

## AQUATICS PROGRAMS

### SUMMER SPLASH- TWO WEEK SESSIONS MONDAY-THURSDAY FOR A TOTAL OF 8 CLASSES IN TWO STRAIGHT WEEKS

	Stage 1 Water Acclimation Preschool	Stage 1 Water Acclimation Preschool	Stage 2 Water Movement Preschool	Stage 2 Water Movement Preschool	Stage 3 Water Stamina School Age	Full	Program
Session 1: June 26-July 6	8:30am-9:00am	8:30am-9:00am	8:30am-9:00am	8:30am-9:00am	8:30am-9:00am	\$130	\$164
Session 2: July 10-July 20	8:30am-9:00am	8:30am-9:00am	8:30am-9:00am	8:30am-9:00am	8:30am-9:00am	\$130	\$164
Session 3: July 24-Aug 3	8:30am-9:00am	8:30am-9:00am	8:30am-9:00am	8:30am-9:00am	8:30am-9:00am	\$130	\$164
Session 4: August 7-Aug 17	8:30am-9:00am	8:30am-9:00am	8:30am-9:00am	8:30am-9:00am	8:30am-9:00am	\$130	\$164



Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price
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### INFANT/TODDLER SWIM LESSONS (6 MONTHS– 3 YEARS OLD WITH PARENT) Classes meet once per week for 9 weeks. Starting June 25th

STAGE: A Water Discovery	10:30am-11:00am	9:30am-10:00am		9:30am-10:00am 4:30pm-5:00pm	5:00pm-5:30pm		10:00am-10:30am	\$146	\$185
STAGE: B Water Exploration		9:30am-10:00am 5:00pm-5:30pm		9:30am-10:00am			10:30am-11:00am	\$146	\$185

### PRESCHOOL SWIM LESSONS (3-5 YEARS OLD) Classes meet once per week for 9 weeks. 30 minutes

STAGE 1 Water Acclimation	9:30am-10:00am 11:00am-11:30am	9:00am-9:30am 5:00pm-5:30pm	9:30am-10:00am	4:00pm-4:30pm		9:00am-9:30am	10:00am-10:30am	\$146	\$185
STAGE 2 Water Movement	9:00am-9:30am	4:00pm-4:30pm	9:00am-9:30am	4:30pm-5:00pm	5:30pm-6:00pm		9:30am-10:00am	\$146	\$185
STAGE 3 Water Stamina				9:00am-9:30am 5:00pm-5:30pm			11:00am-11:30am	\$146	\$185

### SCHOOL-AGE SWIM LESSONS (5-12 YEARS OLD) Classes meet once per week for 9 weeks. 30 minutes

STAGE 1 Water Acclimation	10:30am-11:00am	4:30pm-5:00pm	5:45pm-6:15pm			9:00am-9:30am	9:00am-9:30am	\$146	\$185
STAGE 2 Water Movement		6:00pm-6:30pm	5:15pm-5:45pm			4:00pm-4:30pm	11:00am-11:30am	\$146	\$185
STAGE 3 Water Stamina	9:30am-10:00am		5:45pm-6:15pm	9:00am-9:30am 4:00pm-4:30pm	5:30-6:00pm			\$146	\$185
STAGE 4 Stroke Introduction		5:30pm-6:00pm		5:30pm-6:00pm		9:30am-10:00am 5:00pm-5:30pm	9:00am-9:30am	\$146	\$185
STAGE 5 Stroke Development	10:00am-10:30am		5:15pm-5:45pm				9:30am-10:00am	\$146	\$185
STAGE 6 Stroke Mechanics	10:00am-10:30am				6:00-6:30pm			\$146	\$185

# Patchogue Family YMCA

255 West Main Street, Patchogue, NY 11772 | 631.891.1800 | YMCALI.org

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

No Classes Tuesday, July 4

CONTACT: Christina Frank | 631.891.1815 | Christina.Frank@ymcali.org

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	
								Full	Program
<b>AQUATICS PROGRAMS</b>									
<b>SENSATIONAL SWIM (4-12 YEARS OLD WITH PARENT)</b> Classes meet once per week for 9 weeks. 30 minutes									
SENSATIONAL SWIM Special Needs							10:30am-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	11:00am-11:45am	3:45pm-4:30pm			6:30pm-7:15pm			\$163	\$200
<b>ADULT SWIM LESSONS (17+ YEARS OLD)</b> Classes meet once per week for 9 weeks. 45 minutes									
ADULT BASICS & STROKES		6:00pm-6:45pm			9:00am-9:45am		11:30am-12:15pm	\$163	\$200
<b>COMPETITION</b> Classes meet once per week for 9 weeks. 45 minutes									
BEGINNER PRE-SWIM TEAM	8:45am-9:30am		6:15pm-7:00pm					\$163	\$200
ADVANCED PRE-SWIM TEAM			7:00pm-7:45pm					\$163	\$200
<b>LEADERSHIP</b> Classes meet once per week for 9 weeks. 45 minutes									
Lifeguard Prep (11-17)			7:00pm-7:45pm		9:00am-9:45am		11:30am-12:15pm	\$163	\$200
<b>WATER FITNESS (18+ YEARS OLD)</b> Classes meet once per week for 9 weeks *at the Brookhaven Roe Y Center									
AQUA JOG		8:00am-8:55am						\$100	\$200
AQUA AEROBICS			8:00am-8:55am	8:00am-8:55am		8:00am-8:55am		\$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!**

## 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)

Email Christina Frank for scheduling: christina.frank@ymcali.org

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

No Classes Tuesday, July 4

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

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	
								Full	Program
<b>YOUTH PROGRAMS</b>									
<b>FIT KIDS/Y WARRIORS</b> Classes meet once per week for 10 weeks. 45 minutes									
Ages 5-7			5:00pm-5:45pm					\$105	\$130
<b>TEEN FITNESS</b> Classes meet once per week for 10 weeks. 45 minutes									
Ages 13-16			5:45pm-6:30pm					\$105	\$130
<b>TUMBLING</b> Classes meet once per week for 10 weeks. 45 minutes									
Ages 3-5		3:00pm-3:45pm			4:15pm-5:00pm		11:30am-12:15pm	\$105	\$130
<b>YOUTH GYMNASTICS 1</b> Classes meet once per week for 10 weeks. 60 minutes									
Ages 6-8		4:00pm-5:00pm					10:30am-11:30am	\$110	\$142
<b>FITNESS GROUP TRAINING-5 WEEK SESSION</b>									
<b>STRENGTH &amp; CONDITIONING</b>					CONTACT: Brittany Kontos   631.891.1813   Brittany.Kontos@ymcali.org				
Strength & Conditioning for Pickleball June 27 - August 1st			9:00-10:00am					\$75	\$110