

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

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

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price
YOUTH ENRICHMENT								
PARENT/CHILD CLASSES (6-18 MONTHS) Classes meet once per week for 10 weeks								FULL PROGRAM
You and Me Tumbling	1:00pm-1:45pm							\$110 \$142
PARENT/CHILD CLASSES (18-36 MONTHS)								
You and Me Tumbling	11:00am-11:45am							\$110 \$142
You and Me Play w/ a Purpose			9:30am-10:15am	9:30am-10:15am				\$110 \$142
BUMBLEBEES ENRICHMENT (3-5 YEARS OLD) 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
YOUTH ENRICHMENT (GRADES K-2) Classes meet once per week for 10 weeks								
Tumbling				5:15pm-6:15pm				\$110 \$142
Fun with Food					5:00pm-6:00pm (1st-3rd grade)			\$120 \$152
Yoga		5:00pm-5:45pm						\$110 \$142
Arts and Crafts			5:00pm-6:00pm					\$110 \$142
YOUTH ENRICHMENT (GRADES 3-5) Classes meet once per week for 10 weeks								
Fun with Food					6:15pm-7:15pm (4th-6th grade)			\$120 \$152
Arts and Crafts			6:00pm-7:00pm					\$110 \$142

Huntington YMCA

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

Registration Begins Monday, November 6th
 FALL 2 Session: Sunday, November 18, 2023 - Saturday, February 3, 2024

***No classes November 23 & December 24-January 1**

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YOUTH SPORTS

BUMBLE BEE SPORTS (AGES 3-5) 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

YOUTH SPORTS (GRADES K-2) 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	10:00am-11:00am	\$110	\$142
Intro to Floor Hockey				5:00pm-6:00pm				\$110	\$142
Dodgeball/NERF					5:00pm-6:00pm			\$110	\$142

YOUTH SPORTS (GRADES 3-5) Classes meet once per week for 10 weeks

Instructional Basketball			6:00pm-7:00pm			6:00pm-7:00pm	11:00am-12:00pm	\$110	\$142
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YOUTH SPORTS (AGES 8-12) Classes meet once per week for 10 weeks

Futsal				6:00pm-7:00pm				\$110	\$142
Pickleball Learn & Play		6:00pm-7:00pm			6:00pm-7:00pm			FREE	\$142

Half-Day Sports Camp 2023 Dates: For grades K-6 from 9:00am-12:00pm. \$40/day
 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
 December 26-29, February 20-23, March 28, 29 & April 1 April 22-26

Pre-Teen Nights!: Grades 5-8 | 6:00pm-8:00pm | Free!
 November 17, December 8, January 12 & 26, February 9 & 23, March 8 & 22

Family Fun Nights!: Free!
 November 3, December 1, January 5, February 2, March 1, April 5

Youth Basketball League (YBL): Runs Dec. 2 - Feb. 3

The YMCA offers a Youth Basketball League for the Fall 2 & Winter Session. This program runs on Saturdays between 12-2pm for grades K-2 and 2-4pm for grades 3-5. Games times and schedules will be provided prior to the season starting. Players will practice for the first 30 minutes followed by a game. Players' first meeting on will be on November 18th for a 1-hour long skills clinic.

Full Membership: \$115

Program Membership: \$135

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HEALTH AND WELLNESS

TEEN FITNESS (AGES 13-18) Classes meet once per week for 10 weeks

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	FULL	PROGRAM
Teen Boxing SGT					5:30pm-6:30pm Wally (HLC)			\$160	\$185

ADULT FITNESS (AGES 18+) Classes meet once per week for 10 weeks

Small Group Training		8:00am-9:00am Dawn (FC)		8:00am-9:00am Lauren (FC)	10:30am-11:30am Coleen D (FC)	8:00am-9:00am 9:45am-10:45am Lauren (FC)		\$160	\$185
Senior Small Group Training				11:30am-12:30pm Jane (FC)				\$160	\$185
Walk with Ease (3X Per Week for 6 Weeks)			11:30am-12:30pm Coleen D (HLC)		11:30am-12:30pm Coleen D (HLC)		11:30am-12:30pm Coleen D (HLC)	FREE	\$75
Strength and Stability						11:00am-12:00pm Jane (HLC)		\$160	\$185
Strength Training Basics						9:30am-10:30am Shea (FC)		\$160	\$185