

YMCA at Glen Cove

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

Registration Begins Monday, June 10th

Summer Session: Monday, June 24, 2024 - Thursday, August 22, 2024

Contact: Ken LaRossa | 516-671-8270 | kenneth.larossa@ymcali.org

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	
MINI SESSION 1 - SWIM LESSONS JUNE 24 - JULY 11 CLASSES MEET 2X A WEEK FOR 3 WEEKS MONDAY/WEDNESDAY OR TUESDAY/THURSDAY									
PRE-SCHOOL SWIM LESSONS (3-5 YEARS)								FULL	PROGRAM
Stage 1 Water Acclimation		4:00pm-4:30pm 4:00pm-4:30pm	4:00pm-4:30pm	4:00pm-4:30pm 4:00pm-4:30pm	4:00pm-4:30pm			\$102 \$153	
Stage 2 Water Movement		4:30pm-5:00pm	4:30pm-5:00pm	4:30pm-5:00pm	4:30pm-5:00pm			\$102 \$153	
Stage 3 Water Stamina		4:30pm-5:00pm	5:00pm-5:30pm	4:30pm-5:00pm	5:00pm-5:30pm			\$102 \$153	
SCHOOL- AGE SWIM LESSONS (6-12 YEARS)								FULL	PROGRAM
Stage 1 Water Acclimation									
Stage 2 Water Movement		4:00pm-4:30pm		4:00pm-4:30pm				\$102 \$153	
Stage 3 Water Stamina		4:30pm-5:00pm		4:30pm-5:00pm				\$102 \$153	
Stage 4 Water Acclimation			4:00pm-4:30pm		4:00pm-4:30pm			\$102 \$153	
Stage 5 Water Movement			4:30pm-5:00pm		4:30pm-5:00pm			\$102 \$153	
Stage 6 Stroke Mechanics			5:00pm-5:30pm		5:00pm-5:30pm			\$102 \$153	
MINI SESSION 2 - SWIM LESSONS JUNE 15 - AUGUST 1 CLASSES MEET 2X A WEEK FOR 3 WEEKS MONDAY/WEDNESDAY OR TUESDAY/THURSDAY									
PRE-SCHOOL SWIM LESSONS (3-5 YEARS)								FULL	PROGRAM
Stage 1 Water Acclimation		4:00pm-4:30pm 4:00pm-4:30pm	4:00pm-4:30pm	4:00pm-4:30pm 4:00pm-4:30pm	4:00pm-4:30pm			\$102 \$153	
Stage 2 Water Movement		4:30pm-5:00pm	4:30pm-5:00pm	4:30pm-5:00pm	4:30pm-5:00pm			\$102 \$153	
Stage 3 Water Stamina		4:30pm-5:00pm	5:00pm-5:30pm	4:30pm-5:00pm	5:00pm-5:30pm			\$102 \$153	
SCHOOL- AGE SWIM LESSONS (6-12 YEARS)								FULL	PROGRAM
Stage 1 Water Acclimation									
Stage 2 Water Movement		4:00pm-4:30pm		4:00pm-4:30pm				\$102 \$153	
Stage 3 Water Stamina		4:30pm-5:00pm		4:30pm-5:00pm				\$102 \$153	
Stage 4 Water Acclimation			4:00pm-4:30pm		4:00pm-4:30pm			\$102 \$153	
Stage 5 Water Movement			4:30pm-5:00pm		4:30pm-5:00pm			\$102 \$153	
Stage 6 Stroke Mechanics			5:00pm-5:30pm		5:00pm-5:30pm			\$102 \$153	

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MINI SESSION 3 - SWIM LESSONS AUGUST 15 - AUGUST 22 CLASSES MEET 2X A WEEK FOR 3 WEEKS MONDAY/WEDNESDAY OR TUESDAY/THURSDAY									
PRE-SCHOOL SWIM LESSONS (3-5 YEARS)								FULL	PROGRAM
Stage 1 Water Acclimation		4:00pm-4:30pm 4:00pm-4:30pm	4:00pm-4:30pm	4:00pm-4:30pm 4:00pm-4:30pm	4:00pm-4:30pm			\$102	\$153
Stage 2 Water Movement		4:30pm-5:00pm	4:30pm-5:00pm	4:30pm-5:00pm	4:30pm-5:00pm			\$102	\$153
Stage 3 Water Stamina		4:30pm-5:00pm	5:00pm-5:30pm	4:30pm-5:00pm	5:00pm-5:30pm			\$102	\$153
SCHOOL- AGE SWIM LESSONS (6-12 YEARS)								FULL	PROGRAM
Stage 1 Water Acclimation									
Stage 2 Water Movement		4:00pm-4:30pm		4:00pm-4:30pm				\$102	\$153
Stage 3 Water Stamina		4:30pm-5:00pm		4:30pm-5:00pm				\$102	\$153
Stage 4 Water Acclimation			4:00pm-4:30pm		4:00pm-4:30pm			\$102	\$153
Stage 5 Water Movement			4:30pm-5:00pm		4:30pm-5:00pm			\$102	\$153
Stage 6 Stroke Mechanics			5:00pm-5:30pm		5:00pm-5:30pm			\$102	\$153

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	9:15-9:45am	\$153	\$230
STAGE 2 Water Movement	10:00-10:30am					4:30-5:00pm	10:00-10:30am	\$153	\$230
STAGE 3 Water Stamina	10:45-11:15am					5:00-5:30pm	10:45-11:15am	\$153	\$230

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Registration Begins Monday, June 10th

Summer Session: Sunday, June 23, 2024 - Saturday, August 31, 2024

Contact: Ken LaRossa | 516-671-8270 | kenneth.larossa@ymcali.org

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price
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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	11:30am-12:00pm	\$153	\$230
STAGE 2 Water Movement	10:00-10:30am					4:30-5:00pm		\$153	\$230
STAGE 3 Water Stamina	10:45-11:15am					5:00-5:30pm		\$153	\$230
STAGE 4 Stroke Introduction							9:15-9:45am	\$153	\$230
STAGE 5 Stroke Development							10:00-10:30am	\$153	\$230
STAGE 6 Stroke Mechanics							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+)							12:00-12:45pm	\$171	\$257

ADULT WATER FITNESS CLASSES - 7 Weeks No class on 7/4, 7/25, 8/22

Aqua Jog with Jean Anne					8:00-8:45am 9 weeks			\$82	\$122
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ADULT LESSONS (17+)

Swim Lessons				10:00-10:45am				\$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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Registration Begins Monday, June 10th

Summer Session: Tuesday, July 2, 2024 - Friday, August 16, 2024

Contact: Joseph Furman | 516-583-5439 | joseph.furman@ymcali.org

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	FULL	PROGRAM
YOUTH SPORTS/PRE-TEEN & TEEN REC Session runs 7/2 - 8/16										
Basketball Clinic				4:30-5:30pm Sports Court				\$78	\$122	
Basketball Scrimmage					4:30-5:30pm Sports Court			\$78	\$122	
Soccer Clinic		4:30-5:30pm Field						\$78	\$122	
Lacrosse Clinic					4:30-5:30pm Field			\$78	\$122	
Flag Football			4:30-5:30pm Field					\$78	\$122	
Cheerleading		4:30-5:30pm Field						\$78	\$122	
Baseball/Softball Clinic			4:30-5:30pm Softball Field					\$78	\$122	
Spike Ball				4:30-5:30pm Field				\$78	\$122	
Volleyball Clinic				4:30-5:30pm Field				\$78	\$122	
Dance Team					4:30-5:30pm Pavillion			\$78	\$122	

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Summer Session: Sunday, June 23, 2024 - Saturday, August 31, 2024

Contact: Jean Anne Valance | 516-583-5421 | jeanne.valance@ymcali.org

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	
SUMMER 2024 SGT PROGRAMS								FULL	PROGRAM
Women & Weights with Michaela E. 4 Person Max July 1 - 29		11:30am-12:30pm 5 weeks						\$100	\$100
Muscular Balance with Luz C. 8 Person Max Session 1: July 1 - 29		9:00-9:45am 5 weeks						\$80	\$120
Muscular Balance with Luz C. 8 Person Max Session 2: Aug. 5 - 26		9:00-9:45am 4 weeks						\$64	\$96
Aqua Jog with Jean Anne 15 Person Max June 27 - Aug, 29 No class on 7/4, 7/25, 8/22					8:00-8:50am 7 weeks			\$82	\$122
Intro to Pickleball with Peter July 19 - Aug. 16 10 Person Max					12:00-1:00pm 5 weeks			\$100	\$100
Mobility/Stretch with Luz C. 8 Person Max Session 1: June 27 - Aug. 1 No Class July 4					12:30-1:15pm 5 weeks			\$80	\$120
Mobility/Stretch with Luz C. 8 Person Max Session 2: Aug. 8 - Aug.29					12:30-1:15pm 4 weeks			\$64	\$96