

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	
<b>AQUATICS PROGRAMS</b>									
<b>INFANT/TODDLER SWIM LESSONS (6 MONTHS-3 YEARS OLD)</b> Classes meet once per week for 9 weeks									FULL PROGRAM
STAGE: A & B Swim Starters	9:05-9:35 am A	10:10-10:40am A 10:45-11:15am A	1:45-2:15pm A 6:10-6:40pm A	9:15-9:45 am A	9:10-9:40 am A	9:15-9:45am A 12:15-12:45pm A	9:45-10:15am A 10:25-10:55am A	\$146	\$185
<b>PRESCHOOL SWIM LESSONS (3-5 YEARS OLD)</b> Classes meet once per week for 9 weeks									
STAGE 1 Water Acclimation	9:45-10:15 am A 11:05-11:35am A	2:15-2:45pm A 4:05-4:35pm N	2:30-3:00pm A 4:45-5:15pm N	1:45-2:15pm A	9:50-10:20am A 4:45-5:15pm N	4:05-4:35pm A	9:05-9:35am A 10:30-11:00am N 11:05-11:35am A	\$146	\$185
STAGE 2 Water Movement	9:05-9:35 am A 10:25-10:55am A	4:05-4:35pm N	4:05-4:35pm N	2:30-3:00pm A 4:45-5:15pm N	2:15-2:45pm A 4:05-4:35pm N	4:45-5:15pm A	9:05-9:35am A 11:10-11:40am N	\$146	\$185
STAGE 3 Water Stamina	11:50-12:20 pm N			5:25-5:55pm N			11:05-11:35pm A	\$146	\$185
STAGE 4 Stroke Introduction	9:50-10:20am N					4:45-5:15pm A		\$146	\$185
<b>SCHOOL-AGE SWIM LESSONS (6-12 YEARS OLD)</b> Classes meet once per week for 9 weeks									
STAGE 1 Water Acclimation	9:10-9:40am N		4:05-4:35pm N		4:05-4:35pm N		9:10-9:40am N	\$146	\$185
STAGE 2 Water Movement	9:50-10:20am N 10:30-11:00am N		5:25-5:55pm N	4:05-4:35pm N	4:45-5:15pm N	5:25-5:55pm A	9:50-10:20am N 10:30-11:00am N	\$146	\$185
STAGE 3 Water Stamina	10:30-11:00am N 11:10-11:40am N	4:45-5:15pm N	4:45-5:15pm N	4:45-5:15pm N	5:25-5:55pm N	4:05-4:35pm A	9:50-10:20 am N 10:25-10:55am A	\$146	\$185
STAGE 4 Stroke Introduction	9:10-9:40am N 10:25-10:55am A 11:50-12:20pm N	4:45-5:15pm N	5:25-5:55pm N	4:05-4:35pm N	5:25-5:55pm N	4:45-5:15pm A	9:10-9:40am N 9:45-10:15am A 11:50-12:20pm N	\$146	\$185
STAGE 5 Stroke Development	9:45-10:15am A 11:05-11:35am A	5:25-5:55pm N		5:25-5:55pm N		4:05-4:35pm A 5:25-5:55pm A	11:10-11:40pm N	\$146	\$185
STAGE 6 Stroke Mechanics	11:10-11:40pm N	5:25-5:55pm N				5:25-5:55pm A	11:50-12:20pm N	\$146	\$185
Sensational Swim			6:50-7:20pm A					\$146	\$185

# Huntington YMCA

60 Main Street, NY 11743 | 631.421.4242 | YMCAI.org

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

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	
<b>TEEN SWIM LESSONS (12-17 YEARS OLD)</b> Classes meet once per week for 9 weeks								FULL	PROGRAM
TEEN BASICS (Stage 1-4)	11:45-12:30pm A						11:45-12:30pm A	\$163	\$200
TEEN STROKES (Stage 5-6)	11:45-12:30pm A			6:05-6:50pm N			11:45-12:30pm A	\$163	\$200
SWIM CLUB		6:05-6:50pm N				6:05-6:50pm A		\$163	\$200
INSTRUCTOR PREP	11:45-12:15pm A			4:45-5:15pm N				\$146	\$185
LIFEGUARD PREP				7:00-7:45pm N				\$163	\$200
<b>WATER POLO</b> Classes meet once per week for 9 weeks								FULL	PROGRAM
WATER POLO (Ages 10-17)		7:00-8:00pm N						\$150	\$200
<b>ADULT SWIM LESSONS (AGES 18+)</b> Classes meet once per week for 9 weeks									
ADULT BASICS (Stage 1-4)			9:15-10:00am A 6:50-7:35pm A			11:15-12:00pm A		\$163	\$200
ADULT STROKES (Stage 5-6)						11:15-12:00pm A		\$163	\$200
<b>AQUA FITNESS CLASSES (AGES 18+)</b> Classes meet once per week for 9 weeks									
HYDROFIT		9:00-10:00am A				10:00-11:00am A		\$100	\$200
WATER WALKING				10:00-11:00am A				\$100	\$200
AQUA POWER			10:00-11:00am N		7:00-8:00pm N			\$100	\$200

Schedule is subject to change at anytime

# Huntington YMCA

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

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price
<b>YOUTH ENRICHMENT</b>								
<b>PARENT/CHILD CLASSES (6-18 MONTHS)</b> Classes meet once per week for 10 weeks								
You and Me Tumbling	10:15am 11:00am							\$110 \$142
<b>PARENT/CHILD CLASSES (18-36 MONTHS)</b>								
You and Me Tumbling	11:00am 11:45am							\$110 \$142
You and Me Play w/ a Purpose		9:30am 10:15am						\$110 \$142
You and Me Arts and Crafts	9:45am 10:30am							\$110 \$142
<b>BUMBLEBEES ENRICHMENT (3-5 YEARS OLD)</b> Classes meet once per week for 10 weeks								
Tumbling	12:00pm 12:45pm						10:15am-11:00am 2-5 years old *Parent Optional*	\$110 \$142
Music and Movement				4:00pm-4:45pm				\$110 \$142
Arts and Crafts	10:45am-11:30am		4:00pm-4:45pm					\$110 \$142
Intro to Spanish		4:00pm-4:45pm						\$110 \$142
<b>YOUTH ENRICHMENT (GRADES K-2)</b> Classes meet once per week for 10 weeks								
Tumbling				5:15pm-6:15pm				\$110 \$142
Fun w/ Food					5:00pm-6:00pm (1st-3rd grade)			\$120 \$152
Arts and Crafts			5:00pm-6:00pm					\$110 \$142
<b>YOUTH ENRICHMENT (GRADES 3-6)</b> Classes meet once per week for 10 weeks								
Improv				5:30pm-6:30pm				\$110 \$142
Fun With Foods					6:15pm-7:15pm (4th-6th grade)			\$120 \$152
Arts And Crafts			6:00pm-7:00pm					\$110 \$142

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# Huntington YMCA

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

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price
<b>YOUTH SPORTS</b>								
<b>BUMBLE BEE SPORTS (AGES 3-5)</b> Classes meet once per week for 10 weeks								FULL PROGRAM
SOCCER			4:00pm-4:45pm					\$110 \$142
SPORTS SAMPLER				4:00pm-4:45pm		4:00pm-4:45pm		\$110 \$142
NINJA		4:00pm-4:45pm			4:00pm-4:45pm			\$110 \$142
<b>YOUTH SPORTS (GRADES K-2)</b> Classes meet once per week for 10 weeks								
INSTRUCTIONAL SOCCER		5:00pm-6:00pm						\$110 \$142
INSTRUCTIONAL BASKETBALL			5:00pm-6:00pm			5:00pm-6:00pm	10:00pm-11:00am	\$110 \$142
INTRO TO FLOOR HOCKEY				5:00pm-6:00pm				\$110 \$142
<b>YOUTH SPORTS (GRADES 3-5)</b> Classes meet once per week for 10 weeks								
INSTRUCTIONAL BASKETBALL			6:00pm-7:00pm			6:00pm-7:00pm	11:00pm-12:00pm	\$110 \$142
DODGEBALL/NERF					5:00pm-6:00pm			\$110 \$142
INTRO TO FLOOR HOCKEY					6:00pm-7:00pm			\$110 \$142
<b>YOUTH SPORTS (AGES 8-12)</b> Classes meet once per week for 10 weeks								
FUTSAL				6:00pm-7:00pm				\$110 \$142
PICKLEBALL LEARN & PLAY		6:00pm-7:00pm						FREE \$142

**Half-Day Sports Camp 2023 Dates:** For grades K-6 from 9:00am-12:00pm. \$40/day

**September 25, October 9, November 10 and December 26-29. A fun afternoon filled with sports during school breaks**

**Holiday Camp Dates:** Grades K-6 | 8:00am-6:00pm | \$70/day

**Dates TBD**

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

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

**Youth Intramural Soccer:** Fall Soccer will begin September 10 for children ages 3-10 for a 9-week season. Our 3 & 4-year old Pee Wee groups will have practice and games on Saturday Mornings. Ages 5-12 will have practice during the week and their games on Saturday. \$110 for full members | \$125 for program members | \$0 for Volunteer Coaches. Soccerball, cleats and shin guards required per player.

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HEALTH AND WELLNESS									
TEEN FITNESS (AGES 13-18) Classes meet once per week for 10 weeks								FULL	PROGRAM
TEEN BOXING SGT			5:30-6:30pm Wally (HLC)					\$160	\$185
ADULT FITNESS (AGES 18+) Classes meet once per week for 10 weeks									
SMALL GROUP TRAINING		8:00-9:00am Dawn (FC)		8:00-9:00am Lauren (FC)	10:30-11:30am Coleen D (FC)	8:00-9:00am 9:45-10:45am Lauren (FC)		\$160	\$185
SENIOR SMALL GROUP TRAINING				11:30-12:30pm Jane (FC) 12:30-1:30am Jane (FC)				\$160	\$185
BONE DENSITY SMALL GROUP			11:00-12:00pm Jane (FC)					\$160	\$185
PICKLEBALL SPORTS CONDITIONING (5 WEEK PROGRAM)						1:00-2:00pm Peter (HLC)		\$80	\$93
FIT FOR FALL WEIGHT LOSS GROUP (2X PER WEEK FOR 10 WEEKS)			5:30-6:30pm Nutrition Coleen D (HLC)				9:30-10:30am Group Workout Coleen D (HLC)	\$300	\$350
WALK WITH EASE (3X PER WEEK FOR 6 WEEKS)			11:30-12:30pm Coleen D (HLC)		11:30-12:30pm Coleen D (HLC)		11:30-12:30pm Coleen D (HLC)	FREE	\$75
STRENGTH AND STABILITY						11:00-12:00pm Jane (HLC)		\$160	\$185

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