

Patchogue Family YMCA

255 W Main St, Patchogue, NY 11772 | 631.891.1800 | YMCAI.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	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	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						4:15-5:15pm		\$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
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	FULL	PROGRAM
Youth Gymnastics I 6-8 years old		5:15-6:15pm			5:15-6:15pm			\$110	\$142	
Tumbling 6-8 Years old		4:15-5:00pm			4:15-5:00pm			\$105	\$130	
Youth Yoga 7-12 years old		4:15-5:00pm						\$105	\$130	
Fit Kids/Y Warriors 4-6 years old				4:15-5:00pm				\$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	

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								
Adult Pickleball Beginner Clinic 5-week				9:00-10:00am				FULL PROGRAM \$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								
Osteoporosis Prevention 5-week			11:15-12:15pm					FULL PROGRAM \$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