

AQUATICS PROGRAMS

SWIM-MINI SESSIONS

	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

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price
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INFANT/TODDLER SWIM LESSONS (6 MONTHS– 3 YEARS OLD) 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		11:00–11:30am	\$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

PRESCHOOL SWIM LESSONS (3-5 YEARS OLD) 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

SCHOOL-AGE SWIM LESSONS (5-12 YEARS OLD) 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 | YMCALI.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	
AQUATICS PROGRAMS- TEEN SWIMMING LESSONS/ SENSATIONAL SWIM								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
ADULT SWIM LESSON (17+ YEARS OLD)									
Swim BASICS			6:45-7:30pm					\$163	\$200
AQUATIC FITNESS PROGRAMS WANT TO TRY A WATER FITNESS CLASS? BUY 3 GET THE 4TH FREE!									
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

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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	
YOUTH PROGRAMS									
Boot Camp w/ Rudy 9-13 years			4:00pm					\$125	\$150
Intro to Weight Lifting w/ Rudy 13-16 years					4:00pm			\$125	\$150
HEALTH & WELLNESS PROGRAMS									
PICKLEBALL								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
SMALL GROUP TRAINING								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