

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 FULL PROGRAM

STAGE: A & B Swim Starters	9:05am-9:35am A	9:40am-10:10am N 2:15pm-2:45pm A	6:10pm-6:40pm A	8:45am-9:15am A	8:45am-9:15am A	9:05am-9:35am A	9:45am-10:15am A 10:25am-10:55am A	\$153	\$230
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PRESCHOOL SWIM LESSONS (3-5 YEARS OLD) Classes meet once per week for 9 weeks FULL PROGRAM

STAGE 1 Water Acclimation	9:45am-10:15am A 11:05am-11:35am A	1:00pm-1:30pm N 3:15pm-3:45pm A 4:05pm-4:35pm N	4:45pm-5:15pm N	3:15-3:45pm A	4:45pm-5:15pm N	1:40pm-2:10pm 4:05pm-4:35pm A	9:05am-9:35am A 10:30am-11:00am N 11:05am-11:35am A	\$153	\$230
STAGE 2 Water Movement	9:05am-9:35am A 10:25am-10:55am A	1:40pm-2:10pm N 4:05pm-4:35pm N	4:05pm-4:35pm N	4:45pm-5:15pm N	4:05pm-4:35pm N	4:45pm-5:15pm A	9:05am-9:35am A 11:10am-11:40am N	\$153	\$230
STAGE 3 Water Stamina	11:50am-12:20pm N		3:15pm-3:45pm N	5:25pm-5:55pm N			11:05am-11:35am A	\$153	\$230
STAGE 4 Stroke Introduction	9:50am-10:20am N					4:45pm-5:15pm A		\$153	\$230

SCHOOL-AGE SWIM LESSONS (6-12 YEARS OLD) Classes meet once per week for 9 weeks FULL PROGRAM

STAGE 1 Water Acclimation	9:10am-9:40am N		4:05pm-4:35pm N	3:15pm-3:45pm N	4:05pm-4:35pm N	1:00pm-1:30pm N	9:10am-9:40am N	\$153	\$230
STAGE 2 Water Movement	9:50am-10:20am N 10:30am-11:00am N		3:15pm-3:45pm N	4:05pm-4:35pm N	4:45pm-5:15pm N	5:25pm-5:55pm A	9:50am-10:20am N 10:30am-11:00am N	\$153	\$230
STAGE 3 Water Stamina	10:30am-11:00am N 11:10am-11:40am N	4:45pm-5:15pm N	4:45pm-5:15pm N	4:45pm-5:15pm N	5:25pm-5:55pm N	4:05pm-4:35pm A	9:50am-10:20am N 10:25am-10:55am A	\$153	\$230
STAGE 4 Stroke Introduction	9:10am-9:40am N 10:25am-10:55am A 11:50pm-12:20pm N	2:20pm-2:50pm N 4:45pm-5:15pm N	5:25pm-5:55pm N	4:05pm-4:35pm N	3:15pm-3:45pm N 5:25pm-5:55pm N	4:45pm-5:15pm A	9:10am-9:40am N 9:45am-10:15am A 11:50am-12:20pm N	\$153	\$230
STAGE 5 Stroke Development	9:45am-10:15am A 11:05am-11:35am A	5:25pm-5:55pm N	5:25pm-5:55pm N	5:25pm-5:55pm N	3:15pm-3:45pm N	4:05pm-4:35pm A 5:25pm-5:55pm A	11:10am-11:40am N	\$153	\$230
STAGE 6 Stroke Mechanics	11:10am-11:40am N	5:25pm-5:55pm N				6:05pm-6:35pm A	11:50am-12:20pm N	\$153	\$230

Huntington YMCA

60 Main Street, NY 11743 | 631.421.4242 | YMCALI.org

Registration Begins Monday, June 10th

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

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	
TEEN SWIM LESSONS (12-17 YEARS OLD) Classes meet once per week for 9 weeks								FULL	PROGRAM
TEEN BASICS (Stage 1-4)	11:45am-12:30pm A						11:45am-12:30pm A	\$171	\$257
TEEN STROKES (Stage 5-6)	11:45am-12:30pm A			6:05pm-6:50pm N			11:45am-12:30pm A	\$171	\$257
SWIM CLUB (Passing Stage 6 Required)		6:05pm-6:50pm N				6:05pm-6:50pm A		\$171	\$257
INSTRUCTOR PREP (Passing Stage 6 Required)	11:45am-12:15pm A			4:45pm-5:15pm N				\$171	\$257
LIFEGUARD PREP				7:00pm-7:45pm N				\$171	\$257
ADULT SWIM LESSONS (AGES 18+) Classes meet once per week for 9 weeks								FULL	PROGRAM
ADULT BASICS (Stage 1-4)			8:30am-9:15am A 6:50pm-7:35pm A					\$171	\$257
ADULT STROKES (Stage 5-6)			8:30am-9:15am A					\$171	\$257
AQUA FITNESS CLASSES (AGES 18+) Classes meet once per week for 9 weeks								FULL	PROGRAM
HYDROFIT		9:00am-10:00am A Jane					8:00am-9:00am A Jane	\$105	\$158
WATER WALKING		10:10am-11:10am A BJ						\$105	\$158
AQUA POWER			8:00am-9:00am N Jane	8:00am-9:00am N Carrie	7:00pm-8:00pm N Karen			\$105	\$158
AQUA JOG					8:00am-9:00am N Joan			\$105	\$158
Aqua Zumba <small>*Not applicable with water fitness promotion*</small>		7:00pm-8:00pm						\$144	\$166

Water Fitness: 9 Weeks

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

Full Membership: \$105

Program Membership: \$158

SUMMER SPLASH – Nine 30-min, 3 days per week for 3 weeks. Full \$153 | Program \$230

Session 1: July 2-July 18 (no classes July 4) | **Session 2:** July 23-August 8

STAGE 1: WATER ACCLIMATION Preschool Ages 3-5	12:00pm-12:30pm N	Tuesdays, Wednesdays, and Thursdays
STAGE 2: WATER MOVEMENT Preschool Ages 3-5	12:00pm-12:30pm N	Tuesdays, Wednesdays, and Thursdays

Schedule is subject to change at anytime

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price
HEALTH AND WELLNESS								
YOUTH FITNESS Classes meet once per week for 10 weeks								FULL PROGRAM
Youth Cheerleading Ages 3-5							10:15am-11:00am Bethany (HLC)	\$116 \$183
Youth Cheerleading Ages 6-9							11:00am-12:00pm Bethany (HLC)	\$116 \$183
ADULT FITNESS (Ages 18+) Classes meet once per week for 10 weeks								FULL PROGRAM
Small Group Training			8:30am-9:30am Jane (FC)	8:00am-9:00am Lauren (FC) 10:00am-11:00am Lauren (FC)		8:00am-9:00am Lauren (FC) 9:45am-10:45am Lauren (FC)		\$160 \$185
Senior Small Group Training				11:30am-12:30pm Jane (FC)				\$160 \$185
Adult Boxing SGT			10:30am-11:30am Wally (HLC)		10:30am-11:30am Wally (HLC)			\$160 \$185
Brain-Body Connections					9:00am-10:00am Russ (HLC)			\$160 \$185
Y's Way To A Healthy Back			12:00pm-1:00pm Coleen (HLC)					\$160 \$185
Stretch & Strength		9:30am-10:30am Lauren (FC)						\$160 \$185
Aqua Zumba <small>*Not applicable with water fitness promotion*</small>		7:00pm-8:00pm						\$144 \$166