

Great South Bay

200 West Main Street, Bay Shore, NY | 631.665.4255 | YMCAI.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	Price	
MINI SESSION 1 - SWIM LESSONS JULY 2,3,5; JULY 9-12 NO CLASS JULY 4									
PRE-SCHOOL SWIM LESSONS (3-5 YEARS)								FULL	PROGRAM
Stage 1 Water Acclimation			9:30-10:00am	9:30-10:00am	NO CLASS JULY 4	9:30-10:00am		\$119 \$179	
Stage 2 Water Movement			9:30-10:00am	9:30-10:00am	NO CLASS JULY 4	9:30-10:00am		\$119 \$179	
SCHOOL- AGE SWIM LESSONS (6-12 YEARS)								FULL	PROGRAM
Stage 1 Water Acclimation			9:30-10:00am	9:30-10:00am	NO CLASS JULY 4	9:30-10:00am		\$119 \$179	
Stage 2 Water Movement			9:30-10:00am	9:30-10:00am	NO CLASS JULY 4	9:30-10:00am		\$119 \$179	
MINI SESSION 2 - SWIM LESSONS JULY 16 - 19 JULY 23 - 26									
PRE-SCHOOL SWIM LESSONS (3-5 YEARS)								FULL	PROGRAM
Stage 1 Water Acclimation			9:30-10:00am	9:30-10:00am	9:30-10:00am	9:30-10:00am		\$136 \$204	
Preschool Stage 2 Water Movement			9:30-10:00am	9:30-10:00am	9:30-10:00am	9:30-10:00am		\$136 \$204	
SCHOOL- AGE SWIM LESSONS (6-12 YEARS)								FULL	PROGRAM
Stage 1 Water Acclimation			9:30-10:00am	9:30-10:00am	9:30-10:00am	9:30-10:00am		\$136 \$204	
Stage 2 Water Movement			9:30-10:00am	9:30-10:00am	9:30-10:00am	9:30-10:00am		\$136 \$204	
MINI SESSION 3 - SWIM LESSONS JULY 30 - AUGUST 2 AUGUST 6 - 9									
PRE-SCHOOL SWIM LESSONS (3-5 YEARS)								FULL	PROGRAM
Stage 2 Water Acclimation			9:30-10:00am	9:30-10:00am	9:30-10:00am	9:30-10:00am		\$136 \$204	
Stage 3 Water Movement			9:30-10:00am	9:30-10:00am	9:30-10:00am	9:30-10:00am		\$136 \$204	
SCHOOL- AGE SWIM LESSONS (6-12 YEARS)								FULL	PROGRAM
Stage 2 Water Acclimation			9:30-10:00am	9:30-10:00am	9:30-10:00am	9:30-10:00am		\$136 \$204	
Stage 3 Water Movement			9:30-10:00am	9:30-10:00am	9:30-10:00am	9:30-10:00am		\$136 \$204	
MINI SESSION 4 - SWIM LESSONS AUGUST 13 - AUGUST 15 AUGUST 20 - 23									
SCHOOL- AGE SWIM LESSONS (6-12 YEARS)								FULL	PROGRAM
Stage 2 Water Acclimation			9:30-10:00am	9:30-10:00am	9:30-10:00am	9:30-10:00am		\$136 \$204	
Stage 3 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	

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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.		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 SWIM LESSONS (3-5 YEARS) Classes meet once per week for 9 weeks. 30 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 SWIM LESSONS (6-12 YEARS) Classes 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

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Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	
TEEN SWIM LESSONS/SENSATIONAL SWIM								FULL	PROGRAM
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 LESSONS/WORKOUT 17+								FULL	PROGRAM
Swim Strokes Adult Swim Lessons			6:45-7:30pm					\$171	\$257
AQUATIC FITNESS PROGRAMS								FULL	PROGRAM
AFYAP		12:30-1:30pm				12:30-1:30pm		\$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) \$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

Want to try out a Water Fitness class?

BUY 3 GET THE 4TH FREE!!!

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Contact: Despina Tenedorio | 516-344-6715 | despina.tenedorio@ymcali.org

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	
HEALTH AND WELLNESS - 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 INSTRUCTIONAL			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