

# Patchogue Family YMCA

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

Registration Begins Monday, November 6th  
 FALL 2 Session: Sunday, November 18, 2023 – Saturday, February 3, 2024  
 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			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				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)	10:00–10:30am	6:00–6:30pm	5:15–5:45pm		4:30–5:00pm	4:30–5:00pm	11:00–11:30am	\$146	\$185	

**No classes 11/23, 12/24–1/1**

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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	5:45-6:15pm	5:30-6:00pm		5:00-5:30pm		\$146	\$185	
STAGE 5 School Age Stroke Development (Ages 5-12 years old)				5:30-6:00pm	6:00-6:30pm		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 Adults 17 years+		6:00-6:45pm			10:00-10:45am		11:30-12:15pm	\$163	\$200	
Swim Strokes Adults 17 years+						9:15-10:00am	11:30-12:15pm	\$163	\$200	
<b>Competition</b>										
Beginner Pre-Swim Team	8:45-9:30am		6:15-7:00pm		6:15-7:00pm			\$163	\$200	
YMCA Swim Team 12 & Under	At Brookhaven Roe YMCA Try-outs are every Friday at 6:00pm				Contact: Isabela Gaskill, Aquatics Coordinator Isabela.Gaskill@ymcali.org					
Youth Triathlon Program Ages 7-15	Youth Triathlon: Swim, Bike, Run. Bring your own bike!			5:15-6:45pm	With our very own All-American Triathlete: Tim Steiskal! Contact: Tim.Steiskal@ymcali.org				\$150	\$175

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<b>Leadership</b>										
Aquatic Leaders Club: Lifeguard Prep Ages 11-17 years old			7:00-7:45pm				11:30-12:15pm	\$163	\$200	
<b>Water Fitness</b>										
Aqua Jog		8:30-9:25am						\$100	\$200	
Aqua Aerobics			8:30-9:25am	8:30-9:25am		8:30-9:25am		\$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: Christina Frank | 631-891-1815 | Christina.Frank@ymcali.org

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	FULL	PROGRAM
Intro to Dance 4-6 years old			4:30-5:15pm					\$105	\$130	
All Star Dance 7-12 years old						4:30-5:15pm		\$105	\$130	
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	11:15am-12:15pm		5:15-6:15pm					\$110	\$142	
Pee Wee Soccer Clinic 4-6 years old							11:15-12:00pm	\$105	\$130	
All Star Soccer Clinic 7-9 years old							12:00-12:45pm	\$105	\$130	
All Star Volleyball 7-12 years old							11:15-12:00pm	\$105	\$130	
Fit Kids/Y Warriors 5-7 years old				4:15-5:00pm				\$105	\$130	
Speed & Agility 7-12 years old				5:15-6:00pm				\$105	\$130	
All Star Nerf Battle 8-12 years old						4:30-5:30pm		\$110	\$142	
Arts, Crafts, and Blocks 5-7 years old					5:00-5:45pm			\$105	\$130	

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 Contact: Darryl Smith | Darryl.Smith@ymcali.org

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price
<b>YOUTH PROGRAMS</b>								
Family Music and Movement 9mo-3 years old							10:00-10:45am	FULL PROGRAM \$105 \$130
Intro to Ukulele Ages 7-12 <b>*5 Weeks*</b>				5:00-5:45pm				\$55 \$70
Tumbling Ages 3-5 <b>*5 Weeks*</b>		4:15-5:00pm			4:15-5:00pm			\$55 \$70
Youth Gymnastics I Ages 6-8 <b>*5 Weeks*</b>		5:15-6:15pm			5:15-6:15pm			\$60 \$75
Family Pickleball Ages 7+ <b>*5 Weeks*</b>	10:00-11:00am							\$60 \$75

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

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<b>HEALTH AND WELLNESS PROGRAMS – 5 Week Programs</b>								
Osteoporosis Prevention 5-week			11:15-12:15pm					FULL PROGRAM \$75 \$110

## Adventure Zone:

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

## Rockwall:

Tuesdays & Thursdays: 5:00-7:00PM  
 Saturday & Sunday: 1:00-3:00pm

## Child Watch:

Mondays & Wednesdays: 5:30-7:30PM  
 Saturday: 8:00-11:00am

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

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

## Family Fun Nights

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

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