

# Huntington YMCA

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

**Registration Begins: Monday, November 4, 2024**  
**Fall Session II: Sunday, Nov. 17, 2024 - Saturday, Feb. 1, 2025**  
**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

								FULL	PROGRAM
STAGE: A & B Swim Starters	8:30am-9:00am A 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 12:15pm-12:45pm A	9:45am-10:15am A 10:25am-10:55am A	\$153	\$230

### PRESCHOOL SWIM LESSONS (3-5 YEARS OLD) Classes meet once per week for 9 weeks

STAGE 1 Water Acclimation	9:45am-10:15am A 10:25am-10:55am A 11:05am-11:35am A	2:15pm-2:45pm A 4:05pm-4:35pm N 4:40pm-5:10pm N	2:15pm-2:45pm A 4:05pm-4:35pm N	1:30pm-2:00pm A 4:05pm-4:35pm N	9:50am-10:20am A 4:40pm-5:10pm N	2:15-2:45pm A 4:05pm-4:35pm A	9:05am-9:35am A 10:25am-10:55am A 11:05am-11:35am A	\$153	\$230
STAGE 2 Water Movement	9:05am-9:35am A 9:45am-10:15am A 10:25am-10:55am A	1:30pm-2:00pm A 4:05pm-4:35pm N	4:05pm-4:35pm N	2:15pm-2:45pm A 4:40pm-5:10pm N 5:15pm-5:45pm N	2:15pm-2:45pm A 4:05pm-4:35pm N	4:40pm-5:10pm A	9:05am-9:35am A 9:45am-10:15am A 11:50am-12:20pm N	\$153	\$230
STAGE 3 Water Stamina	10:30am-11:00am N 11:05am-11:35am A		4:40pm-5:10pm N	4:40pm-5:10pm N 5:15pm-5:45pm N			9:45-10:15am A 11:05am-11:35am A	\$153	\$230
STAGE 4 Stroke Introduction	9:50am-10:20am N				4:40pm-5:10pm N	4:40pm-5:10pm 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 11:50am-12:20pm N		4:40pm-5:10pm N		4:05pm-4:35pm N		9:10am-9:40am N 11:10am-11:40am N	\$153	\$230
STAGE 2 Water Movement	9:50am-10:20am N 10:30am-11:00am N 11:10am-11:40am N	4:40pm-5:10pm N	4:05pm-4:35pm N	4:05pm-4:35pm N	4:40pm-5:10pm N 5:15pm-5:45pm N	5:15pm-5:45pm A	9:10am-9:40am N 9:50am-10:20am N 10:30am-11:00am N	\$153	\$230
STAGE 3 Water Stamina	9:50am-10:20am N 11:10am-11:40am N 11:50am-12:20pm N	4:05pm-4:35pm N	4:40pm-5:10pm N	4:40pm-5:10pm N	4:05pm-4:35pm N 5:15pm-5:45pm N	4:05pm-4:35pm A	9:50am-10:20am N 10:30am-11:00am N 11:10am-11:40am N	\$153	\$230
STAGE 4 Stroke Introduction	9:10am-9:40am N 10:25am-10:55am A 11:50am-12:20pm N	4:40pm-5:10pm N	*5:15pm-6:00pm N <b>45 Mins</b>	4:05pm-4:35pm N	5:15pm-5:45pm N	4:40pm-5:10pm A	9:10am-9:40am N 10:30am-11:00am N 11:10am-11:40am N	\$153 *\$230	\$230 *\$345
STAGE 5 Stroke Development	9:45am-10:15am A 10:30am-11:00am N 11:05am-11:35am A	*5:15pm-6:00pm N <b>45 Mins</b>	*5:15pm-6:00pm N <b>45 Mins</b>	5:15pm-5:45pm N		4:05pm-4:35pm A 5:15pm-5:45pm A	9:50am-10:20am N 11:50am-12:20pm N	\$153 *\$230	\$230 *\$345
STAGE 6 Stroke Mechanics	9:10am-9:40am N 11:10am-11:40am N	*5:15pm-6:00pm N <b>45 Mins</b>				*6:05pm-6:50pm A <b>45 Mins</b>	11:50am-12:20pm N	\$153 *\$230	\$230 *\$345
Sensational Swim (Parent must be in water)			6:50pm-7:20pm A					\$153	\$230

Schedule is subject to change at anytime | \*45 Minute Class

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Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	
<b>TEEN SWIM LESSONS (12-17 YEARS OLD)</b> Classes meet once per week for 9 weeks								FULL	PROGRAM
TEEN BASICS (Stage 1-3)	11:45am-12:30pm A						11:45am-12:30pm A	\$171	\$257
TEEN STROKES (Stage 4-6)	11:45am-12:30pm A			6:00pm-6:45pm N			11:45am-12:30pm 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
<b>PRE-SWIM TEAM LESSONS (6-17 YEARS OLD)</b> Classes meet once per week for 9 weeks									
SWIM CLUB (Passing Stage 6 Required)		6:05pm-6:50pm N				6:05pm-6:50pm A		\$171	\$257
PRE-TEAM SWIM (Stages 4 + Above)						5:15pm-6:00pm A		\$171	\$257
<b>ADULT SWIM LESSONS (AGES 18+)</b> Classes meet once per week for 9 weeks								FULL	PROGRAM
ADULT BASICS (Stage 1-3)			9:15am-10:00am A 6:50pm-7:35pm A			11:10am-11:55am A		\$171	\$257
ADULT STROKES (Stage 4-6)						11:10am-11:55am A		\$171	\$257
<b>AQUA FITNESS CLASSES (AGES 18+)</b> Classes meet once per week for 9 weeks									
HYDROFIT		9:00am-10:00am A <b>Jane</b>			10:30am-11:30am A <b>Carrie</b>	10:00am-11:00am A <b>Jane</b>		\$105	\$158
WATER WALKING				10:00am-11:00am A <b>BJ</b>				\$105	\$158
AQUA POWER			10:00am-11:00am N <b>Jane</b>	8:00am-9:00am N <b>Karen</b>	7:15pm-8:15pm N <b>Karen</b>			\$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!**

## 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

Full Membership: \$105

Program Membership: \$158

Schedule is subject to change at anytime

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	
<b>YOUTH ENRICHMENT</b>									
<b>PARENT/CHILD CLASSES (6-18 MONTHS)</b> Classes meet once per week for 10 weeks								FULL	PROGRAM
You and Me Tumbling	12:00pm-12:45pm							\$116	\$183
<b>PARENT/CHILD CLASSES (18-36 MONTHS)</b>									
You and Me Tumbling	10:15am-11:00am							\$116	\$183
<b>BUMBLEBEES ENRICHMENT (3-5 YEARS OLD)</b> Classes meet once per week for 10 weeks									
Tumbling	11:00am-11:45am 2-5 years *Separation Class							\$116	\$183
Arts and Crafts			4:30pm-5:30pm					\$116	\$183
<b>YOUTH ENRICHMENT (GRADES K-6)</b> Classes meet once per week for 10 weeks									
Tumbling (Ages 6-9)		4:45pm-5:45pm (1st-5th grade)						\$116	\$183
Fun with Food (Sweet)				4:45pm-5:45pm (1st-3rd grade) 6:00pm-7:00pm (4th-6th grade)				\$130	\$190
Fun with Food (Savory)					5:15pm-6:15pm (1st-3rd grade) 6:30pm-7:30pm (4th-6th grade)			\$130	\$190
Arts and Crafts			5:30pm-6:30pm (Grades K-2) 6:30pm-7:30pm (Grades 3-6)					\$116	\$183
YMCA Gamers Club			6:15pm-7:30pm (Ages 7-12)					\$116	\$183

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## YOUTH SPORTS

### BUMBLE BEE SPORTS (AGES 3-5) Classes meet once per week for 10 weeks

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	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	10:00am-11:00am	\$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	11:00am-12:00pm	\$116	\$183
Instructional Soccer				5:00pm-6:00pm				\$116	\$183

### YOUTH SPORTS (AGES 8-12) Classes meet once per week for 10 weeks

Dodgeball/NERF					5:00pm-6:00pm 3rd-8th Grade			\$116	\$183
Pickleball Learn & Play		6:00pm-7:00pm			6:00pm-7:00pm			FREE	\$183

### PIONEER SPORTS (GRADES K-5) Classes meet once per week for 8 weeks

Hockey				6:30pm-7:30pm K-5th Grade				\$145	\$175
Tennis						7:15pm-8:15pm K-5th Grade		\$145	\$175
Flag Football	12:00pm-1:00pm K-5th Grade							\$145	\$175

**Half-Day Sports Camp 2025 Dates:** Grades K-6 | 9:00am-12:00pm | \$45/day  
 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: November 11, 2024  
 Winter: December 23, 26, 27 & 30, 2024

### FALL YOUTH BASKETBALL LEAGUE (YBL): Runs November 23 - January 25

The YMCA offers a Youth Basketball League for the Fall 2 & Winter Session. This program runs on Saturdays between 12-2:30pm for grades K-2 and 2:30-4pm for grades 3-5. Games times and schedules will be provided prior to the season starting. Players will practice for the first 30 minutes followed by a game. Players' first meeting on will be on November 23rd for a 1-hour long skills clinic. Volunteer Coaches needed. **FULL MEMBERS: \$125 | PROGRAM MEMBERS: \$150**

Schedule is subject to change at anytime

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	
<b>HEALTH AND WELLNESS</b>									
<b>YOUTH FITNESS &amp; DANCE</b> Classes meet once per week for 10 weeks								FULL	PROGRAM
Youth Cheerleading (Ages 6-9)							10:00am-11:00am Shea (HLC)	\$160	\$185
Youth Dance (Ages 6-9)		6:15pm-7:15pm Shea (HLC)						\$160	\$185
<b>TEEN FITNESS (AGES 13-18)</b> Classes meet once per week for 10 weeks								FULL	PROGRAM
Teen Boxing SGT			5:30pm-6:30pm Wally (HLC)					\$160	\$185
<b>ADULT FITNESS (AGES 18+)</b> Classes meet once per week for 10 weeks									
Small Group Training			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				11:30am-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
Pilates Reformers		6:30pm-7:30pm Claudia (HLC)	10:45am-11:45am 12:00pm-1:00pm Coleen (HLC)				11:45am-12:45pm Coleen (HLC)	\$200	\$225
Stretch & Strength		9:30am-10:30am Lauren (FC)						\$160	\$185
Brain Savers <b>2x per week</b>			11:30am-12:30pm Wayne & Bonnie		11:30am-12:30pm Wayne & Bonnie			Free	\$185
Active Stretch					9:00am-9:45am Suzanne (FC)			\$150	\$175