

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. 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
<b>PRE-SCHOOL SWIM LESSONS (3-5 YEARS)</b> Classes meet once per week for 9 weeks. 30 minutes.								FULL	PROGRAM
STAGE 1 Water Acclimation		3:30-4:00pm	10:30-11:00am 4:00-4:30pm	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		4:00-4:30pm		9:30-10:00am	\$146	\$185
STAGE 4 Stroke Introduction							10:00-10:30am	\$146	\$185
<b>SCHOOL-AGE SWIM LESSONS (6-12 YEARS)</b> Classes meet once per week for 9 weeks. 30 minutes.								FULL	PROGRAM
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		4:30-5:00pm			10:00-10:30am 12:30-1:00pm	\$146	\$185
STAGE 3 Water Stamina		4:30-5:00pm			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		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

# Great South Bay

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

Registration Begins Monday, November 6th  
 FALL 2 Session: Sunday, November 19, 2023 - Saturday, February 3, 2024  
 Contact: Lisa McKeown | 516-344-6717 | lisa.mckeown@ymcali.org

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	
<b>PRE SWIM TEAM</b> 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
<b>LIFEGUARD PREP/TEEN SWIM LESSONS/SENSATIONAL SWIM/WATERPOLO</b>								FULL	PROGRAM
Water Polo Beginner	10:00-11:00am							\$150	\$200
Lifeguard Prep							12:00-12:45pm	\$163	\$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
<b>ADULT SWIM LESSONS/WORKOUT 17+</b>								FULL	PROGRAM
Swim Strokes Adult Swim Lessons			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
<b>AQUATIC FITNESS PROGRAMS</b>								FULL	PROGRAM
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
Boga Fit				1:30-2:00pm				\$50	\$100

## Private Swim Lessons

4-pk (30 mins) \$243

8-pk (30 mins) \$441

12-pk (30 mins) \$602

Want to try out a Water Fitness class?

## Semi-Private Swim Lessons

4-pk (30 mins) \$198pp

8-pk (30 mins) \$370pp

12-pk (30 mins) \$505pp

**BUY 3 GET THE 4TH FREE!!!**

2-3 participants; similar age & ability

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

Registration Begins Monday, November 6th  
 FALL 2 Session: Sunday, November 19, 2023 - Saturday, February 3, 2024  
 Contact: Despina Tenedorio | 516-344-6715 | despina.tenedorio@ymcali.org

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	
<b>HEALTH AND WELLNESS   10 WEEK SESSIONS</b>									FULL PROGRAM
Small Group Training			10:15-11:00am	5:30-6:15pm	10:15-11:00am			\$150	\$175
Senior Small Group Training			11:15am-12:00pm					\$150	\$175
Warrior Small Group Training							8:00am-8:45am	\$150	\$175
<b>YOUTH FITNESS   10 WEEK SESSIONS</b>									FULL PROGRAM
Sports Conditioning			4:00-4:50pm Ages 8-12		4:00-4:50pm Ages 13-16			\$125	\$150
Intro Flag Football						4:30-5:15pm Ages 8-12		\$125	\$150
Zumbini w. Family				5:30-6:15pm				\$150	\$175
<b>PICKLEBALL INSTRUCTIONAL CLASSES   5 WEEK SESSIONS   SESSION 1: 11/7-12/14   SESSION 2: 12/19-1/25</b>									FULL PROGRAM
Beginner 16 and Up			5:00-6:00pm	11:00am-12:00pm				\$75	\$100
Intermediate 16 and Up			6:00-7:00pm					\$75	\$100
Advanced 16 and Up			7:00-8:00pm					\$75	\$100
Youth Ages 9-13					5:00-6:00pm			\$75	\$100
Teen Ages 13-16					6:00-7:00pm			\$75	\$100

## Family Fun Nights

November 3	December 1	January 5
February 2	March 1	April 5

## Pre-Teen Nights! - Grades 5-8

November 17	December 8	January 12 & 26
February 9 & 23	March 8 & 22	

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	
<b>YOUTH SPORTS/PRE-TEEN &amp; TEEN REC</b>								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 Court B	\$150	\$225
Co-Ed Volley Ball Training (Ages 8-12)							5:00pm-6:00pm Court B	\$110	\$140
Co-Ed Volley Ball Training (Ages 12-15)							6:15pm-7:15pm Court B	\$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.