
- 12-pk (30 minutes) \$1,010 (2X a week lessons)

# Patchogue YMCA

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

WINTER SESSION: Sunday, February 5–April 15, 2023  
Registration starts January 23rd

CONTACT: Darryl Smith | 631.891.1810 | Darryl.Smith@ymcali.org

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	
<b>YOUTH PROGRAMS</b>								Full	Program
<b>PEE WEE BASKETBALL CLINIC</b> Classes meet once per week for 10 weeks. 45 minutes									
Ages 5-7			4:30-5:15pm					\$90	\$110
<b>ALL STAR BASKETBALL CLINIC</b> Classes meet once per week for 10 weeks. 60 minutes									
All Stars			5:15-6:15pm					\$110	\$142
<b>PEE WEE SOCCER</b> Classes meet once per week for 10 weeks. 45 minutes									
Ages 4-6							10:30-11:15am	\$90	\$110
<b>ALL STAR SOCCER</b> Classes meet once per week for 10 weeks. 60 minutes									
Ages 7-9							11:15-12:15pm	\$110	\$142
<b>TUMBLING</b> Classes meet once per week for 10 weeks. 45 minutes									
Ages 3-5							11:30-12:15pm	\$90	\$110
<b>YOUTH GYMNASTICS</b> Classes meet once per week for 10 weeks. 60 minutes									
Youth Gymnastics I Ages 6-8							10:30-11:30am	\$110	\$142
Youth Gymnastics II Ages 6-8					4:15pm-5:00pm		12:30-1:30pm	\$110	\$142
<b>YOUTH YOGA</b> Classes meet once per week for 10 weeks. 45 minutes									
Ages 7-12			5:30-6:15pm					\$90	\$110
<b>ALL STAR NERF BATTLE</b> Classes meet once per week for 10 weeks. 60 minutes									
Ages 8-12		5:00-6:00pm						\$110	\$142
<b>ALL STAR VOLLEYBALL</b> Classes meet once per week for 10 weeks. 60 minutes									
Ages 8-12							1:00-2:00pm	\$110	\$142
<b>FIT KIDS/Y WARRIORS</b> Classes meet once per week for 10 weeks. 60 minutes									
Ages 5-7		4:00-4:45pm		4:15-5:00pm				\$90	\$110

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	
<b>ADULT PROGRAMS</b>								Full	Program
<b>PICKLEBALL</b> 5 weeks, starting 2/15									
Adult Beginner Pickleball Clinic				10:15-11:15am				\$60	\$75
Advanced Pickleball Clinic				9:00-10:00am				\$60	\$75
<b>HEALTH &amp; WELLNESS PROGRAMS</b>								Full	Program
Osteoporosis Prevention			11:00-12:00pm					\$150	\$175

**Youth classes–10 week session  
45 minutes**

- Full Member: \$90
- Program Members: \$110

**60 minutes**

- Full Member: \$110
- Program Members: \$142

**Pickleball– 5 weeks, starts 2/15**

- Full Membership: \$60
- Program Membership: \$75

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**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.**

**JANUARY 13, 27, FEBRUARY 3, 17, MARCH 3, 17, 31, APRIL 21**