

YMCA at Glen Cove

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

Registration Begins: Monday, August 26, 2024
Fall I Session: Sunday, Sept. 8, 2024 – Saturday, Nov. 16, 2024
Contact: Ken LaRossa | 516-671-8270 | kenneth.larossa@ymcali.org

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

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	9:15-9:45am	4:00-4:30pm		4:00-4:30pm		4:00-4:30pm	11:30-12:00pm	\$153	\$230
STAGE 2 Water Movement	10:00-10:30am	4:30-5:00pm		4:30-5:00pm		4:30-5:00pm		\$153	\$230
STAGE 3 Water Stamina	10:45-11:15am	5:00-5:30pm		5:00-5:30pm		5:00-5:30pm		\$153	\$230
STAGE 4 Stroke Introduction		5:00-5:30pm	4:00-4:30pm		4:00-4:30pm		9:15-9:45am	\$153	\$230
STAGE 5 Stroke Development			4:30-5:00pm		4:30-5:00pm		10:00-10:30am	\$153	\$230
STAGE 6 Stroke Mechanics			5:00-5:30pm		5:00-5:30pm		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+)			3:30-4:45pm				12:00-12:45pm	\$171	\$257

ADULT WATER FITNESS CLASSES

Aqua Jog with Jean Anne V.					8:00-8:45am			\$105	\$158
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ADULT LESSONS (17+)

Swim Lessons				10:00-10:45am	4:00-4:30pm			\$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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Contact: Joseph Furman | 516-583-5439 | joseph.furman@ymcali.org

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	FULL	PROGRAM
Cheerleading	11:30-12:30pm Studio							\$116	\$183	
Soccer Clinic 6-10 years old							11:00am-12:00pm Gym	\$116	\$183	
Hoops Clinic 6-10 years old				5:00-6:00pm Gym				\$116	\$183	
Scrimmage 9-14 years old					5:00-6:00pm Gym		10:00-11:00am Gym	\$185	\$210	
Kiddie Gym 4-6 years old							9:00-10:00am Gym	\$116	\$183	
Beginners Drawing 8-14 years			4:00-5:00pm Lounge					\$70	\$105	
Volleyball clinic 9-14 years old					6:30-7:30pm Gym			\$116	\$183	

Y HOOPS BASKETBALL CLINIC

A Co-ed learning experience to teach the fundamental skills of basketball such as shooting, passing, dribbling and defense. Focus on teamwork, sportsmanship, good habits and of course having fun.
Ages 6-9 years old

Y HOOPS BASKETBALL SCRIMMAGE LEAGUE

Y-Hoops is a co-ed Basketball Scrimmage League focusing on learning and applying fundamental basketball skills, teamwork, sportsmanship and good practice habits.
Ages 8-13 years old

SOCCER CLINIC

Soccer Clinic is an introductory soccer class will teach your child the basic concepts and skills of soccer and aim to build their character. Kids will perform exercises and drills and learn the importance of working as a team.
Ages 6-12 years old

VOLLEYBALL

This is an introductory volleyball class that will teach basic serve, set and other volleyball skills.
9-16 years old

CHEERLEADING

Cheerleading is a fun class that will expose children to the fundamentals, terminology and skills of cheer.
Ages 8-12 years old

BEGINNERS DRAWING

Beginners Drawing is a 6 week art instruction designed to teach students the basic fundamentals of drawing. The class will give young artists a foundation to build drawing as well as other art skills.
Ages 8-14 years old

Dates: 9/17,9/24,10/8,10/15,10/22 & 11/12 (6 weeks)

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

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	
ADULT FITNESS SGT CLASSES									FULL PROGRAM
Beginner Strength Training with Michaela		12:00-1:00pm (5 weeks)						\$80	\$120
Mobility/Stretch with Luz C. 8 Person Max					12:20-1:05pm (5 weeks)			\$80	\$120
Introduction to Pickleball with Peter F.						12:00-1:00pm (5 weeks)		\$100	\$100
Aqua Jog with Jean Anne V.					8:00-8:45am			\$105	\$158

BEGINNER STRENGTH TRAINING WITH MICHEALA

An introduction to weight training with Personal Trainer Micheale E.

5 WEEK CLASS

Session 1 Sept. 9 - Oct. 7

Session 2 Oct. 14 - Nov. 11

INTRODUCTION TO PICKLEBALL

This class will teach the fundamentals of this fast-growing game that combines elements of tennis, badminton, and ping-pong with Instructor Peter F.

5 WEEK CLASS

Session 1 Oct. 3 - Oct. 31

MOBILITY/STRETCH

Mobility Stretch will improve posture, flexibility, balance and generalized joint mobility, decrease pain, stiffness & tightness, promoting your quality of life and safety with Instructor Luz C.

5 WEEK CLASS

Session 1 Sept. 12 - Oct. 10

Session 2 Oct. 17 - Nov. 14

AQUA JOG

Deep water workout consisting of walking, jogging, cross-country skiing, jumping jacks and more, ending with abs and stretch. Exercises to improve cardiovascular fitness and muscle tone. With Instructor Jean Anne V.

THURSDAY 8:00-8:45AM

SEPT. 12 - NOV. 7