

Great South Bay YMCA

200 West Main Street, Bay Shore, NY | 631.665.4255 | YMCAI.org

Registration Begins: Monday, November 4, 2024
Fall Session II: Sunday, Nov. 17, 2024 - Saturday, Feb. 1, 2025
Contact: Lisa McKeown | 516-344-6717 | lisa.mckeown@ymcali.org
No Classes December 24- January 1

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. 30 Minutes. FULL PROGRAM

STAGE A Water Discovery 6-18 mos.					10:15-10:45am 6:00-6:30pm	10:00-10:30am	11:00-11:30am	\$153	\$230
STAGE B Water Exploration 19-36 mos.		6:00-6:30pm	6:00-6:30pm		10:45-11:15am	10:30-11:00am	9:00-9:30am	\$153	\$230

PRE-SCHOOL SWIM LESSONS (3-5 YEARS) Classes meet once per week for 9 weeks. 30 minutes. FULL PROGRAM

STAGE 1 Water Acclimation	9:00-9:30am	3:30-4:00pm	4:00-4:30pm	4:00-4:30pm	6:30-7:00pm		9:30-10:00am 11:30am-12:00pm	\$153	\$230
STAGE 2 Water Movement	10:00-10:30am	4:30-5:00pm	6:30-7:00pm	4:30-5:00pm			10:30-11:00am 12:00-12:30pm	\$153	\$230
STAGE 3 Water Stamina	11:00-11:30am	4:00-4:30pm	3:30-4:00pm		4:00-4:30pm 6:00-6:30pm		10:00-10:30am	\$153	\$230
STAGE 4 Stroke Introduction							11:00-11:30am	\$153	\$230

SCHOOL-AGE SWIM LESSONS (6-12 YEARS) Classes meet once per week for 9 weeks. 30 minutes. FULL PROGRAM

STAGE 1 Water Acclimation	9:30-10:00am	6:30-7:00pm	4:30-5:00pm		4:30-5:00pm		10:30-11:00am 12:00-12:30pm	\$153	\$230
STAGE 2 Water Movement	11:30am-12:00pm	6:30-7:00pm	4:30-5:00pm	4:30-5:00pm			10:00-10:30am 12:30-1:00pm	\$153	\$230
STAGE 3 Water Stamina	10:30-11:00am	4:30-5:00pm	4:00-4:30pm		7:00-7:30pm	4:00-4:30pm	9:30-10:00am 11:30am-12:00pm	\$153	\$230
STAGE 4 Stroke Introduction		7:00-7:30pm	4:00-4:30pm		4:00-4:30pm	4:00-4:30pm	10:00-10:30am	\$153	\$230
STAGE 5 Stroke Development		6:00-6:30pm		4:00-4:30pm	7:00-7:30pm	4:30-5:00pm	9:00-9:30pm	\$153	\$230
STAGE 6 Stroke Mechanics		6:00-6:30pm		4:00-4:30pm	7:00-7:30pm	4:30-5:00pm	9:00-9:30pm	\$153	\$230

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Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	
PRE SWIM TEAM Classes meet once per week for 9 weeks, unless otherwise indicated.								FULL	PROGRAM
Pre-Swim Team Beginner/Intermediate			5:15-6:00pm					\$171	\$257
Pre-Swim Team Advanced (2x/Week)			6:00-6:45pm		6:00-6:45pm			\$218	\$281
LIFEGUARD PREP/TEEN SWIM LESSONS/SENSATIONAL SWIM								FULL	PROGRAM
Lifeguard Prep							12:00-12:45pm	\$171	\$257
Swim Basics Teen (12-17yrs)		6:30-7:15pm						\$171	\$257
Sensational Swim Special Needs				6:00-6:30pm 7:00-7:30pm				\$153	\$230
ADULT SWIM LESSONS/WORKOUT 17+								FULL	PROGRAM
Swim Strokes Adult Swim Lessons			6:45-7:30pm		8:45-9:30am			\$171	\$257
Adult Swim Workout (2x/week)		5:30-7:00am		5:30-7:00am				\$217	\$350
AQUATIC FITNESS PROGRAMS								FULL	PROGRAM
AFYAP		1:00-2:00pm				1:00-2:00pm		\$105	\$158
Aqua Jog			8:30-9:30am					\$105	\$158
Senior Shape Up			1:00-2:00pm		1:00-2:00pm			\$105	\$158
Water Slimnastics		9:00-10:00am			8:30-9:30am	9:00-10:00am		\$105	\$158
Power Water Walking				9:00-9:45am	9:30-10:15am			\$79	\$119
Aqua Power Express			9:30-10:15am					\$79	\$119
Aqua Balance				1:00-1:45pm				\$79	\$119
Boga Fit	10:30-11:00am							\$53	\$79

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

Want to try out a Water Fitness class?

BUY 3 GET THE 4TH FREE!!!

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Contact: Despina Tenedorio | 516-344-6715 | despina.tenedorio@ymcali.org

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Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	
HEALTH AND WELLNESS									FULL PROGRAM
Small Group Training		5:30pm-6:15pm Strength, Core & Cardio	9:15-10:00am Boxing 10:15-11:00am Total Body 11:15am-12:00pm Senior 6:30-7:15pm Strength, Cardio & Core	5:30-6:15pm Legs, butt & abs	10:15-11:00am Total Body 11:15am-12:00pm Weightloss		8:00-8:45am Warrior	\$160	\$240
Parkinsons Steady On Your Feet		1:30-2:30pm		12:00-1:00pm				\$160 1x a week	\$240 2x a week
YOUTH FITNESS/ TEEN 10 WEEK SESSIONS									FULL PROGRAM
Sports Conditioning			4:30-5:15pm Ages 8-15					\$130	\$195
Vertical Plyo Conditioning				4:30-5:15pm Ages 8-15				\$130	\$195
Intro to Power Lifting w/ Kevin		4:30-5:15pm Ages 12-16						\$130	\$195
PICKLEBALL INSTRUCTIONAL CLASSES 5 WEEK SESSIONS SESSION 1: 11/20-12/18 SESSION 2: 1/1-1/29									FULL PROGRAM
Beginner 16 and Up				11:00am-12:00pm				\$80	\$120
Intermediate 16 and Up				10:00-11:00am				\$80	\$120

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Contact: Alicia Apolinaris | 516-344-6722 | alicia.apolinaris@ymcali.org

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Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	
MY BUDDY AND ME CLASSES (12-35 Months) 9 Week Session								FULL	PROGRAM
Play & Arts					6:00-6:45pm Jitterbug	9:45-10:30am Jitterbug		\$116	\$183
Learn Spanish & Move							9:45-10:30am Arboretum	\$116	\$183
Jitterbug Gym Play Time					9:00-11:00am			\$116	\$183
YOUTH PROGRAMS (3-5 Years Old) 9 Week Session								FULL	PROGRAM
Fitness Fun					4:00-4:45pm Jitterbug			\$116	\$183
Zumba for Kids						5:00-5:45pm Studio		\$116	\$183
Peewee Sports							8:15-9:00am Gym	\$116	\$183
Taste & Learn							9:00-9:45am Everglades	\$116	\$183
Arts & Crafts							10:00-10:45am Redwood	\$116	\$183
Jitterbug Gym Play Time							9:00-11:00am	\$116	\$183
YOUTH PROGRAMS (6-8 Years Old) 9 Week Session								FULL	PROGRAM
Sports Sampler			4:00-5:00pm Gym					\$116	\$183
Pickleball Kids			5:00-5:45pm Gym					\$116	\$183
Video & Board Game Club				5:45-7:45pm Rec Center				\$116	\$183
Soccer Clinics					4:00-5:00pm Gym			\$116	\$183
Fitness Fun						4:15-5:00pm Loft		\$116	\$183
Zumba for Kids						5:45-6:30pm Studio		\$116	\$183
STEAM						6:00-7:00pm Redwood		\$116	\$183
Learning to Draw							9:00-10:00am Redwood	\$116	\$183
Beginner Spanish							10:30-11:30am Arboretum	\$116	\$183
Taste & Learn							10:00-11:00am Everglades	\$116	\$183
Tee Ball							11:00am-12:00pm Gym	\$116	\$183

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YOUTH PROGRAMS (9-12 Years Old) 9 Week Session								FULL	PROGRAM
Pickleball Kids			5:45-6:45pm Gym					\$116	\$183
Beginner Spanish			5:45-6:45pm Arboretum					\$116	\$183
Taste & Learn				5:45-6:45pm Everglades				\$116	\$183
Video/Board Game Club				5:45-7:45pm Rec Center				\$116	\$183
Fitness Fun						5:00-6:00pm Loft		\$116	\$183
STEAM						6:00-7:00pm Redwood		\$116	\$183
Soccer Clinics							11:00am-12:00pm Gym	\$116	\$183
Zumba							11:45am-12:30pm Studio	\$116	\$183
TEEN PROGRAMS (13-17 Years Old) 9 Week Session									
Leaders Club (Runs From Nov.-May)			7:00-8:00pm Conference Room						\$40 Leaders Dues
Beginner Spanish				5:45-6:45pm Arboretum				\$116	\$183
Zumba							11:45am-12:30pm Studio	\$116	\$183
YOUTH SPORTS BY SKILL LEVEL & AGES 9 Week Session									
Volleyball Training 1 (Ages 8-12)					5:00-6:00pm Gym			\$116	\$183
Volleyball Training 2 (Ages 12-15)					6:00-7:00pm Gym			\$116	\$183
Basketball Stage 1 (Ages 6-8)							9:00-10:00am Gym	\$116	\$183
Basketball Stage 2 (Ages 9-12)							10:00-11:00am Gym	\$116	\$183
Basketball Stage 3 (Ages 9-12)							9:00-10:00am Gym	\$116	\$183
Advanced Basketball Stage 4 (Ages 12-18)							10:00-11:00am Gym	\$116	\$183

Volleyball

Training 1: This introductory volleyball class will focus on volleyball fundamentals including setting, striking and footwork. **Ages 8-12**

Training 2: This training will incorporate more complex maneuvers like jump serves, power hitting, and advanced blocking techniques. **Ages 12-15**

Basketball

Stage 1: Children are introduced to the sport and starting skills needed for the game. Fun and informative plus a good workout for them. **Ages 6-8**

Stage 2: Next level skills worked on. Dribbling, passing, and shooting development. Incorporate fun basketball games into their season. **Ages 9-12**

Stage 3: 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. **Ages 9-12**

Stage 4: Advanced basketball training. 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. Perfect way to get an athlete ready for a middle school or high school basketball team. **Ages 12-18**

Open Family Gym: Saturday 12-4pm Court B | Sunday 7am-2pm

Open Rec Center: Monday, Tuesday, and Thursday 6-8pm
Saturday 12-4pm

Child Watch: Tuesday, Wednesday and Thursday 8am-12pm

Tuesday 4:45-7pm | Wed & Thurs 4:30-7pm | Saturday 7:45am-12pm

Closed Sunday, Monday, & Friday