

# YMCA at Glen Cove

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

Registration Begins Thursday, November 6th  
**Fall 2 Session:** Sunday, November 19, 2023 – Saturday, February 3, 2024  
**Contact:** Ken LaRossa | 516-671-8270 | kenneth.larossa@ymcali.org

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.								FULL	PROGRAM
STAGE A Water Discovery 6-18 mos.							11:30am-12:00pm	\$146	\$185
STAGE B Water Exploration 19-36 mos.							11:30am-12:00pm	\$146	\$185
<b>PRESCHOOL SWIM LESSONS (3-5 YEARS)</b> Classes meet once per week for 9 weeks. 30 minutes.									
STAGE 1 Water Acclimation		4:00-4:30pm			4:00-4:30pm		9:15-9:45am	\$146	\$185
STAGE 2 Water Movement		4:00-4:30pm			4:30-5:00pm		10:00-10:30am	\$146	\$185
STAGE 3 Water Stamina		5:00-5:30pm			5:00-5:30pm		10:45-11:15am	\$146	\$185
<b>SCHOOL-AGE SWIM LESSONS (6-12 YEARS)</b> Classes meet once per week for 9 weeks. 30 minutes.									
STAGE 1 Water Acclimation		4:00-4:30pm		4:00-4:30pm			11:30am-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			11:30am-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

# YMCA at Glen Cove

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Registration Begins Thursday, November 6th  
 FALL 2 Session: Sunday, November 10, 2023 - Saturday, February 3, 2024  
 Contact: Joseph Furman | 516-671-8270 | joseph.furman@ymcali.org

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	FULL	PROGRAM
<b>YOUTH SPORTS/PRE-TEEN &amp; TEEN REC</b>										
Beginners Drawing (Ages 8-16) (11/21, 12/5, 12/12, 12/19, 1/9, 1/23)			4:00-5:00pm Lounge					\$65	\$80	
Exploring Theater (Ages 4-7)	11:00am-12:00pm Pre School 9 Weeks							\$180	\$180	
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	
Softball Fundamentals (Grades 4-8)	11:00am-12:00pm Gym							\$105	\$130	
Cheerleading (Ages 8-12)	12:30-1:30pm Studio							\$105	\$130	
Young Engineers STEM Class	10:00-11:00am Preschool							\$105	\$130	
Young Engineers Art Class	11:00am-12:00pm Preschool							\$105	\$130	

## Pre-Teen Nights - Grades 5-8 | 6:00pm-8:00pm

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

## Family Fun Nights

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

