

Patchogue Family YMCA

255 W Main St, Patchogue, NY 11772 | 631.891.1800 | YMCAli.org

Registration Begins Monday, August 28th
FALL 1 Session: Sunday, September 10, 2023 – Saturday, November 18, 2023
Contact: Christina Frank | 631-891-1815 | Christina.Frank@ymcali.org

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	
AQUATICS PROGRAMS									FULL PROGRAM
STAGE A Water Discovery (6 months–3 years old with Parent)	10:30–11:00am	10:00–10:30am		4:30–5:00pm	5:30–6:00pm		10:00–10:30am	\$146	\$185
STAGE B Water Exploration (6 months–3 years old with Parent)		10:00–10:30am 5:00–5:30pm					10:30–11:00am	\$146	\$185
STAGE 1 Preschool Water Acclimation (Ages 3–5 years old)	9:30–10:00am 11:00–11:30am	11:00–11:30am 5:00–5:30pm	12:00–12:30am 2:30–3:00pm	4:00–4:30pm	5:00–5:30pm	11:00–11:30am 4:00–4:30pm	10:00–10:30am	\$146	\$185
STAGE 2 Preschool Water Movement (Ages 3–5 years old)	10:30–11:00am	2:30–3:00pm		4:30–5:00pm	11:00–11:30am 5:30–6:00pm	10:00–10:30am 4:30–5:00pm	9:30–10:00am	\$146	\$185
STAGE 3 Preschool Water Stamina (Ages 3–5 years old)				5:00–5:30pm			11:00–11:30am	\$146	\$185
STAGE 1 School Age Water Acclimation (Ages 5–12 years old)	10:00–10:30am		5:45–6:15pm		6:00–6:30pm	4:00–4:30pm	9:30–10:00am	\$146	\$185
STAGE 2 School Age Water Movement (Ages 5–12 years old)		6:00–6:30pm	5:15–5:45pm		4:30–5:00pm	4:30–5:00pm	11:00–11:30am	\$146	\$185

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								FULL	PROGRAM
STAGE 3 School Age Water Stamina (Ages 5-12 years old)	9:30-10:00am	4:30-5:00pm	5:45-6:15pm	4:00-4:30pm	5:00-5:30pm		11:00-11:30am	\$146	\$185
STAGE 4 School Age Introduction (Ages 5-12 years old)	9:00-9:30am	5:30-6:00pm		5:30-6:00pm		5:00-5:30pm		\$146	\$185
STAGE 5 School Age Stroke Development (Ages 5-12 years old)	10:00-10:30am			5:30-6:00pm			9:00-9:30am	\$146	\$185
STAGE 6 School Age Stroke Mechanics (Ages 5-12 years old)				5:30-6:00pm			9:00-9:30am	\$146	\$185
Sensational Swim Special Needs (4-12 years with parents)							10:30-11:00am	\$146	\$185
Swim Basics & Strokes Teens 12-17 years old	11:00-11:45am		4:30-5:15pm		7:00-7:45pm			\$163	\$200
Swim Basics & Strokes Adults 17 years+		6:00-6:45pm			10:00-10:45am		11:30-12:15pm	\$163	\$200
Competition									
Beginner Pre-Swim Team	8:45-9:30am		6:15-7:00pm		6:15-7:00pm			\$163	\$200
YMCA Swim Team 12 & Under	At the Brookhaven Roe YMCA starting in October! Try-out dates: 8/28 4-6pm 9/13 5-7pm. Sign up via Swim team Flyer				Contact: Isabela Gaskill, Aquatics Coordinator Isabela.Gaskill@ymcali.org				
Youth Triathlon Program Ages 7-15			5:15-6:45pm					\$150	\$175

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								FULL	PROGRAM
Leadership									
Aquatic Leaders Club: Lifeguard Prep Ages 11-17 years old			7:00-7:45pm				11:30-12:15pm	\$163	\$200
Water Fitness									
Aqua Jog		8:30-9:25am						\$100	\$200
Aqua Aerobics				8:30-9:25am		8:30-9:25am		\$100	\$200
Aqua Flex & Stretch			8:30-9:30am					\$100	\$200
Aqua Zumba							8:30-9:25am	\$100	\$200

Swim Lessons

9 weeks – 30 minutes

Full Member: \$146 **Program Member: \$185**

9 weeks – 45 minutes

Full Member: \$163 **Program Member: \$200**

Water Fitness – 9 weeks

Full Member: \$100 **Program Member: \$200**

Want to try out a Water Fitness class?

Drop in available! Register day of at welcome desk. Buy 3 get the 4th FREE!

Youth Triathlon – 9 weeks – 1.5 hours

Full Member: \$150 **Program Member: \$175**

Swim, Bike, Run! Head to the pool for the first 30 minute session. Bring your own bike!
Led by Tim Steiskal

Private Swim Lessons

4-pk (30 mins) \$243

8-pk (30 mins) \$441

12-pk (30 mins) \$602
(2X a week lessons)

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
(2X a week lessons)

Private Lessons: Fill out interest form
via Private Lesson Flyer

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Contact: Darryl Smith | 631-891-1810 | darryl.smith@ymcali.org

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	
YOUTH PROGRAMS									FULL PROGRAM
Pee Wee Basketball Clinic 5-7 years old			4:30-5:15pm				12:00-12:45pm	\$105	\$130
All Star Basketball Clinic 8-12 years old			5:15-6:15pm					\$110	\$142
Pee Wee Soccer 4-6 years old							11:15-12:00pm	\$105	\$130
All Star Soccer 7-9 years old							12:00-12:45pm	\$105	\$130
All Star Nerf Battle 7-12 years old		5:00-6:00pm						\$110	\$142
All Star Volleyball 7-12 years old							11:15-12:00pm	\$105	\$130
All Star Adventure Course 7-12 years old				5:00-6:30pm				\$150	\$175
Arts, Crafts, and Blocks 4-6 years old					4:45-5:30pm			\$105	\$130
SnappyXO 8-12 years old					5:45-6:30pm			\$105	\$130
Family Music and Movement 9mo-3 years old							9:00-9:45am	\$105	\$130
Story Time Movement 3-5 years old							10:00-10:45am	\$105	\$130

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Contact: Darryl Smith | 631-891-1810 | darryl.smith@ymcali.org

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	
YOUTH PROGRAMS									FULL PROGRAM
Youth Gymnastics I 6-8 years old							11:00-12:00pm	\$110	\$142
Youth Yoga 7-12 years old		4:15-5:00pm						\$105	\$130
Fit Kids/Y Warriors 4-6 years old		4:00-4:45pm			4:45-5:30pm			\$105	\$130
Speed & Agility 7-12 years old				5:15-6:00pm				\$105	\$130
Intro to Dance 4-6 years old			4:30-5:15pm					\$105	\$130
All Star Dance 7-12 years old					5:30-6:15pm			\$105	\$130
All Star Pickleball 7-12 years old 5-week program	10:00-11:00am							\$60	\$75
Teen Fitness 13-17 years old							10:00-10:45am	\$105	\$130

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

Youth classes – 10 weeks – 45 minutes

Full Member: \$105

Program Member: \$130

10 weeks – 60 minutes

Full Member: \$110

Program Member: \$142

Pickleball – 5 Weeks

Full Member: \$60

Program Member: \$75

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Contact: Brittany Kontos | 631-891-1813 | brittany.kontos@ymcali.org

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	
ADULT PROGRAMS									FULL PROGRAM
Adult Pickleball Beginner Clinic 5-week				9:00-10:00am				\$60	\$75
Adult Pickleball Advanced Clinic 5-week				10:15-11:15am				\$60	\$75
CO-ED Adult Volleyball League			7:00-9:00pm					\$400 Per Team	

HEALTH AND WELLNESS PROGRAMS – 5 Week Programs									FULL PROGRAM
Osteoporosis Prevention 5-week			11:15-12:15pm					\$75	\$110
Golf Improvement 5-week					12:30-1:30pm			\$75	\$110

Adventure Zone:

M-F 4:00-8:00pm, Sat & Sun 8:00-1:00pm
(Subject to change due to rentals)

Child Watch:

Monday & Wednesday: 5:30-7:30PM
Saturday: 8:00-11:00am
Sunday: Closed