

Great South Bay

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

Registration Begins Monday, August 28th

FALL 1 Session: Sunday, September 10, 2023 - Saturday, November 18, 2023

Contact: Lisa McKeown | 516-344-6717 | lisa.mckeown@ymcali.org

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price
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AQUATICS PROGRAMS

INFANT/TODDLER SWIM LESSONS (6 MONTHS-3 YEARS OLD) Classes meet once per week for 9 weeks. Adult supervision required. 30 Minutes. FULL PROGRAM

STAGE A Water Discovery 6-18 mos.					10:15-10:45am 6:00-6:30pm	10:00-10:30am	11:00-11:30am	\$146	\$185
STAGE B Water Exploration 19-36 mos.		6:00-6:30pm	6:00-6:30pm		10:45-11:15am	10:30-11:00am	9:00-9:30am	\$146	\$185

PRE-SCHOOL SWIM LESSONS (3-5 YEARS) Classes meet once per week for 9 weeks. 30 minutes.

STAGE 1 Water Acclimation		3:30-4:00pm	10:30-11:00am	1:00-1:30pm 4:00-4:30pm	6:00-6:30pm		9:30-10:00am 11:30am-12:00pm	\$146	\$185
STAGE 2 Water Movement		4:00-4:30pm	6:00-6:30pm	3:30-4:00pm		1:30-2:00pm	10:30-11:00am 12:00-12:30pm	\$146	\$185
STAGE 3 Water Stamina		4:30-5:00pm	4:30-5:00pm				9:30-10:00am	\$146	\$185
STAGE 4 Stroke Introduction							10:00-10:30am	\$146	\$185

SCHOOL-AGE SWIM LESSONS (6-12 YEARS) Classes meet once per week for 9 weeks. 30 minutes.

STAGE 1 Water Acclimation		6:30-7:00pm	4:30-5:00pm		4:30-5:00pm		10:30-11:00am 12:00-12:30pm	\$146	\$185
STAGE 2 Water Movement		6:30-7:00pm	3:30-4:00pm	4:30-5:00pm			10:00-10:30am 12:30-1:00pm	\$146	\$185
STAGE 3 Water Stamina		4:30-5:00pm	4:00-4:30pm		6:30-7:00pm	4:00-4:30pm	9:00-9:30am 11:30am-12:00pm	\$146	\$185
STAGE 4 Stroke Introduction		7:00-7:30pm	4:00-4:30pm		4:00-4:30pm	4:00-4:30pm	10:00-10:30am	\$146	\$185
STAGE 5 Stroke Development		6:00-6:30pm		4:00-4:30pm	6:30-7:00pm	4:30-5:00pm	9:00-9:30am	\$146	\$185
STAGE 6 Stroke Mechanics		6:00-6:30pm		4:00-4:30pm	6:30-7:00pm	4:30-5:00pm	9:00-9:30am	\$146	\$185

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PRE SWIM TEAM Classes meet once per week for 9 weeks, unless otherwise indicated.									FULL	PROGRAM
Pre-Swim Team Beginner			6:45-7:30pm					\$163	\$200	
Pre-Swim Team Intermediate					7:00-7:45pm			\$163	\$200	
Pre-Swim Team Advanced (2x/Week)			4:00-4:45pm		4:00-4:45pm			\$205	\$263	
LIFEGUARD PREP/TEEN SWIM LESSONS/SENSATIONAL SWIM/WATERPOLO										
Water Polo Beginner	10:00-11:00am							\$150	\$200	
Swim Basics Teen (12-17)		6:30-7:15pm						\$163	\$200	
Sensational Swim Special Needs				6:00-6:30pm 7:00-7:30pm				\$146	\$185	

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ADULT SWIM LESSONS/WORKOUT 17+

Swim Strokes Adult			6:45-7:30pm		8:45-9:30am			\$163 \$200
Adult Swim Workout (2x/Week)		5:30-7:00am		5:30-7:00am				\$189 \$305

AQUATIC FITNESS PROGRAMS

AFYAP		1:00-2:00pm				1:00-2:00pm		\$100 \$200
Aqua Jog			8:30-9:30am					\$100 \$200
Senior Shape Up			1:00-2:00pm		1:00-2:00pm			\$100 \$200
Water Slimnastics		9:00-10:00am			8:30-9:30am	9:00-10:00am		\$100 \$200
Power Water Walking				9:00-9:45am	9:30-10:15am			\$75 \$150
Aqua Power Express			9:30-10:15am					\$75 \$150

Private Swim Lessons

4-pk (30 mins) \$243

8-pk (30 mins) \$441

12-pk (30 mins) \$602

Semi-Private Swim Lessons

4-pk (30 mins) \$198pp

8-pk (30 mins) \$370pp

12-pk (30 mins) \$505pp

2-3 participants; similar age & ability

Want to try out a Water Fitness class?

BUY 3 GET THE 4TH FREE!!!

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Contact: Despina Tenedorio | 516-344-6715 | despina.tenedorio@ymcali.org

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	
YOUTH SPORTS/PRE-TEEN & TEEN REC								FULL	PROGRAM
Youth Basketball Introduction Stage 1 (Ages 6-8)							9am-10am Court A	\$110	\$140
Youth Basketball Instructional Stage 2 (Ages 9-12)							10am-11am Court A	\$110	\$140
Youth Basketball Intermediate Stage 3 (Ages 9-12)							9am-10am Court B	\$110	\$140
Advanced Basketball Training Stage 4 (Ages 13-18)							10am-11:30am	\$125	\$175
Introduction to Pickleball (Ages 9-12)	10am-11am Outdoor Sports Court						10am-11pm Outdoor Sports Court	\$110	\$140
Introduction to Flag Football							9am-10am	\$110	\$140

BASKETBALL:

Stage 1 Children are introduced to the sport and starting skills needed for the game. Fun and informative plus a good workout for them.

Stage 2 Next level skills worked on. Dribbling, passing and shooting development. Incorporates fun basketball games into their season.

Stage 3 Great for those kids that are looking to make a team or play already on a starting level team. Shooting technique, ball handling, and game prep.

Stage 4 Advanced basketball training. Focus on advanced offensive and defensive game skills. Higher level ball handling and shooting technique. Session also include age appropriate cardio, plyometric and weight training as they relate to basketball. Perfect way to get an athlete ready for the late fall middle school or high school basketball team.

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Pre-Teen Nights!: Grades 5-8 | 6:00pm-8:00pm

October 13 & 27, November 17, December 8, January 12 & 26, February 9 & 23, March 8 & 22

HEALTH AND WELLNESS

								FULL	PROGRAM
Small Group Training (Ages 16+)			10:15-11:00am		10:15-11:00am			\$150	\$175
Warrior Training (Ages 16+)							8:00-8:45am		\$175
Senior Small Group Training			11:15am-12:00pm					\$150	\$175

PICKLEBALL CLASSES **Session 1: 9/12-10/10 or 10/17-11/14** **Session 2: 9/14-10/12 or 10/19-11/16**

Beginner (Ages 16+)			5:00pm-6:00pm					\$75	\$100
Intermediate (Ages 16+)			6:00pm-7:00pm					\$75	\$100
Advanced (Ages 16+)			7:00pm-8:00pm					\$75	\$100
Youth (Ages 10-13)					5:00pm-6:00pm			\$75	\$100
Teen (Ages 13-16)					6:00pm-7:00pm			\$75	\$100

YOUTH FITNESS CLASSES

Youth Sports Conditioning (Ages 8-13)			4:00pm-4:45pm					\$125	\$150
Youth Sports Conditioning (Ages 13-16)					4:00pm-4:45pm			\$125	\$150
Flag Football (Ages 8-13)						4:30pm-5:15pm Outdoors		\$125	\$150