

# Great South Bay

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

Registration Begins Monday, April 1st  
Spring Session: Sunday, April 14, 2024 - Saturday, June 22, 2024  
Contact: Lisa McKeown | 516-344-6717 | lisa.mckeown@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. 30 Minutes. FULL PROGRAM

STAGE A Water Discovery 6-18 mos.				10:00-10:30am	10:15-10:45am 6:00-6:30pm	10:00-10:30am	11:00-11:30am	\$153	\$230
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	\$153	\$230

**PRE-SCHOOL SWIM LESSONS (3-5 YEARS)** Classes meet once per week for 9 weeks. 30 minutes. FULL PROGRAM

STAGE 1 Water Acclimation	9:00-9:30am	3:30-4:00pm	10:30-11:00am 4:00-4:30pm	1:00-1:30pm 4:00-4:30pm	6:00-6:30pm		9:30-10:00am 11:30am-12:00pm	\$153	\$230
STAGE 2 Water Movement	9:30-10:00am	4:00-4:30pm	6:00-6:30pm	3:30-4:00pm		2:00-2:30pm	10:30-11:00am 12:00-12:30pm	\$153	\$230
STAGE 3 Water Stamina	10:00-10:30am	4:30-5:00pm	3:30-4:00pm		4:00-4:30pm	3:30-4:00pm	10:00-10:30am	\$153	\$230
STAGE 4 Stroke Introduction							11:00-11:30am	\$153	\$230

**SCHOOL- AGE SWIM LESSONS (6-12 YEARS)** Classes meet once per week for 9 weeks. 30 minutes. FULL PROGRAM

STAGE 1 Water Acclimation	10:00-10:30am	6:30-7:00pm	4:30-5:00pm		4:30-5:00pm		10:30-11:00am 12:00-12:30pm	\$153	\$230
STAGE 2 Water Movement	9:00-9:30am	6:30-7:00pm	4:30-5:00pm	4:30-5:00pm	4:00-4:30pm		10:00-10:30am 12:30-1:00pm	\$153	\$230
STAGE 3 Water Stamina	9:30-10:00am	4:30-5:00pm	4:00-4:30pm		6:30-7:00pm	4:00-4:30pm	9:00-9:30am 11:30am-12:00pm	\$153	\$230
STAGE 4 Stroke Introduction		7:00-7:30pm	4:00-4:30pm		4:30-5:00pm	4:00-4:30pm	9:30-10:00am	\$153	\$230
STAGE 5 Stroke Development		6:00-6:30pm		4:00-4:30pm	6:30-7:00pm	4:30-5:00pm	9:00-9:30pm	\$153	\$230
STAGE 6 Stroke Mechanics		6:00-6:30pm		4:00-4:30pm	6:30-7:00pm	4:30-5:00pm	9:00-9:30pm	\$153	\$230

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<b>PRE SWIM TEAM</b> Classes meet once per week for 9 weeks, unless otherwise indicated.								FULL	PROGRAM
Pre-Swim Team Beginner			4:15-5:00pm					\$171	\$257
Pre-Swim Team Intermediate					4:15-5:00pm			\$171	\$257
Pre-Swim Team Advanced (2x/Week)			3:30-4:15pm		3:30-4:15pm			\$218	\$281
<b>LIFEGUARD PREP/TEEN SWIM LESSONS/SENSATIONAL SWIM</b>								FULL	PROGRAM
Lifeguard Prep							12:00-12:45pm	\$171	\$257
Swim Basics Teen (12-17yrs)		6:30-7:15pm						\$171	\$257
Sensational Swim Special Needs				6:00-6:30pm 7:00-7:30pm				\$153	\$230
<b>ADULT SWIM LESSONS/WORKOUT 17+</b>								FULL	PROGRAM
Swim Strokes Adult Swim Lessons			6:45-7:30pm		8:45-9:30am			\$171	\$257
Adult Swim Workout (2x/week)		5:30-7:00am		5:30-7:00am				\$217	\$350
<b>AQUATIC FITNESS PROGRAMS</b>								FULL	PROGRAM
AFYAP		1:00-2:00pm				1:00-2:00pm		\$105	\$158
Aqua Jog			8:30-9:30am					\$105	\$158
Senior Shape Up			1:00-2:00pm		1:00-2:00pm			\$105	\$158
Water Slimnastics		9:00-10:00am			8:30-9:30am	9:00-10:00am		\$105	\$158
Power Water Walking				9:00-9:45am	9:30-10:15am			\$79	\$119
Aqua Power Express			9:30-10:15am					\$79	\$119
Boga Fit	10:30-11:00am			1:30-2:00pm				\$53	\$79

## Private Swim Lessons

- 4-pk (30 mins) \$255
- 8-pk (30 mins) \$463
- 12-pk (30 mins) \$632

## Semi-Private Swim Lessons

2-3 participants; similar age & ability

- 4-pk (30 mins) \$209/Per Person
- 8-pk (30 mins) \$389/ Per Person
- 12-pk (30 mins) \$531/ Per Person

Want to try out a Water Fitness class?

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

**Walk-in Fee for Boga Fit \$15**

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Contact: Despina Tenedorio | 516-344-6715 | [despina.tenedorio@ymcali.org](mailto: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	5:30–6:15am LEGS, BUTT & ABS	10:15–11:00am			\$160	\$240
Senior Small Group Training			11:15am–12:00pm					\$160	\$240
Warrior Small Group Training							8:00am–8:45am	\$160	\$240
Boxing Small Group Training			8:15am–9:00am		7:30pm–8:15pm			\$160	\$240
<b>YOUTH FITNESS   10 WEEK SESSIONS</b>								FULL	PROGRAM
Sports Conditioning w/ Rudy			4:30–5:15pm Ages 8–12					\$160	\$240
Intro To Weight Lifting w/ Rudy					4:30–5:15pm Ages 12–16			\$160	\$240
Bootcamp w/ Angel				4:30–5:15pm Ages 8–12				\$160	\$240
Preschool Yoga			4:30–5:15pm					\$160	\$240
Youth Yoga				4:30–5:15pm Ages 8–12				\$160	\$240
<b>PICKLEBALL INSTRUCTIONAL CLASSES   5 WEEK SESSIONS   SESSION 1: 4/18–5/16   SESSION 2: 5/25–6/20</b>								FULL	PROGRAM
Beginner 16 and Up				11:00am–12:00pm				\$80	\$120
Intermediate 16 and Up				10:00–11:00am				\$80	\$120
Advanced 16 and Up				9:00–10:00am				\$80	\$120

**Healthy Kids Day:**  
April 20 – 12–2pm  
RSVP for this free community event!



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Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	
YOUTH SPORTS/PRE-TEEN & TEEN REC   9 WEEK SESSIONS								FULL	PROGRAM
Youth Basketball Introduction Stage 1 (Ages 6-8)							9am-10am Court A	\$116	\$183
Youth Basketball Instructional Stage 2 (Ages 9-12)							10am-11am Court A	\$116	\$183
Youth Basketball Intermediate Stage 3 (Ages 9-12)							9am-10am Court B	\$116	\$183
Girls Sports Conditioning (Ages 12-16)					5:00-6:00pm			\$116	\$183
Volleyball 1 Co-Ed (Ages 8-12)					6:00-7:00pm			\$116	\$183

## 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.

## Girls Sport Conditioning:

A great space for young female’s who like to play sports. Designed to introduce and improve fitness, strength and the skills needed to be a successful athlete. Class includes age appropriate cardio, speed, and strength training. It also includes a stretch and yoga class.