

YMCA at Glen Cove

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

Registration Begins: Monday, November 4, 2024
Fall Session II: Sunday, Nov. 17, 2024 - Saturday, Feb. 1, 2025
Contact: Ken LaRossa | 516-671-8270 | kenneth.larossa@ymcali.org
No Classes December 24- January 1

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price
-------	--------	--------	---------	-----------	----------	--------	----------	-------

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 4:35-5:05pm 2:15-2:45pm	4:00-4:30pm	4:00-4:30pm 4:35-5:05pm 2:15-2:45pm	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	4:35-5:05pm 2:15-2:45pm	4:00-4:30pm	4:35-5:05pm 2:15-2:45pm	4:35-5:05pm	10:00-10:30am	\$153	\$230
STAGE 3 Water Stamina	10:45-11:15am	5:10-5:40pm	5:10-5:40pm	5:10-5:40pm	5:10-5:40pm	5:10-5:40pm	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	11:30am-12:00pm	\$153	\$230
STAGE 2 Water Movement	10:00-10:30am	4:35-5:05pm		4:35-5:05pm		4:35-5:05pm		\$153	\$230
STAGE 3 Water Stamina	10:45-11:15am	5:10-5:40pm		5:10-5:40pm		5:10-5:40pm		\$153	\$230
STAGE 4 Stroke Introduction			4:00-4:30pm		4:00-4:30pm		9:15-9:45am	\$153	\$230
STAGE 5 Stroke Development			4:35-5:05pm		4:35-5:05pm		10:00-10:30am	\$153	\$230
STAGE 6 Stroke Mechanics			5:10-5:40pm		5:10-5:40pm		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					11:30am-12:15pm	\$171	\$257
Lifeguard Prep (Ages 14+)			3:30-4:15pm				12:00-12:45pm	\$171	\$257

YMCA at Glen Cove

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

Registration Begins: Monday, November 4, 2024
Fall Session II: Sunday, Nov. 17, 2024 – Saturday, Feb. 1, 2025
Contact: Ken LaRossa | 516-671-8270 | kenneth.larossa@ymcali.org
No Classes December 24– January 1

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price
-------	--------	--------	---------	-----------	----------	--------	----------	-------

AQUATICS PROGRAMS CONTINUED

ADULT WATER FITNESS CLASSES

								FULL	PROGRAM
Aqua Jog with Jean Anne V.					8:00-8:45am			\$105	\$158

ADULT LESSONS (17+)

								FULL	PROGRAM
Swim Lessons				11:00-11:45am	5:15-6:00pm			\$171	\$257

TEEN LESSONS (Ages 12-17)

								FULL	PROGRAM
Teen Basics (Stages 1-3)					4:00-4:30pm			\$153	\$230
Teen Basics (Stages 4-6)					4:35-5:05pm			\$153	\$230

Private Swim Lessons

4-pk (30 mins) \$255

8-pk (30 mins) \$463

12-pk (30 mins) \$632

Semi-Private Swim Lessons

2-3 participants; similar age & ability

4-pk (30 mins) \$209/Per Person

8-pk (30 mins) \$389/ Per Person

12-pk (30 mins) \$531/ Per Person

YMCA at Glen Cove

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

Registration Begins: Monday, November 4, 2024
Fall Session II: Sunday, Nov. 17, 2024 - Saturday, Feb. 1, 2025
Contact: Jean Anne Valance | 516-583-5421 | jeanne.valance@ymcali.org
No Classes December 24- January 1

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	
ADULT FITNESS SGT CLASSES Session 1 or Session 2								FULL	PROGRAM
Beginner Strength Training with Michaela		11:30am-12:30pm Session 1 or 2						\$80 5 weeks \$64 4 weeks	\$120 5 weeks \$96 4 weeks
Rise & Grind with Raphael			8:00-8:45am Session 1 or 2		8:00-8:45am Session 1 or 2			\$128 4 weeks	\$192 4 weeks
Introduction to Pickleball with Raphael				10:30-11:30am Session 1 or 2				\$100 5 weeks \$80 4 weeks	\$100 5 weeks \$80 4 weeks
Aqua Jog with Jean Anne V.					8:00-8:45am			\$105 9 weeks	\$158 9 weeks
Introduction to Pickleball with Peter F.						12:00-1:00pm Jan. 3 - Jan. 31		\$100 5 weeks	\$100 5 weeks
Balance & Flexibility with Luz C.					12:15-1:00pm Session 1 or 2			\$80 5 weeks \$64 4 weeks	\$120 5 weeks \$96 4 weeks

BEGINNER STRENGTH TRAINING WITH MICHEALA

A basic, full body workout incorporating some machines and light dumbbell work. A perfect start for an introduction to the weight room.

5 WEEK CLASS | 6 SPOTS

Session 1 | Nov. 18 - Dec. 16

4 WEEK CLASS | 6 SPOTS

Session 2 | Jan. 6 - Jan. 20

RISE & GRIND WITH RAPHAEL

Two days a week, a complete body workout focusing on upper body and core one day and lower body and core the second day, super setting all exercises during this 45-minute circuit training. **No Class 11/26 & 11/28.**

4 WEEK CLASS | 6 SPOTS

Session 1 | Nov. 19 - Dec. 19

4 WEEK CLASS | 6 SPOTS

Session 2 | Jan. 7 - Jan. 30

INTRODUCTION TO PICKLEBALL WITH RAPHAEL

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

5 WEEK CLASS | 12 SPOTS

Session 1 | Nov. 20 - Dec. 18

4 WEEK CLASS | 12 SPOTS

Session 2 | Jan. 8 - Jan. 29

INTRODUCTION TO PICKLEBALL WITH PETER

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

5 WEEK CLASS | 12 SPOTS

Session 1 | Jan. 3 - Jan. 31

AQUA JOG WITH JEANANNE

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. **No class on 11/28 & 12/26**

9 CLASSES | 20 SPOTS

Session 1 | Nov. 21 - Jan. 30

BALANCE & FLEXIBILITY WITH LUZ

A class emphasizing core strength and flexibility to improve postural correction and overall mobility. **No class on 11/28 & 12/26**

5 CLASSES | 6 SPOTS

Session 1 | Nov. 21 - Jan. 2

4 CLASSES | 6 SPOTS

Session 2 | Jan. 9 - Jan. 30

YMCA at Glen Cove

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

Registration Begins: Monday, November 4, 2024

Fall Session II: Sunday, Nov. 17, 2024 - Saturday, Feb. 1, 2025

Contact: Joseph Furman | 516-583-5439 | joseph.furman@ymcali.org

No Classes December 24- January 1

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	FULL	PROGRAM
Cheerleading	11:30am-12:30pm Gym							\$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				\$104	\$164.70	
Scrimmage 9-14 years old					5:00-6:00pm Gym		10:00-11:00am Gym	\$166.50	\$189	
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			\$104	\$164.70	
Tiny Tots w. Parent 12-20 months					10:30-10:50am Gym 11:00-11:30am Pool			\$153	\$230	
Sports Sampler 3-5 years old					2:00-2:40pm Gym			\$104	\$164.70	

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**

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. **Ages 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**