

YMCA at Glen Cove

125 Dosoris Lane, Glen Cove, NY 11542 | 516.671.8270 | YMCAli.org

Registration Begins Monday, January 22nd
Winter Session: Sunday, February 4, 2024 - Saturday, April 13, 2024
Contact: Ken LaRossa | 516-671-8270 | kenneth.larossa@ymcali.org

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price
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AQUATICS PROGRAMS

INFANT/TODDLER SWIM LESSONS (6 MONTHS-3 YEARS OLD) Classes meet once per week for 9 weeks. Adult supervision required. FULL PROGRAM

STAGE A Water Discovery 6-18 mos.			10:00-10:30am				11:30am-12:00pm	\$153	\$230
STAGE B Water Exploration 19-36 mos.			10:00-10:30am				11:30am-12:00pm	\$153	\$230

PRESCHOOL SWIM LESSONS (3-5 YEARS) Classes meet once per week for 9 weeks. 30 minutes.

STAGE 1 Water Acclimation		4:00-4:30pm	4:00-4:30pm		4:00-4:30pm		9:15-9:45am	\$153	\$230
STAGE 2 Water Movement		4:30-5:00pm	4:30-5:00pm		4:30-5:00pm		10:00-10:30am	\$153	\$230
STAGE 3 Water Stamina		5:00-5:30pm	5:00-5:30pm		5:00-5:30pm		10:45-11:15am	\$153	\$230

SCHOOL-AGE SWIM LESSONS (6-12 YEARS) 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	\$153	\$230
STAGE 2 Water Movement		4:00-4:30pm		4:30-5:00pm		4:30-5:00pm		\$153	\$230
STAGE 3 Water Stamina		4:30-5:00pm		5:00-5:30pm		4:30-5:00pm		\$153	\$230
STAGE 4 Stroke Introduction			4:00-4:30pm		4:00-4:30pm		9:15-9:45am	\$153	\$230
STAGE 5 Stroke Development			4:30-5:00pm		4:30-5:00pm		10:00-10:30am	\$153	\$230
STAGE 6 Stroke Mechanics			5:00-5:30pm		5:00-5:30pm		10:15-10:45am	\$153	\$230

SCHOOL-AGE SWIM Classes meet once per week for 9 weeks. 30 minutes.

Swim Club (Ages 8-15)		5:00-5:45pm			5:30-6:15pm			\$171	\$257
Lifeguard Prep (Ages 14+)							12:00-12:45pm	\$171	\$257

ADULT WATER FITNESS CLASSES

Aqua Jog with Jean Anne					8:00-8:45am 9 weeks			\$105	\$158
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Contact: Joseph Furman | 516-671-8270 | joseph.furman@ymcali.org

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	
YOUTH SPORTS/PRE-TEEN & TEEN REC								FULL	PROGRAM
Beginners Drawing (Ages 8-15) (2/6, 2/13, 2/27, 3/5, 3/12, 3/19)			4:00-5:00pm Lounge					\$70	\$105
Kiddie Gym Class (Ages 4-6)							9:00-10:00am Gym	\$116	\$183
Scrimmage (Ages 8-13)					5:00-6:00pm Gym		10:00-11:00am Gym	\$185	\$210
Hoops Clinic (Ages 6-10)				5:00-6:00pm Gym				\$116	\$183
Girls Basketball Clinic (Ages 7-13)				6:00-7:00pm Gym				\$116	\$183
Teen Basketball Training Session (Ages 14-17)							11:00am-12:00pm Gym	\$116	\$183
Soccer Clinic (Ages 6-10)							12:00-1:00pm Gym	\$116	\$183
Softball Fundamentals (Grades 4-8)	11:00am-12:00pm Gym							\$116	\$183
Cheerleading (Ages 8-12)	12:30-1:30pm Gym							\$116	\$183

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

- January 26
- February 9 & 23
- March 8 & 22

Family Fun Nights

- March 1
- April 5

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Contact: Jean Anne Valance | 516-671-8270 | jeanne.valance@ymcali.org

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	
FITNESS SGT CLASSES								FULL	PROGRAM
Foundational Fitness 101 with Sheila (Grades K-2)		4:30-5:15pm 9 weeks						\$116	\$183
Fitness and Sports 102 with Sheila (Grades 3-5)						4:30-5:15pm 9 weeks		\$116	\$183
Small Group Strength Training with Michaela		11:30am-12:30pm 10 weeks						\$160	\$240
Stability Ball Training with Jean Anne		7:00-7:45am 5 Weeks						\$80	\$120

FOUNDATIONAL FITNESS 101 – Grades K-2

Teaching young ones fundamental movements and skills that will help them later in life when incorporated in different fitness and sport activities.

FOUNDATIONAL FITNESS 102 – Grades 3-5

Second level of physical fitness and sports.

SMALL GROUP STRENGTH TRAINING

Combine the energy & inspiration of group exercise with the individualized attention of a personal trainer. Class held in the weight room.

STABILITY BALL TRAINING

Change up your workout with the use of the Stability Ball. The ball workout assists in strengthening your back and abdominal muscles along with improving core stability and balance.