

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	
	INFANT/TODDLER SWIM LESSONS (6 MONTHS– 3 YEARS OLD) Classes meet once per week for 9 weeks							Full	Program
<b>STAGE: A &amp; B Swim Starters</b>	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	9:15–9:45am A	9:45–10:15am A 10:25–10:55am A	\$146	\$185
<b>PRESCHOOL SWIM LESSONS (3–5 YEARS OLD) Classes meet once per week for 9 weeks</b>									
<b>STAGE 1 Water Acclimation</b>	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 4:05–4:35pm 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	\$146	\$185
<b>STAGE 2 Water Movement</b>	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	\$146	\$185
<b>STAGE 3 Water Stamina</b>				5:25–5:55pm N			11:05–11:35am A	\$146	\$185
<b>STAGE 4 Stroke Introduction</b>	9:50–10:20am A					4:45–5:15pm A		\$146	\$185
<b>SCHOOL-AGE SWIM LESSONS (6–12 YEARS OLD) Classes meet once per week for 9 weeks</b>									
<b>STAGE 1 Water Acclimation</b>	9:10–9:40am N		4:05–4:35pm N		4:05–4:35pm N		9:10–9:40am N	\$146	\$185
<b>STAGE 2 Water Movement</b>	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	\$146	\$185
<b>STAGE 3 Water Stamina</b>	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	\$146	\$185
<b>STAGE 4 Stroke Introduction</b>	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	\$146	\$185
<b>STAGE 5 Stroke Development</b>	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	\$146	\$185
<b>STAGE 6 Stroke Mechanics</b>	11:10–11:40am N	5:25–5:55pm N				5:25–5:55pm A	11:50–12:20pm N	\$146	\$185
<b>SENSATIONAL SWIM</b>			6:50–7:20pm A					\$146	\$185
<b>TEEN SWIM LESSONS (12–17 YEARS OLD) Classes meet once per week for 9 weeks</b>									
<b>TEEN BASICS (Stages 1–4)</b>	11:45–12:30pm A						11:45–12:30pm A	\$163	\$200
<b>TEEN STROKES (Stages 5–6)</b>	11:45–12:30pm A			6:05–6:50pm N			11:45–12:30pm A	\$163	\$200
<b>SWIM CLUB</b>		6:05–6:50pm N				6:05–6:50pm A		\$163	\$200
<b>INSTRUCTOR PREP</b>	11:45–12:30pm A			4:45–5:15pm N				\$146	\$185
<b>LIFEGUARD PREP</b>				7:00–7:45pm N				\$163	\$200

# Huntington YMCA

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

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

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	
<b>WATER POLO</b> Classes meet once per week for 9 weeks								<b>Full</b>	<b>Program</b>
Water Polo (Ages 10-17)		7:00-8:00pm N						\$150	\$200
<b>ADULT SWIM LESSONS (18+ YEARS OLD)</b> Classes meet once per week for 9 weeks									
ADULT BASICS (Stage 1-4)			9:15-10:00am A 6:50-7:35pm A					\$163	\$200
ADULT STROKES (Stage 5-6)						11:15-12:00pmA		\$163	\$200
<b>AQUA FITNESS CLASSES (18+ YEARS OLD)</b> Classes meet once per week for 9 weeks. <b>Want to try out a Water Fitness class? Buy 3 Get the 4th FREE!!!!</b>									
HYDROFIT		9:00-10:00am A			10:30-11:30am A			\$100	\$200
WATER WALKING				10:00-11:00am A				\$100	\$200
AQUA POWER			10:00-11:00am N		7:00-8:00pm N			\$100	\$200
<b>YOUTH ENRICHMENT</b>									
<b>PARENT/ CHILD CLASSES (6-18 MONTHS)</b> Classes meet once per week for 10 weeks.									
You & Me Tumbling	10:15-11:00am							\$110	\$142
You & Me Story Time							9:00-9:45am	\$110	\$142
<b>PARENT/ CHILD CLASSES (18-36 MONTHS)</b>									
You & Me Art	9:30-10:15am							\$110	\$142
You & Me Play with a Purpose		9:30-10:15am 8 weeks starting 2/20						\$88	\$114
You & Me Tumbling	11:00-11:45am							\$110	\$142
You & Me Story Time							10:00-10:45am	\$110	\$142
<b>BUMBLEBEES ENRICHMENT (3-5 YEARS OLD)</b> Classes meet once per week for 10 weeks.									
Art	10:15-11:00am							\$110	\$142
Tumbling	12:00-12:45pm							\$110	\$142
Arts & Crafts			4:00-4:45pm					\$110	\$142
Music & Movement				4:00-4:45pm				\$110	\$142
Yoga					4:15-5:00pm			\$110	\$142
Story Time							11:00-11:45am	\$110	\$142
<b>YOUTH ENRICHMENT (GRADES K-2)</b> Classes meet once per week for 10 weeks.									
Arts & Crafts			5:00-6:00pm					\$110	\$142
Fun With Food					5:00-6:00pm			\$120	\$152
Snappy XO				5:00-6:00pm				\$110	\$142
Young Engineers		4:00-5:00pm					10:00-11:00am	\$200	\$200

Schedule is subject to change at anytime.

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	
<b>YOUTH ENRICHMENT (GRADES 3-5) Classes meet once per week for 10 weeks.</b>								<b>Full</b>	<b>Program</b>
Theater		6:00-7:00pm						\$110	\$142
Arts & Crafts			6:00-7:00pm					\$110	\$142
Fun With Food						6:00-7:00pm		\$120	\$152
Snappy XO				6:00-7:00pm				\$110	\$142
Young Engineers		5:00-6:00pm					11:00-12:00pm	\$200	\$200

## YOUTH SPORTS

### BUMBLEBEES SPORTS (3-5 YEARS OLD) Classes meet once per week for 10 weeks.

Basketball			4:00-4:45pm					\$110	\$142
Sports Sampler				4:00-4:45pm				\$110	\$142
Ninja		4:00-4:45pm			4:00-4:45pm	4:00-4:45pm		\$110	\$142
Tiger Schulmann's Martial Arts	11:00am-12:00pm					4:00-4:45pm		\$575	\$575

### YOUTH SPORTS (GRADES K-2) Classes meet once per week for 10 weeks.

Instructional Soccer		5:00-6:00pm						\$110	\$142
Instructional Basketball			5:00-6:00pm			5:00-6:00pm	10:00-11:00am	\$110	\$142
All Star Sports Sampler				5:00-6:00pm				\$110	\$142

### YOUTH SPORTS (GRADES 3-5)

Instructional Basketball			6:00-7:00pm			6:00-7:00pm	11:00-12:00pm	\$110	\$142
Dodgeball/Nerf					5:00-6:00pm			\$110	\$142

### YOUTH SPORTS (GRADES 6-8) Classes meet once per week for 10 weeks

Futsal				6:00-7:00pm				\$110	\$142
Basketball					6:00-7:00pm			\$110	\$142

**YOUTH BASKETBALL LEAGUE:** Saturdays grades K-2 from 12:00pm-2:00pm and grades 3-5 from 2:00-3:00pm. Players will practice for the first 30 minutes of classes, followed by a game.

**HALF-DAY SPORTS CAMP DATES:** January 16, February 20-24 and April 3-7. Grades K-6. 9:00am-12:00pm \$40/day.

**HOLIDAY CAMP DATES FOR 2023:** February 20-24 & April 3-7. Grades K-6. 8am-6pm \$70 per day.

**PRE-TEEN NIGHT:** Grades 5-8 from 6:00pm-8:00pm JANUARY 14, 27, FEBRUARY 3, 17, MARCH 3, 17, 31, APRIL 21. THIS EVENT IS FREE.

**YOUTH INTRAMURAL SOCCER LEAGUE: SPRING SEASON BEGINS IN APRIL!** INTRAMURAL SOCCER LEAGUE AVAILABLE FOR CHILDREN AGES 3 TO 10!

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	
<b>HEALTH &amp; FITNESS</b>									
<b>TEEN FITNESS (13-18) Classes meet once per week for 10 weeks</b>									
<b>Weight Lifting For Teens</b>							10:00-11:00am	\$150	\$175
<b>ADULT FITNESS (18+) Classes meet once per week for 10 weeks</b>									
<b>Small Group Training</b>	10:00-11:00am	8:00-9:00am	9:45-10:45	8:00-9:00am		8:00-9:00am 9:45-10:45am		\$160	\$185
<b>Senior Small Group Training</b>				11:30-12:30pm				\$160	\$185
<b>Run Stronger Running Clinic</b>							11:00-12:00pm	\$160	\$185
<b>Bone Density Small Group Training</b>			11:00-12:00pm					\$160	\$185
<b>PowerLifting for Women</b>					12:00-1:00pm			\$160	\$185
<b>Instructional Boxing</b>				6:00-7:00pm				\$160	\$185
<b>New Year, New You Weightloss Progam</b> <small>Meets 2x per week</small>			5:30-6:30pm Nutrition				11:30-12:30pm Bootcamp	\$315	\$330

Schedule is subject to change at anytime.