

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-9:35 am A	10:10am-10:40am A 10:50am-11:20am A	1:30pm-2:00pm A 6:10pm-6:40pm A	9:15am-9:45am A	9:10am-9:40am A	9:15am-9:45am 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

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

STAGE 1 Water Acclimation	9:10am-9:40am N		4:05pm-4:35pm N		4:05pm-4:35pm N		9:10am-9:40am N	\$153	\$230
STAGE 2 Water Movement	9:50am-10:20am N 10:30am-11:00am 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	4:45pm-5:15pm N	NEW! *5:15pm-6:00pm N	4:05pm-4:35pm 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 *\$171	\$230 *\$257
STAGE 5 Stroke Development	9:45am-10:15am A 11:05am-11:35am A	5:25pm-5:55pm N	NEW! *5:15pm-6:00pm N	5:25pm-5:55pm N		4:05pm-4:35pm A 5:25pm-5:55pm A	11:10am-11:40am N	\$153 *\$171	\$230 *\$257
STAGE 6 Stroke Mechanics	11:10am-11:40am N	5:25pm-5:55pm N				NEW! *6:05pm-6:50pm A	11:50am-12:20pm N	\$153 *\$171	\$230 *\$257
Sensational Swim (Parent must be in water)			6:50pm-7:20pm A					\$153	\$230

Schedule is subject to change at anytime

NEW! *45 Minute classes

Huntington YMCA

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

Registration Begins Monday, August 26, 2024

Fall Session I: Sunday, Sept. 8, 2024 - Saturday, Nov. 16, 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							\$171	\$257
LIFEGUARD PREP (Ages 13+)				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)			9:15am-10:00am A 6:50pm-7:35pm A			11:10am-11:55am A		\$171	\$257
ADULT STROKES (Stage 5-6)						11:10am-11:55am A		\$171	\$257
AQUA FITNESS CLASSES (AGES 18+) Classes meet once per week for 9 weeks									
HYDROFIT		9:00am-10:00am A Jane			10:30am-11:30am A Carrie	10:00am-11:00am A Jane		\$105	\$158
WATER WALKING				10:00am-11:00am A BJ				\$105	\$158
AQUA POWER			10:00am-11:00am N Carrie	8:00am-9:00am N Jane	7:15pm-8:15pm N Karen			\$105	\$158
NEW! AQUA JOG		10:00am-11:00am N Joan						\$105	\$158

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

Private Swim Lessons

4-pk (30 mins) \$255

8-pk (30 mins) \$382.50

12-pk (30 mins) \$463

Semi-Private Swim Lessons

2-3 participants; similar age & ability

4-pk (30 mins) \$417

6-pk (30 mins) \$625.50

8-pk (30 mins) \$777

Schedule is subject to change at anytime

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	
YOUTH ENRICHMENT									
PARENT/CHILD CLASSES (6-18 MONTHS) Classes meet once per week for 10 weeks								FULL	PROGRAM
You and Me Tumbling	12:00pm-12:45pm						1:00pm-1:45pm	\$116	\$183
PARENT/CHILD CLASSES (18-36 MONTHS)									
You and Me Tumbling	10:15am-11:00am							\$116	\$183
BUMBLEBEES ENRICHMENT Classes meet once per week for 10 weeks									
Tumbling	11:00pm-11:45pm 2-5 years *Separation Class	4:00pm-4:45pm 3-5 years					12:15pm-1:00pm 2-5 years *Separation Class	\$116	\$183
Arts and Crafts			4:30pm-5:30pm					\$116	\$183
YOUTH ENRICHMENT (GRADES K-2) Classes meet once per week for 10 weeks									
Tumbling		5:00pm-6:00pm (1st-5th Grade)						\$116	\$183
Fun with Food				5:15pm-6:15pm (1st-3rd grade)	5:15pm-6:15pm (1st-3rd grade)			\$130	\$195
Yoga		4:30pm-5:15pm (5-9 years)						\$116	\$183
Arts and Crafts			5:30pm-6:30pm					\$116	\$183
YOUTH ENRICHMENT Classes meet once per week for 10 weeks									
Fun with Food				6:30pm-7:30pm (4th-6th grade)	6:30pm-7:30pm (4th-6th grade)			\$130	\$190
Arts and Crafts			6:30pm-7:30pm (Grades 3-6)					\$116	\$183
Digital Art					6:00pm-7:00pm (4th-6th grade)			\$116	\$183
Cooking & Art Series				6:15pm-8:15pm Ages 13+ Check Monthly Calendar				\$25 Per Class	

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YOUTH SPORTS								
BUMBLE BEE SPORTS (AGES 3-5) Classes meet once per week for 10 weeks							FULL	PROGRAM
Soccer			4:00pm-4:45pm				\$116	\$183
Sports Sampler				4:00pm-4:45pm		4:00pm-4:45pm	\$116	\$183
Ninja		4:00pm-4:45pm			4:00pm-4:45pm		\$116	\$183
YOUTH SPORTS (GRADES K-2) Classes meet once per week for 10 weeks								
Instructional Soccer		5:00pm-6:00pm					\$116	\$183
Instructional Basketball			5:00pm-6:00pm			5:00pm-6:00pm	\$116	\$183
Dodgeball/NERF				5:00pm-6:00pm K-5th Grade			\$116	\$183
YOUTH SPORTS (GRADES 3-5) Classes meet once per week for 10 weeks								
Instructional Basketball			6:00pm-7:00pm			6:00pm-7:00pm	\$116	\$183
YOUTH SPORTS (AGES 8-12) Classes meet once per week for 10 weeks								
Futsal					6:00pm-7:00pm		\$116	\$183
Dodgeball/NERF					5:00pm-6:00pm 6th-8th Grade		\$116	\$183
Pickleball Learn & Play		6:00pm-7:00pm					FREE	\$183

Half-Day Sports Camp 2025 Dates: Grades K-6 | 9:00am-12:00pm | \$45/day

October 3, 4 & 14

November 5 & 11

December 26, 27, 28, 29, 30 & Jan 2 & 3

Holiday Camp Dates: Grades K-6 | 8:00am-6:00pm | \$75/day

Fall: October 3 & 4, November 11, 2024

Winter: December 23, 26, 27 & 30, 2024

Fall Intramural Soccer League: Runs September 14-November 9

The YMCA's Spring Soccer League will run from September 14- November 9. Our 3 & 4-year-old Pee Wee groups will have a practice and games on Saturday Morning. Grades K-5 will have practice during the week and their games on Saturday. Teams Divisions are Pee Wee 3s, Pee Wee 4, Grades K-2, 3rd-5th. Volunteer Coaches Needed.

Full Membership: \$125

Program Membership: \$150

Soccer ball, cleats and shin guards required per player.

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YOUTH FITNESS & DANCE										
Cheerleading							10:00am-11:00am Ages 6-9 11:00am-12:00pm Ages 10-13	\$160		\$185
Modern/ Jazz		7:00pm-8:00pm Ages 5-10 8:00pm-9:00pm Ages 11-17						\$160		\$185
Ballet				7:00pm-8:00pm Ages 5-10 8:00pm-9:00pm Ages 11-17				\$160		\$185
Hip-Hop							8:00am-9:00am Ages 5-8 9:00am-10:00am Ages 8-12 10:00am-11:00am Ages 13-17	\$160		\$185

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HEALTH AND WELLNESS

TEEN FITNESS (AGES 13-18) Classes meet once per week for 10 weeks

								FULL	PROGRAM
Teen Boxing SGT			5:30pm-6:30pm Wally (HLC)					\$160	\$185

ADULT FITNESS (AGES 18+) Classes meet once per week for 10 weeks

Small Group Training		8:00am-9:00am Meredith (FC)	8:30am-9:30am Jane (FC)	8:00am-9:00am Lauren (FC) 9:30am-10:30am Lauren (FC)		8:00am-9:00am Lauren (FC) 9:30am-10:30am Lauren (FC)		\$160	\$185
Senior Small Group Training				11:30-12:30pm Jane (FC)				\$160	\$185
Adult Boxing					5:30pm-6:30pm Wally (HLC)			\$160	\$185
Y's Way To A Healthy Back				10:00am-11:00am Dottie (HLC)				\$160	\$185
Stretch & Strength		9:30am-10:30am Lauren (FC)						\$160	\$185
NEW! Pause With Power				11:30am-12:30pm Carol & Coleen (HLC)				\$160	\$185
NEW! Pilates Reformers		6:30pm-7:30pm Claudia (HLC)	12:00pm-1:00pm Coleen (HLC)					\$200	\$225
Brain Savers (2x a week)			11:30am-12:30pm Wayne & Bonnie		11:30am-12:30pm Russ & Bonnie			Free	\$185
NEW! Active Stretch					9:00am-9:45am Suzanne (FC)			\$150	\$175

Moving for Better Balance—Monday & Wednesday 11:30am-12:30pm

This is a 12-week evidence-based, instructor led group program designed to help you improve your strength, balance, flexibility, and mobility through slow, therapeutic movements based on Tai Chi.

Brain Savers—Tuesday & Thursday 11:30am-12:30pm

Discover a research-backed, holistic approach to vibrant aging with our BrainSavers at the YMCA. This is a dynamic instructor-led program designed to invigorate your mind and body. Experience the joys of independent living while enhancing your overall physical and cognitive health through our engaging curriculum. Our unique program integrates the six essential elements of a comprehensive brain-body wellness regimen.

Livestrong—Tuesday & Friday 1:15pm-2:30pm

This is a free 12-week program for cancer survivors who want to regain or maintain their health. LIVESTRONG is a group-based exercise program that meets twice a week. Our staff of certified coaches provides a supportive, safe environment for each class.