

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)</b> Classes meet once per week for 9 weeks. 30 minutes. An adult must accompany each child in the pool.									
STAGE: A Water Discovery (6-18mo)		9:30-10:00am			6:00-6:30pm		11:00am-11:30am	\$146	\$185
STAGE: B Water Exploration (19-36mo)		11:00-11:30am 6:00-6:30pm	6:00-6:30pm				9:00-9:30am	\$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		10:00-10:30am 3:30-4:00pm		3:30-4:00pm	6:30-7:00pm		9:30-10:00am 11:00-11:30am	\$146	\$185
STAGE 2 Water Movement		10:00-10:30am 6:00-6:30am	3:30-4:00pm		3:30-4:00pm		10:30-11:00am	\$146	\$185
STAGE 3 Water Stamina		10:30-11:00am		4:30-5:00pm	6:00-6:30pm		9:00-9:30am	\$146	\$185
STAGE 4 Stroke Introduction							11:30-12:00pm	\$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		9:30-10:00am 6:30-7:00pm	4:00-4:30pm		4:00-4:30pm		10:30-11:00am 11:30am-12:30pm	\$146	\$185
STAGE 2 Water Movement		10:30-11:00am 6:30-7:00pm	4:00-4:30pm	4:00-4:30pm	4:30-5:00pm		10:00-10:30am	\$146	\$185
STAGE 3 Water Stamina		11:00-11:30am 4:30-5:00pm	6:00-6:30pm		6:30-7:00pm		9:30-10:00am	\$146	\$185
STAGE 4 Stroke Introduction		4:00-4:30pm	6:30-7:00pm	4:00-4:30pm			10:00-10:30am	\$146	\$185
STAGE 5 Stroke Development		4:00-4:30pm 6:00-6:30pm			7:00-7:30pm		9:00-9:30am	\$146	\$185
STAGE 6 Stroke Mechanics		4:00-4:30pm 6:00-6:30pm			7:00-7:30pm		9:00-9:30am	\$146	\$185

# Great South Bay YMCA

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

SUMMER SESSION: Sunday, June 25 – Saturday, September 2nd

No Classes, Tuesday, July 4

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

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price		
<b>SWIM- MINI SESSIONS</b> Two week sessions Tuesday-Friday for a total of 8 classes in two straight weeks										
	Stage 1 Preschool	Stage 2 Preschool	Stage 3 Preschool	Stage 1 School Age	Stage 2 School Age	Stage 3 School Age	Stage 4 School Age	FULL	PROGRAM	
Session 1 July 5–July 14	9:30–10:00am	9:30–10:00am		9:30–10:00am	9:30–10:00am			\$114	\$144	
Session 2 July 18–July 28	9:30–10:00am		9:30–10:00am	9:30–10:00am	9:30–10:00am			\$130	\$164	
Session 3 August 1–August 11	9:30–10:00am	9:30–10:00am			9:30–10:00am	9:30–10:00am		\$130	\$164	
Session 4 August 15–August 25		9:30–10:00am			9:30–10:00am	9:30–10:00am	9:30–10:00am	\$130	\$164	
<b>AQUATICS PROGRAMS- TEEN SWIMMING LESSONS/ SENSATIONAL SWIM</b>									FULL	PROGRAM
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	
<b>ADULT SWIM LESSON (17+ YEARS OLD)</b>									FULL	PROGRAM
Swim BASICS			6:45–7:30pm					\$163	\$200	
<b>AQUATIC FITNESS PROGRAMS WANT TO TRY A WATER FITNESS CLASS? BUY 3 GET THE 4TH FREE!</b>									FULL	PROGRAM
AFYAP		12:30–1:30pm				12:30–1:30pm		\$100	\$200	
Senior Shape Up			8:30–9:15am					\$75	\$150	
Water Slimnastics		8:30–9:15am			8:30–9:15am			\$75	\$150	
Power Water Walking				8:30–9:15am				\$75	\$150	

- Private Swim Lessons**
- 4-pk (30 minutes) \$243
  - 8-pk (30 minutes) \$441
  - 12-pk (30 minutes) \$602

- Swim Lessons- 9 wk Sessions**  
Classes meet once a week
- 30 Minute: Full: \$146 Program \$185
  - 45 Minute Class: Full \$163 Program: \$200

- Semi-Private Swim Lessons**  
2 participants; similar age & ability
- 4-pk (30 minutes) \$198/person
  - 8-pk (30 minutes) \$370/person
  - 12-pk (30 minutes) \$505/person

- SWIM - MINI SESSIONS (4 different sessions available)**
- Session 1, 7 classes only. July 5 – 14th.: Full \$114 / Program \$144
  - Session 2,3 & 4, 8 classes: Full \$130 Program \$164

# Great South Bay YMCA

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

SUMMER SESSION: Sunday, June 25 – Saturday, September 2nd

No Classes, Tuesday, July 4

CONTACT: Despina Tenedorio | 516.344.6715 | Despina.Tenedorio@ymcali.org

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	
<b>YOUTH PROGRAMS</b>									
Boot Camp w/ Rudy 9-13 years			4:00pm					\$125	\$150
Intro to Weight Lifting w/ Rudy 13-16 years					4:00pm			\$125	\$150
<b>HEALTH &amp; WELLNESS PROGRAMS</b>									
<b>PICKLEBALL</b>								FULL	PROGRAM
Pickleball Conditioning w/ Despina (6/28-7/26 OR 8/2-8/30)		11:00am						\$75	\$100
Pickleball Instructional Class w/ Andy (6/29-7/27 OR 8/3-8/31)				5:00-6:00pm (Beginner) 6:00-7:00pm (intermediate) 7:00-8:00pm (Advanced)				\$75	\$100
<b>SMALL GROUP TRAINING</b>								FULL	PROGRAM
Warrior Small Group Training w/ Angel							8:00am	\$150	\$175
Senior Small Group Training w/ Despina			11:15am					\$150	\$175
Small Group Training w/ Despina			10:15am		10:15am			\$150	\$175

### YOUTH FITNESS- 10 WEEK SESSION

- Full \$125 Program \$150 Drop in fee \$20

### ADULT FITNESS-10 WK SESSION

- Small Group Training/Functional Training
- Full \$150 Program \$175 Drop in fee \$20

### GROUP TRAININGS – 10 WEEKS

- Full \$150 / Program \$175

### PICKLEBALL 5 WEEK SESSION

- 2 different sessions available for each
- 6/28 – 7/26 or 8/2 – 8/30 for Conditioning & Training
- 6/29 – 7/27 OR 8/3 – 8/31 for Instructional class
- Full \$75 / Program \$100