

YMCA at Glen Cove

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

Registration Begins Monday, April 1st
Spring Session: Sunday, April 14, 2024 – Saturday, June 22, 2024
Contact: Ken LaRossa | 516-671-8270 | kenneth.larossa@ymcali.org
No Classes on Memorial Day!

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.							11:30am–12:00pm	\$153	\$230
STAGE B Water Exploration 19–36 mos.							11:30am–12:00pm	\$153	\$230

PRESCHOOL SWIM LESSONS (3–5 YEARS) Classes meet once per week for 9 weeks. 30 minutes. **Parent Observation is first and last class only!**

STAGE 1 Water Acclimation	9:15–9:45am	4:00–4:30pm(2)	4:00–4:30pm	4:00–4:30pm(2)	4:00–4:30pm	4:00–4:30pm	9:15–9:45am	\$153	\$230
STAGE 2 Water Movement	10:00–10:30am	4:30–5:00pm 5:00–5:30pm	4:30–5:00pm	4:30–5:00pm 5:00–5:30pm	4:30–5:00pm	4:30–5:00pm	10:00–10:30am	\$153	\$230
STAGE 3 Water Stamina	10:45–11:15am	4:30–5:00pm	5:00–5:30pm	4:30–5:00pm	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. **Parent Observation is first and last class only!**

STAGE 1 Water Acclimation	9:15am–9:45am			4:00–4:30pm		4:00–4:30pm	11:30am–12:00pm	\$153	\$230
STAGE 2 Water Movement	10:00–10:30am	4:00–4:30pm		4:30–5:00pm		4:30–5:00pm		\$153	\$230
STAGE 3 Water Stamina	10:45–11:15am	4:30–5:00pm		5:00–5:30pm		5:00–5:30pm		\$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		10:45–11:15am	\$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		11:30am–12:15pm	\$171	\$257
Lifeguard Prep (Ages 14+)			3:30–4:15pm				12:00–12:45pm	\$171	\$257

ADULT WATER FITNESS CLASSES **FULL PROGRAM**

Aqua Jog with Jean Anne					8:00–8:45am 9 weeks			\$105	\$158
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ADULT LESSONS (17+) **FULL PROGRAM**

Swim Lessons				10:00–10:45am	4:00–4:30pm			\$171	\$257
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Private Swim Lessons **4-pk (30 mins) \$255** **8-pk (30 mins) \$463** **12-pk (30 mins) \$632**

Semi-Private Swim Lessons **4-pk (30 mins) \$209/Per Person** **8-pk (30 mins) \$389/ Per Person** **12-pk (30 mins) \$531/ Per Person**

2–3 participants; similar age & ability

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Contact: Joseph Furman | 516-583-5439 | joseph.furman@ymcali.org
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Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	
YOUTH SPORTS/PRE-TEEN & TEEN REC								FULL	PROGRAM
Beginners Drawing (Ages 8-15) (4/16, 5/7, 5/14, 5/21, 6/4 & 6/11)			4:00-5:00pm Lounge					\$70	\$105
Teen Volleyball (Ages 10-15)		5:00-6:00pm Gym						\$116	\$183
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
Soccer Clinic (Ages 6-10)							12:00-1:00pm Gym	\$116	\$183
Cheerleading (Ages 8-12)	12:30-1:30pm Studio							\$116	\$183
Teen Basketball Training							11:00am-12:00pm Gym	\$116	\$183
Sports Sampler (Ages 8-12)						5:00-6:00pm Gym		\$116	\$183
Guitar: Intro Lessons With Will Hunt (Ages 8-14)			7:00-8:00pm 9 weeks					\$160	\$240
Pre School Kiddie Gym Class (Ages 4-5)						3:00-3:45pm Gym		\$116	\$183
Girls Basketball Clinic (Ages 10-14)				6:00-7:00pm Gym				\$116	\$183
Arts & Crafts (Ages 5-7) (4/17, 5/8, 5/15, 5/22, 6/5 & 6/12)				4:00-5:00pm Lounge				\$70	\$105
Weird Science (Ages 7-9)							12:00-1:00pm Pre School	\$116	\$183
ADULT CLASSES									
Guitar: Intro Lessons With Will Hunt (Ages 15-Adult)				7:00-8:00pm 9 Weeks				\$160	\$240

Healthy Kids Day: April 20 - 11am-1pm
RSVP for this free community event!



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Contact: Jean Anne Valance | 516-583-5421 | jeanne.valance@ymcali.org
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Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	
YOUTH FITNESS SGT CLASSES								FULL	PROGRAM
Pump up your Gym Time with Sheila (Grades K-2) 8 Child Cap.			4:00-4:45pm 9 weeks					\$116	\$183
ADULT FITNESS SGT CLASSES									
Muscular Balance with Luz C. Session 1 8 Person Max		9:00-9:45am 5 weeks						\$80	\$120
Muscular Balance with Luz C. Session 2 8 Person Max		9:00-9:45am 4 weeks						\$64	\$96
Mobility/Stretch with Luz C. 8 Person Max					12:30-1:15pm 5 weeks			\$80	\$120
Small Group Specialized Training with Michaela 6 Person Max		11:30am-12:30pm 4 weeks						\$64	\$96
Beginner Pickleball (Ages 16+)						12:00-1:00pm 5 weeks		\$100	\$100

MUSCULAR BALANCE

A CLASS WITH AN AQUATIC- THERAPEUTIC APPROACH!
Rhythmical exercise techniques, to optimize the benefits of buoyancy to facilitate muscular relaxation and gradually inhibit the pain protective mechanisms, activated by repetitive activities, injuries, surgeries and degenerative processes. Maximizing quality of life by regaining functional/normal movement and postural correction. Pool Class!

Session 1 April 15 – May 13

5 WEEK CLASS

Full Member: \$80

Program Member: \$120

Session 2 May 20 – June 17

4 WEEK CLASS

Full Member: \$64

Program Member: \$96

8 PEOPLE TO A CLASS! *NO CLASS MEMORIAL DAY

GUITAR – INTRODUCTORY LESSONS

Join guitarist, Will Hunt, a guitarist for 11 years and an instructor for 5 years. Will is trained in Classical, Jazz and Rock guitar. In your session, you will learn to familiarize yourself with your instrument, learn a song or two and send you on your way to the beginnings of being a great guitarist.

RECOMMENDATIONS: AN ACOUSTIC GUITAR, BUT ALL GUITARS ARE WELCOME.

Full Member: \$160

Program Member: \$240

MOBILITY/STRETCH

Gentle, gradual exercises and stretching techniques intended to promote tendon elongation, increase articular space to facilitate normal degrees of movement, maximize musculature performance and postural alignment.

5 WEEK CLASS

Session 1 April 18 – May 16

Session 2 May 23 – June 20

8 PEOPLE TO A CLASS!

SMALL GROUP SPECIALIZED TRAINING W/ MICHAELA

A specialty program each week: 1) Body Weight workouts. 2) Kettle Bells & TRX. 3) Strength & Power ex: Dead Lifts, Clean and Presses. 4) Floor & Core. Challenge your body and become more knowledgeable after your four weeks of training. Weather permitting, classes may be held outside. Bring your mat and water.

Session 1 April 15 – May 6

Session 2 May 20 – June 17

4 WEEK CLASS

Full Member: \$64

Program Member: \$96

6 PEOPLE TO A CLASS! *NO CLASS MEMORIAL DAY