Registration Begins Monday, April 1st

Patchogue Family YMCA

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

Spring Session: Sunday, April 14, 2024 - Saturday, June 22, 2024

Contact: Christina Frank | 631-891-1815 | Christina.Frank@ymcali.org

| Class | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | | rice |
|---|--------------------------------|------------------------------|---------------|----------------------------|------------------------------|---------------|----------------------------------|-------|---------|
| | | | | , | , | | | | |
| AQUATICS P | ROGRAMS | | | | | | | 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 | \$153 | \$230 |
| STAGE B Water Exploration (6 months–3 years old with Parent) | 11:00-11:30am | 10:00-10:30am 5:00-5:30pm | | | | | 10:30-11:00am | \$153 | \$230 |
| 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 | 12:00-12:30pm | 4:00-4:30pm 6:00-6:30pm | 5:00-5:30pm | 11:00-11:30am | 10:00-10:30am 11:30am-12:00pm | \$153 | \$230 |
| STAGE 2 Preschool Water Movement (Ages 3-5 years old) | 10:30-11:00am 11:00-11:30am | | 5:15-5:45pm | 4:30-5:00pm | 11:00-11:30am 5:30-6:00pm | 10:00-10:30am | 9:30-10:00am | \$153 | \$230 |
| STAGE 3 Preschool Water Stamina (Ages 3-5 years old) | | | | 5:00-5:30pm | 4:30-5:00pm | | 11:00-11:30am | \$153 | \$230 |
| STAGE 4 Preschool Stroke Introduction (Ages 3-5 years old) | | | | | | 5:30-6:00pm | | \$153 | \$230 |
| 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 | \$153 | \$230 |
| 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 | \$153 | \$230 |

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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 | \$153 | \$230 | |
| STAGE 4 School Age Stroke zIntroduction (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 | 10:30-11:00am | \$153 | \$230 | |
| STAGE 5 School Age Stroke Development (Ages 5-12 years old) | | | | 5:30-6:00pm | 6:00-6:30pm | | 9:00-9:30am | \$153 | \$230 | |
| STAGE 6 School Age Stroke Mechanics (Ages 5-12 years old) | | | | 5:30-6:00pm | | | 9:00-9:30am | \$153 | \$230 | |
| Sensational Swim Special Needs (4-12 years with parents) | | | | | | | 10:30-11:00am | \$153 | \$230 | |
| Swim Basics & Strokes Teens 12-17 years old | 11:00-11:45am | | 4:30-5:15pm | | 7:00-7:45pm | | | \$171 | \$257 | |
| Swim Basics Adults 17 years+ | | 6:00-6:45pm | | | 10:00-10:45am | | 11:30-12:15pm | \$171 | \$257 | |
| Swim Strokes Adults 17 years+ | | | | | | 9:15-10:00am | 11:30-12:15pm | \$171 | \$257 | |
| | | | | Competition | | | | | | |
| Beginner Pre-Swim Team | 8:45-9:30am | | 6:15-7:00pm | | | | | \$171 | \$257 | |
| YMCA Swim Team 12 & Under | At Brookhaven Roe YMCA Try-outs are every Friday at 6:00pm | | | | | ela Gaskill, Aquatic pela.Gaskill@ymca | | | | |

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| | | | | | | | | 0 01033 | J/2//24 | |
|---|-------------|-------------|-------------|---------------|----------|-------------|---------------|---------|---------|--|
| Class | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Pi | rice | |
| | | | | | | | | FULL | PROGRAM | |
| | | | | Leadership | | | | | | |
| Aquatic Leaders Club: Lifeguard Prep Ages 11-17 years old | | | 7:00-7:45pm | | | | 11:30-12:15pm | \$171 | \$257 | |
| | | | | Water Fitness | | | | | | |
| Aqua Jog | | 8:30-9:25am | | | | | | \$105 | \$158 | |
| Aqua Aerobics | | | 8:30-9:25am | 8:30-9:25am | | 8:30-9:25am | | \$105 | \$158 | |
| Aqua Flex & Stretch | 8:30-9:25am | | | | | | | \$105 | \$158 | |
| Aqua Zumba | | | | | | | 8:30-9:25am | \$105 | \$158 | |

Swim Lessons

9 weeks - 30 minutes

Full Member: \$153 Program Member: \$230

9 weeks - 45 minutes

Full Member: \$171 Program Member: \$257

Water Fitness - 9 weeks

Full Member: \$105 Program Member: \$158

Want to try out a Water Fitness class? Drop in available! Register day of at welcome desk. Buy 3 get the 4th FREE!

Private Swim Lessons

4-pk (30 mins) \$255

8-pk (30 mins) \$463

12-pk (30 mins) \$632 (2X a week lessons)

Semi-Private Swim Lessons

2-3 participants; similar age & ability

4-pk (30 mins) \$417

8-pk (30 mins) \$777

12-pk (30 mins) \$1061 (2X a week lessons)

Private Lessons: Fill out interest form via Private Lesson Flyer

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Contact: Darryl Smith | Darryl.Smith@ymcali.org *No Class 5/27/24

| Class | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Pi | rice |
|--|-----------|-------------|-------------|-------------|-------------|-------------|---------------|-------|---------|
| YOUTH PRO | GRAMS – 1 | O WEEK SE | SSIONS | | | | | FULL | PROGRAM |
| All Star Volleyball Clinic 8-12 years old | | | | | | | 11:15-12:00pm | \$116 | \$183 |
| Pee Wee Soccer Clinic 4-6 years old | | | | | | | 11:15-12:00pm | \$116 | \$183 |
| All Star Soccer Clinic 7-12 years old | | | | | | | 12:00-12:45pm | \$116 | \$183 |
| Pee Wee Basketball Clinic 5-7 years old | | | 4:30-5:15pm | | | | 12:00-12:45pm | \$116 | \$183 |
| All Star Basketball Clinic 8-12 years old | | | 5:15-6:15pm | | | | | \$116 | \$183 |
| JV Basketball Workout 13-15 years old | | | | 4:00-5:00pm | | | | \$116 | \$183 |
| All Star Nerf Battle 8-12 years old | | | | | | 4:00-4:45pm | | \$116 | \$183 |
| Arts and Crafts 4-6 years old | | | | | | | 1:00-1:45pm | \$116 | \$183 |
| Kids Movement and Fitness 3-6 years old | | 4:20-5:05pm | | | 4:30-5:15pm | | | \$116 | \$183 |
| Free Family Movement Ages 2-5 | | | | | | | 10:15-11:10am | FREE | FREE |
| ThinkBIG Playdates Ages 3-5 (April 22 & 29, May 6 & 13) | | 5:15-6:15pm | | | | | | \$65 | \$95 |

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|--|-----------------|-----------------|-----------------|---------------|--------------------------------------|------------------|----------------|-----------|----------|
| ADULT PROG | iRAMS – ST | ARTS 4/17 | | | | | | FULL | PROGRAM |
| Adult Pickleball Beginner Clinic 5 Weeks | | | | 9:00-10:00am | | | | \$58 | \$87 |
| Adult Pickleball Skills and Thrills 5 Weeks | | | | 10:15-11:15am | | | | \$58 | \$87 |
| Youth Classes | – 10 weeks - 4! | 5 minutes 10 we | eks - 60 minut | es You | th Classes – ! | 5 weeks - 45 min | utes 5 weeks - | - 60 mi | nutes |
| Full Member: \$11 | 6 | Full A | Member: \$116 | Full | Member: \$58 | | Full Mem | ıber: \$5 | 8 |
| Program Member | :\$183 | Prog | ram Member: \$` | Pro | gram Member: \$ | 87 | Program | Membe | er: \$87 |
| Adventure Zor M-F 4:00-8:00pm | | 0-1:00pm | | | nkBIG Play D eks – April 22 + 29, | | | | |
| (Subject to change | • | | | Full | Member: \$65 | | | | |
| Child Watch: Mono | day & Wednesd | ay 5:30-7:30pm | , Sat 8:00-11:0 |)0am Pro | gram Member: \$ | 95 | | | |
| Rockwall: | | | | | | | | | |

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

Healthy Kids Day:

April 20 – 10am – 12pm RSVP for this free community event!

