# **Great South Bay**

Registration Begins Monday, June 10th

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

Summer Session: Sunday, June 23, 2024 - Saturday, August 24, 2024 Contact: Lisa McKeown | 516-344-6717 | lisa.mckeown@ymcali.org

MINI SESSION 1 - SWIM LESSONS [JULY 2,3,5; JULY 9-12   NO CLASS JULY 4   FULL PI     PRE-SCHOOL SWIM LESSONS (3-5 YEARS)   FULL PI     Water Acclimation   9:30-10:00am   9:30-10:00am   9:30-10:00am   S119     Stage 1   9:30-10:00am   9:30-10:00am   9:30-10:00am   NO CLASS   9:30-10:00am   S119     Stage 2   9:30-10:00am   9:30-10:00am   9:30-10:00am   NO CLASS   9:30-10:00am   S119     Stage 1   9:30-10:00am   9:30-10:00am   NO CLASS   9:30-10:00am   S119     Mater Acclimation   9:30-10:00am   9:30-10:00am   NO CLASS   9:30-10:00am   S119     MINI SESSION 2 - SWIM LESSONS [JULY 16 - 19 ] JULY 23 - 26   PRE-SCHOOL SWIM LESSONS (3-5 YEARS)   FULL PI     Stage 1   9:30-10:00am   9:30-10:00am   9:30-10:00am   9:30-10:00am   S136     MINI SESSION 2 - SWIM LESSONS (5-12 YEARS)   FULL PI   PI   FULL PI   PI     Stage 1   9:30-10:00am   9:30-10:00am   9:30-10:00am   9:30-10:00am   S136     Stage 2   9:30-10:00am   9:30-10:00am   9:30-10:00am   9	200 West Main Stree	r, bay shore, NY	031.003.4255 11	MCALI.UIY					Cowing	ymcan.org
PRE-SCHOOL SWIM LESSONS (3-5 YEARS)   FULL   PR     Water Acclimation   9:30-10:00am   9:30-10:00am </th <th>Class</th> <th>Sunday</th> <th>Monday</th> <th>Tuesday</th> <th>Wednesday</th> <th>Thursday</th> <th>Friday</th> <th>Saturday</th> <th>Ρ</th> <th>rice</th>	Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Ρ	rice
Stage 1   Stage 1   9:30-10:00am   9:30-10:00am   NOLLASS 9:30-10:00am   9:30-10:00am   Stage 2     Water Acclimation   9:30-10:00am   9:30-10:00am   9:30-10:00am   9:30-10:00am   Stage 2     Stage 1   9:30-10:00am   9:30-10:00am   9:30-10:00am   NOLLASS   9:30-10:00am   Stage 1     Water Acclimation   9:30-10:00am   9:30-10:00am   NOLLASS   9:30-10:00am   Stage 1     Water Acclimation   9:30-10:00am   9:30-10:00am   NOLLASS   9:30-10:00am   Stage 1     Water Acclimation   9:30-10:00am   9:30-10:00am   9:30-10:00am   9:30-10:00am   9:30-10:00am   Stage 1     Water Acclimation   9:30-10:00am   9:30-10:00am <th>MINI SESSION 1 -</th> <th>SWIM LESSONS</th> <th>i   JULY 2,3,5; JL</th> <th>JLY 9-12   NO CL</th> <th>ASS JULY 4</th> <th></th> <th></th> <th></th> <th></th> <th></th>	MINI SESSION 1 -	SWIM LESSONS	i   JULY 2,3,5; JL	JLY 9-12   NO CL	ASS JULY 4					
Water Accimation   9:30-10:000am   9:30-	PRE-SCHOOL SWIM	LESSONS (3-5 YE	EARS)						FULL	PROGRAM
Water   Marcel Movement   930-10.00am				9:30-10:00am	9:30-10:00am		9:30-10:00am		\$119	\$179
Stage 1 Water Acclimation   9:30-10:00am   9:30-10:00am   NO CLASS JULY 4   9:30-10:00am   \$119     Stage 2 Water Movement   9:30-10:00am   9:30-10:00am   9:30-10:00am   9:30-10:00am   \$119     MINI SESSION 2 - SWIM LESSONS JULY 16 - 19 JULY 23 - 26 PRE-SCHOOL SWIM LESSONS (3-5 YEARS)   FULL PI   PI     Stage 1 Water Movement   9:30-10:00am				9:30-10:00am	9:30-10:00am		9:30-10:00am		\$119	\$179
Water Acclimation   Stor LOUDam	SCHOOL- AGE SWIM	LESSONS (6-12	YEARS)						FULL	PROGRAM
Water   Movement   JULY 4   JULY 4   JULY 4   JULY 4   JULY 4   JULY 4     MINI SESSION 2 - SWIM LESSONS [JULY 16 - 19 JULY 23 - 26 PRE-SCHOOL SWIM LESSONS (3-5 YEARS)   FULL PI   PI     Stage 1 Water Acclimation   9:30-10:00am   9:30				9:30-10:00am	9:30-10:00am		9:30-10:00am		\$119	\$179
PRE-SCHOOL SWIM LESSONS (3- 5 YEARS) FULL PI   Stage 1 Water Acclimation 9:30-10:00am				9:30-10:00am	9:30-10:00am		9:30-10:00am		\$119	\$179
Stage 1 Water Acclimation   9:30-10:00am				JULY 23 - 26						
Water Acclimation   9:30-10:00am   9:30-10:	PRE-SCHOOL SWIM	LESSONS (3-5 YE	ARS)						FULL	PROGRAM
Water Movement   9:30-10:00am   9:30-10:00a				9:30-10:00am	9:30-10:00am	9:30-10:00am	9:30-10:00am		\$136	\$204
Stage 1 Water Acclimation   9:30-10:00am	Water Movement			9:30-10:00am	9:30-10:00am	9:30-10:00am	9:30-10:00am		\$136	\$204
Water Acclimation   9:30-10:00am   9:30-10:	SCHOOL- AGE SWIN	LESSONS (6-12	YEARS)						FULL	PROGRAM
Water Movement   3:30-10:00am   3:30-10:00am   3:30-10:00am   3:30-10:00am     MINI SESSION 3 - SWIM LESSONS [JULY 30 - AUGUST 2   AUGUST 6 - 9   PRE-SCHOOL SWIM LESSONS (3-5 YEARS)   FULL PI     Stage 2 Water Acclimation   9:30-10:00am   9:30-10:00am   9:30-10:00am   9:30-10:00am   9:30-10:00am     Stage 3 Water Movement   9:30-10:00am   9:30-10:00am   9:30-10:00am   9:30-10:00am   9:30-10:00am     Stage 2 Water Acclimation   9:30-10:00am   9:30-10:0				9:30-10:00am	9:30-10:00am	9:30-10:00am	9:30-10:00am		\$136	\$204
PRE-SCHOOL SWIM LESSONS (3-5 YEARS)   FULL   PF     Stage 2 Water Acclimation   9:30-10:00am   \$136				9:30-10:00am	9:30-10:00am	9:30-10:00am	9:30-10:00am		\$136	\$204
Stage 2 Water Acclimation   9:30-10:00am	MINI SESSION 3 -	SWIM LESSONS	i   JULY 30 - AUG	GUST 2   AUGUST	6 - 9					
Water Acclimation   9:30-10:00am   9:30-10:	PRE-SCHOOL SWIM	LESSONS (3-5 YE	ARS)						FULL	PROGRAM
Water Movement   9:30-10:00am   9:30-10:00a				9:30-10:00am	9:30-10:00am	9:30-10:00am	9:30-10:00am		\$136	\$204
Stage 2 Water Acclimation   9:30-10:00am				9:30-10:00am	9:30-10:00am	9:30-10:00am	9:30-10:00am		\$136	\$204
Water Acclimation 9:30-10:00am \$136   Stage 3 Water Movement 9:30-10:00am 9:30-10:00am 9:30-10:00am 9:30-10:00am 9:30-10:00am 9:30-10:00am \$136	SCHOOL- AGE SWIM	LESSONS (6-12	YEARS)						FULL	PROGRAM
Water Movement 9:30-10:00am <				9:30-10:00am	9:30-10:00am	9:30-10:00am	9:30-10:00am		\$136	\$204
FULL PF   SCHOOL- AGE SWIM LESSONS (6-12 YEARS)   Stage 2 Water Acclimation 9:30-10:00am <td></td> <td></td> <td></td> <td>9:30-10:00am</td> <td>9:30-10:00am</td> <td>9:30-10:00am</td> <td>9:30-10:00am</td> <td></td> <td>\$136</td> <td>\$204</td>				9:30-10:00am	9:30-10:00am	9:30-10:00am	9:30-10:00am		\$136	\$204
Stage 2 Water Acclimation   9:30-10:00am   9:30-10:00am   9:30-10:00am   9:30-10:00am   9:30-10:00am   9:30-10:00am   \$136     Stage 3 Water Movement   9:30-10:00am   9:30-10:00am   9:30-10:00am   9:30-10:00am   9:30-10:00am   \$136     Stage 4   0.30, 10, 00am   0.30, 10, 00am   0.30, 10, 00am   0.30, 10, 00am   \$136	MINI SESSION 4 -	- SWIM LESSONS	5   AUGUST 13 -	AUGUST 15   AU	GUST 20 - 23					
Water Acclimation   Stage 3 Water Movement   9:30-10:00am   9:30-10:00am <t< td=""><td>SCHOOL- AGE SWIN</td><td>LESSONS (6-12</td><td>YEARS)</td><td></td><td></td><td></td><td></td><td></td><td>FULL</td><td>PROGRAM</td></t<>	SCHOOL- AGE SWIN	LESSONS (6-12	YEARS)						FULL	PROGRAM
Water Movement   9:50-10:00am   9:50-10:00a				9:30-10:00am	9:30-10:00am	9:30-10:00am	9:30-10:00am		\$136	\$204
Stage 4   9:30-10:00am   9:30-10:00am   9:30-10:00am   9:30-10:00am   9:30-10:00am   \$136	Water Movement			9:30-10:00am	9:30-10:00am	9:30-10:00am	9:30-10:00am		\$136	\$204
	Stage 4 Water Movement			9:30-10:00am	9:30-10:00am	9:30-10:00am	9:30-10:00am		\$136	\$204

**Great South Bay** 

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

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Ρ	rice
AQUATICS PI		(6 MONTHS-3 Y	EARS OLD) Class	es meet once per we	ek for 9 weeks. Adu	Ilt supervision requir	ed. 30 Minutes.	FULL	PROGRAM
Stage A Water Discovery 6-18 mos.		9:30-10:00am			6:00-6:30pm		11:00-11:30am	\$153	\$230
Stage B Water Exploration 19-36 mos.		10:00-10:30am 6:00-6:30pm	6:00-6:30pm				9:00-9:30am	\$153	\$230
PRE-SCHOOL SWIN	A LESSONS (3-5	YEARS) Classes	meet once per w	eek for 9 weeks. 3	0 minutes.			FULL	PROGRAM
Stage 1 Water Acclimation		10:00-10:30am 3:30-4:00pm	4:00-4:30pm	4:00-4:30pm	6:00-6:30pm		9:30-10:00am 11:30am-12:00pm	\$153	\$230
Stage 2 Water Movement		11:00-11:30am 4:30-5:00pm	6:30-7:00pm	3:30-4:00pm			10:30-11:00am	\$153	\$230
Stage 3 Water Stamina		10:30-11:00am 4:00-4:30pm	3:30-4:00pm		4:00-4:30pm	3:30-4:00pm	10:00-10:30am	\$153	\$230
Stage 4 Stroke Introduction							11:30am-12:00pm	\$153	\$230
SCHOOL- AGE SWI	M LESSONS (6-1	12 YEARS) Classe	es meet once per	week for 9 weeks	. 30 minutes.			FULL	PROGRAM
Stage 1 Water Acclimation		9:30-10:00am 6:30-7:00pm	4:30-5:00pm		4:30-5:00pm		10:30-11:00am 11:30am-12:00pm	\$153	\$230
Stage 2 Water Movement		10:30-11:00am 7:00-7:30pm	6:00-6:30pm	4:30-5:00pm	4:00-4:30pm		10:00-10:30am	\$153	\$230
Stage 3 Water Stamina		11:00-11:30am 4:30-5:00pm	6:30-7:00pm		6:30-7:00pm	4:00-4:30pm	9:00-9:30am	\$153	\$230
Stage 4 Stroke Introduction		4:00-4:30pm 7:00-7:30pm	7:00-7:30pm	4:30-5:00pm	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	9:00-9:30am	\$153	\$230
Stage 6 Stroke Mechanics		6:00-6:30pm		4:00-4:30pm	6:30-7:00pm	4:30-5:00pm	9:00-9:30am	\$153	\$230

# **Great South Bay**

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

## Registration Begins Monday, June 10th

Summer Session: Sunday, June 23, 2024 – Saturday, August 24, 2024 Contact: Lisa McKeown | 516-344-6717 | lisa.mckeown@ymcali.org

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Р	rice
TEEN SWIM LESSO	NS/SENSATION	IAL SWIM						FULL	PROGRA
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
ADULT SWIM LESS	SONS/WORKOU	Г 17+						FULL	PROGRAM
Swim Strokes Adult Swim Lessons			6:45-7:30pm					\$171	\$257
AQUATIC FITNESS	PROGRAMS							FULL	PROGRA
AFYAP		12:30-1:30pm				12:30-1:30pm	1	\$105	\$158
Senior Shape Up			8:30-9:15am					\$79	\$119
Water Slimnastics		8:30-9:15am			8:30-9:15am			\$79	\$119
Power Water Walking				8:30-9:15am				\$79	\$119
Private Swim Lessons	4-pk (30 mins) \$	5255 8-pk (30 n	nins) \$463 12-pl	< (30 mins) \$632			Want to try out a Water Fitness class?		
Semi-Private Swim Lessons	4-pk (30 mins) \$	209/Per Person	8-pk (30 mins) \$38	9/Per Person 12-	pk (30 mins) \$531/	Per Person	BUY 3 GET THE 4TH FREE!!!		

2-3 participants; similar age & ability

## Registration Begins Monday, June 10th

# **Great South Bay**

**Summer Session**: Sunday, June 23, 2024 – Saturday, August 24, 2024 **Contact:** Despina Tenedorio | 516-344-6715 | despina.tenedorio@ymcali.org

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

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	
HEALTH AND WELL	NESS - 10 Week	Session						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		11:15am-12:00pm			\$160	\$240
Warrior Small Group Training							8:00-8:45am	\$160	\$240
Boxing Small Group Training			9:15-10:00am					\$160	\$240
Strength Cardio & Core		5:30-6:15pm	6:30-7:15pm					\$160	\$240
YOUTH FITNESS -	10 Week Session							FULL	PROGRAM
Sports Conditioning with Rudy			4:30-5:15pm Ages 8-12					\$130	\$195
Intro to Weight Lifting with Rudy					4:30-5:15pm Ages 12-16			\$130	\$195
Bootcamp with Angel				4:30-5:15pm Ages 8-12				\$130	\$195
Intro to Power Lifting with Kevin		4:30-5:15pm Ages 12-16						\$130	\$195
PICKLEBALL INSTR	UCTIONAL		5 WEEK SESSION	6/26 - 7/24 1st 5 WEEK SESSION	7/31 - 8/28 2nd 5 WEEK SESSION			FULL	PROGRAM
Beginner 16 & Up				11:00am-12:00pm				\$80	\$120
Intermediate 16 & Up				10:00-11:00am				\$80	\$120
Advanced 16 & Up				9:00-10:00am				\$80	\$120