

YMCA at Glen Cove

125 Dosoris Ln, Glen Cove, NY 11542 | 516.671.8270 | YMCA.org

Registration Begins Monday, August 28th

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

Contact: Ken LaRossa | 516-671-8270 | kenneth.larossa@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. FULL PROGRAM

STAGE A Water Discovery 6-18 mos.							11:30-12:00pm	\$146	\$185
STAGE B Water Exploration 19-36 mos.							11:30-12:00pm	\$146	\$185

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

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

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

STAGE 1 Water Acclimation		4:00-4:30pm		4:00-4:30pm			11:30-12:00pm	\$146	\$185
STAGE 2 Water Movement		4:30-5:00pm		4:30-5:00pm				\$146	\$185
STAGE 3 Water Stamina		5:00-5:30pm		5:00-5:30pm			11:30-12:00pm	\$146	\$185
STAGE 4 Stroke Introduction			4:00-4:30pm		4:00-4:30pm		9:15-9:45am	\$146	\$185
STAGE 5 Stroke Development			4:30-5:00pm		4:30-5:00pm		10:00-10:30am	\$146	\$185
STAGE 6 Stroke Mechanics			5:00-5:30pm		5:00-5:30pm		10:45-11:15am	\$146	\$185

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Contact: Joseph Furman | 516-671-8270 | joseph.furman@ymcali.org

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	
YOUTH SPORTS/PRE-TEEN & TEEN REC								FULL	PROGRAM
Junior Pre Sports (Ages 4-6)							9:00-10:00am Gym	\$105	\$130
Scrimmage (Ages 8-13)					5:30-6:30pm Gym		10:00-11:00am Gym	\$175	\$200
Hoops Clinic (Ages 6-10)				5:00-6:00pm Gym				\$105	\$130
Soccer Clinic (Ages 6-10)							12:00-1:00pm Gym	\$105	\$130
Pitching Fundamentals (Grades 4-8)	11:00-12:00pm Gym							\$105	\$130
Allstar Sports (Ages 5-8)				6:00-7:00pm Gym				\$105	\$130

Allstar Sports offers kids a sampling of the sports including soccer, baseball, football, volleyball, and more. Players will get a grasp of rules for each sport.

Y-Hoops Basketball Scrimmage Is a co-ed league focuses on learning and applying fundamental basketball skills, teamwork, sportsmanship, and good practice habits.

Y-Hoops Basketball Clinic is a co-ed learning experience to teach the fundamental skills of basketball such as shooting, passing, dribbling, and defense. Focus on teamwork, sportsmanship, good practice habits and of course having fun.

Soccer Clinic is an introductory soccer class will teach your child the basic concepts and skills of soccer and aim to build their character. Players will perform exercises and drills and learn the importance of working as a team.

Junior Pre Sports is a class for children 4-6 years old that will focus on movement, footwork, balance, and coordination while we learn the values of exercise and good habits in a fun-filled environment!

Pitching Fundamentals Pre-Pitching mindset, proper mechanics form and techniques for fast and slow pitch, speed, and accuracy also Field Batting Fundamentals: Base running, throwing for distance and accuracy. Fielding, base coverage bunting and drills or a powerful swing.

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Contact: Liberty Ledesma | 516-671-8270 | liberty.ledesma@ymcali.org

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	
YOUTH CULTURAL ARTS								FULL	PROGRAM
Bienvenidos (Grades 1-3) with Ms. Maria				4:30-5:15pm 9 weeks				\$180	\$180
Young Picassos (Ages 3-5) with Ms. Sam & Ms. Grace			2:00-2:40pm 9-weeks					\$180	\$180
Beginners Drawing (Ages 8-16)			4:00-5:00pm Lounge 6 Weeks	Contact: joseph.furman@ymcali.org				\$65	\$80
Exploring Theater (Grades 4-7)	11:00-12:00pm 9 weeks							\$180	\$180

Bienvenidos Children will be introduced to the Spanish language and cultures in simple and enriching ways through hands-on-activities, music and games. Minimum 5 students.

Young Picassos Young artists will create masterpieces using their creativity and art skills. Our team will lead your children through projects, teaching skills each week. You'll take home the artwork - but not the mess! 5 student minimum.

Beginners Drawing is a 6 session art instruction designed to teach students the basic fundamentals of drawing. This class will give young artist a foundation to build drawing as well as other art skills.

Exploring Theater Students can step out of their comfort zone, gain confidence and make new friends. Express themselves creatively. Play improv games, acting exercises, learn scenes, and sing songs.

Pre-Teen Nights! - Grades 5-8

October 13 & 27

November 17

December 8

January 12 & 26

February 9 & 23

March 8 & 22

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AQUATICS PROGRAMS

ADULT WATER FITNESS Classes meet once per week for 9 weeks. Adult supervision required.

FULL PROGRAM

Aqua Jog					8:00-8:45pm			\$100	\$200
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Private Swim Lessons

4-pk (30 mins) \$243

8-pk (30 mins) \$441

12-pk (30 mins) \$602

Semi-Private Swim Lessons

2-3 participants; similar age & ability

4-pk (30 mins) \$397

8-pk (30 mins) \$740

12-pk (30 mins) \$1010

Private Lessons: Fill out interest form via Private Lesson Flyer

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Contact: Jean Anne Valance | 516-671-8270 | jeanne.valance@ymcali.org

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price
FITNESS SGT CLASSES								
Stability Ball Training (16+) Sept. 11–Nov. 13 with Jean Anne		7:00–7:45am 9 weeks						\$135 \$157.50
Small Group Training Sept. 11–Nov. 13 with Michaela		11:30–12:30pm 10 weeks						\$150 \$175
Speed & Agility (Grades 8–12) Sept. 11–Nov. 6 with Londell Wheeler		4:15–5:00pm 10 weeks						\$150 \$175
Pickleball Strength & Conditioning Sept. 12–Oct. 10 with Jean Anne			7:00–7:45am 5 weeks					\$75 \$100
Beginner Pickleball Session 1 Sept. 12–Oct. 10			12:30–1:30pm 5 weeks					\$75 \$100
Beginner Pickleball Session 2 Oct. 17–Nov. 14			12:30–1:30pm 5 weeks					\$75 \$100
Boxing Boot Camp (16+)		5:30–6:30pm						\$150 \$175

Speed & Agility

A class geared to challenge your agility, focusing on coordination, core power, strength and balance to enhance the skill level for your sport.

Stability Ball Training

The stability ball helps to teach the body to move as one unit. When performing exercises on the ball, the muscles that make up the core and surround the hips and shoulders have to work together to keep the body strong through a full range of motion. The use of the stability ball helps strengthen your muscles in your abdomen and back, improve your core stability and your balance along with building muscle.

Boxing Boot Camp

A hybrid of Strength and Conditioning, and boxing classes. This class will sculpt, tone and build your body to peak performance. Great for all fitness levels. Boxing Bootcamp may incorporate weights, agility drills, trx bands, shadow boxing, bag work and core strengthen exercises. Please bring your own boxing gloves, water and towel.