

# GREAT SOUTH BAY YMCA FALL PROGRAMS

Now, there are more ways to get healthy & strong, learn & play, and reconnect in a way that works best for you and your family.

## Youth Programs for All Ages

Swim Lessons, Sports and Fitness, Special Activities, and more!

## Health & Wellness Programs for Adults

Aquatics Programs, Group Fitness & Water Fitness Classes, Small Group and more!

**REGISTER NOW!**



### YOUTH SPORTS SAMPLER

SEPTEMBER 9 – NOVEMBER 16

Tuesdays 4-5pm  
Court A  
Saturdays 11am-12pm  
Court B

Rates: Full: \$116  
Program: \$183

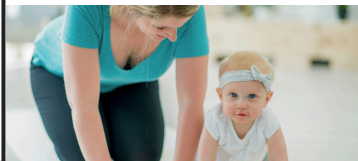
### Parent/Child Classes

#### My Buddy and Me (18-36 Months)

**MY BUDDY & ME ZUMBA FOR KIDS**  
Tuesday 1:00-1:45pm  
Saturday 9:45-10:30am  
in the Arboretum Room

**MY BUDDY & ME PLAY WITH A PURPOSE**  
Thursday & Saturday  
10:15-11:00am  
in the Jitterbug Room

**MY BUDDY & ME ARTS & CRAFTS**  
Friday 10:15-11:00am  
in the Redwood Forest Room  
Rates: Program: \$116  
Full: \$183



### VIDEO GAME & BOARD GAME CLUB

**K-2nd Grade**  
Friday 5:30-6:30pm Rec Center  
**3rd-5th Grade**  
Saturday 9:00-11:00am Rec Center  
**Ages 8-13**  
Wednesday 5:30-8:00pm Rec Center  
Rates: Full: \$116  
Program: \$183

### VOLLEYBALL 1 CO-ED Ages 8-12

This introductory volleyball class will focus on volleyball fundamentals including setting, striking and footwork.

September 12- November 7  
Thursday 5:00-6:00pm Court A

Rates: Full: \$116  
Program: \$183



### PEE-WEE SPORTS

Introduce your little ones to the world of athletics with our Pee-Wee Sports program! Tailored for young beginners, this program focuses on basic skills, teamwork, and having fun, giving kids a positive start in sports and physical activity. It's a great way to build confidence and a love for staying active!

Saturday 8:15-9:00am Court A

Rates: Full: \$116  
Program: \$183

### Basketball Clinics Stages 1-4 September 14 - November 9 9 WEEKS

#### Basketball Stage 1 Ages 6-8

**Saturday 9:00-10:00am Court A**  
Children are introduced to the sport and starting skills needed for the game. Fun and informative plus a good workout for them.

#### Basketball Stage 2 Ages 9-12

**Saturday 10:00-11:00am Court B**  
Next level skills worked on. Dribbling passing, and shooting development. Incorporate fun basketball game into their season.

#### Basketball Stage 3 Ages 9-12

**Saturday 9:00-10:00am Court B**  
Great for those kids that are looking to make a team or play already on a starting level team. Shooting, technique, ball handling and game prep.

#### Basketball Stage 4 Ages 12-18

**Saturday 10:00-11:00 Court A**  
Focus on advanced offensive and defensive game skills. Higher level ball handling and shooting technique. Session also includes age appropriate cardio, plyometric and weight training. Focus on advanced offensive and defensive game skills. Perfect way to get an athlete ready for the late Fall middle school or high school basketball team.



Rates: Full: \$116  
Program: \$183



Transportation from our School Age Child Care Programs is available. Inquire Within.

Great South Bay YMCA  
200 W Main Street  
Bay Shore, NY 11706

YMCAI.org



## FITNESS FUN

Our Younger Members learn the basics of exercise using the Fitness Center, Gymnasium, and Track. Participants can develop their own workout routines focusing on personal goals. Sports, Body Weight Strength, Flexibility, Balance, and Coordination are the focal points of these classes.

### K-2nd Grade

Thursday, 4:00-5:00pm

Jitterbug Room

Saturday, 12:30-1:00pm

Jitterbug Room

### 3-5th Grade

Thursday, 5:45-6:15pm

Jitterbug Room

### 3-5 Years Old

Friday, 1:00-1:45pm Court B

Rates: Full: \$116

Program: \$183

## TASTE AND LEARN WITH FOOD



Taste and learn with food as you explore various ways of eating healthy.

### K-2nd Grade

Saturday, 11:00am-12:00pm

Everglades Room

### 3-5th Grade

Wednesday, 5:00-6:00pm

Everglades Room

### 11-13 Years Old

Wednesday, 6:00-7:00pm

Everglades Room

Rates: Full: \$116

Program: \$183

## ARTS AND CRAFTS



Age appropriate art activities with fun, weekly themes. Participants will take a piece of art home each week.

### K-2nd

Saturday, 10:45-11:45am

Redwood Forest Room

### 3-5 Years Old

Saturday, 9:45-10:30am

Redwood Forest Room

### 3rd-5th Grade

Thursday, 4:45-5:45pm

Redwood Forest

Rates: Full: \$116

Program: \$183



## ZUMBA FOR KIDS

Zumba for kids. With high-energy music, kids express their personality while learning body coordination.

Rates: Full: \$116

Program: \$183

### K-2nd Grade

Saturday, 10:45-11:45am

Arboretum Room

### 3-5th Grade

Tuesday, 4:45-5:45pm

Arboretum Room

### 3-5 Years Old

Saturday, 10:15-11:00am

Arboretum Room

### 11-13 Years Old

Friday, 5:30-6:30pm

Arboretum Room

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