

**AQUATICS PROGRAMS**

**PRESCHOOL SWIMS LESSONS (3-5 YEAR OLDS) 3 WEEKS PER SESSIONS (TUESDAY AND THURSDAY)**

Class	SESSION 1 – 6/26 – 7/13		SESSION 2 – 7/17 – 8/3		SESSION 3 – 8/7 – 8/24		Price	
	Tuesday	Thursday	Tuesday	Thursday	Tuesday	Thursday	FULL	PROGRAM
STAGE 1: Water Acclimation	3:15pm-3:45pm	3:15pm-3:45pm	3:15pm-3:45pm	3:15pm-3:45pm	3:15pm-3:45pm	3:15pm-3:45pm	\$97	\$123
STAGE 2: Water Movement							\$97	\$123

  

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price
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**PRESCHOOL SWIM LESSONS (6 CLASSES OVER 3 WEEKS-ONCE A WEEK FOR 9 WEEKS)**

STAGE 1: Water Acclimation							9:15-9:45am	\$146	\$185
STAGE 2: Water Movement							9:15-9:45am 10:00-10:30am	\$146	\$185

**SCHOOL-AGE SWIM LESSONS 3 WEEKS PER SESSION (MONDAY AND WEDNESDAY OR TUESDAY AND THURSDAY)**

Class	SESSION 1 – 6/26 – 7/13				SESSION 2 – 7/17 – 8/3				SESSION 3 – 8/7 – 8/24				Price	
	Monday/Wednesday		Tuesday/Thursday		Monday/Wednesday		Tuesday/Thursday		Monday/Wednesday		Tuesday/Thursday		FULL	PROGRAM
STAGE 1: Water Acclimation	4:00-4:30pm	4:00-4:30pm	4:00-4:30pm	4:00-4:30pm	4:00-4:30pm	4:00-4:30pm	4:00-4:30pm	4:00-4:30pm	4:00-4:30pm	4:00-4:30pm	4:00-4:30pm	4:00-4:30pm	\$97	\$123
STAGE 2: Water Movement			4:45-5:15pm	4:45-5:15pm			4:45-5:15pm	4:45-5:15pm			4:45-5:15pm	4:45-5:15pm	\$97	\$123
STAGE 3: Water Stamina			4:00-4:30pm	4:00-4:30pm			4:00-4:30pm	4:00-4:30pm			4:00-4:30pm	4:00-4:30pm	\$97	\$123
STAGE 5: Stroke Development			4:45-5:15pm	4:45-5:15pm			4:45-5:15pm	4:45-5:15pm			4:45-5:15pm	4:45-5:15pm	\$97	\$123
STAGE 6: Stroke Mechanics	5:15-5:45pm	5:15-5:45pm			5:15-5:45pm	5:15-5:45pm			5:15-5:45pm	5:15-5:45pm			\$97	\$123

**SCHOOL-AGE SWIM LESSONS (6-12 YEARS OLD) Classes meet once per week for 3 weeks. 30 minutes**

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price
STAGE 2 Water Movement							9:15-9:45am	\$146   \$185
STAGE 3 Water Stamina							9:15-9:45am	\$146   \$185

Schedule is subject to change

**INFANT/ TODDLER SWIM LESSONS (6 MONTHS- 3 YEARS OLD)** Classes meet once per week for 9 weeks. 30 minutes

Water Discovery: Stage A							10:45-11:15am	\$146	\$185
Water Exploration: Stage B							10:45-11:15am	\$146	\$185

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

FULL PROGRAM

Small Group Training: Women & Weights w/ Jean Anne		12:45-1:45pm						\$120	\$140
Small Group Training w/ Michaela				12:00p-1:00pm				\$120	\$140
Small Group Training: Strength & Conditioning for Pickleball w/ Jean Anne			7:00-745am					\$75	\$87.50

**SGT Women & Weights-**

An introduction to the weight room: In a small group setting, have fun getting a full body workout learning how to use the equipment properly, with personal trainer Jean Anne. (8 weeks) June 26- August 16

**SGT-**

Combine the energy and inspiration of group exercise with the individualized attention with personal trainer Michaela. (8 weeks) June 28- August 16

**SGT-Strength & Conditioning for Pickleball** with personal trainer Jean Anne. (5weeks) June 27- July 25