

Great South Bay YMCA

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

Registration Begins: Monday, January 20, 2025

Winter Session: Sunday, Feb. 2, 2025 - Saturday, April 12, 2025

Contact: Lisa McKeown | 516-344-6717 | lisa.mckeown@ymcali.org

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 mos.-3 years					10:15-10:45am 6:00-6:30pm	10:30-11:00am	11:00-11:30am	\$160	\$240
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	\$160	\$240

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	\$160	\$240
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	\$160	\$240
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	\$160	\$240
STAGE 4 Stroke Introduction							11:00-11:30am	\$160	\$240

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*	\$160	\$240
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*	\$160	\$240
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	\$160	\$240
STAGE 4 Stroke Introduction		7:00-7:30pm	4:00-4:30pm		4:00-4:30pm	4:00-4:30pm	10:00-10:30am	\$160	\$240
STAGE 5 Stroke Development		6:00-6:30pm		4:00-4:30pm	7:00-7:30pm	4:30-5:00pm	9:00-9:30pm	\$160	\$240
STAGE 6 Stroke Mechanics		6:00-6:30pm		4:00-4:30pm	7:00-7:30pm	4:30-5:00pm	9:00-9:30pm	\$160	\$240

*Classes with asterisks denotes the swimming class portion of the NEW Gym and Swim combined class. Must sign up for the combined class.

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PRE SWIM TEAM Classes meet once per week for 9 weeks, unless otherwise indicated.								FULL	PROGRAM
Pre-Swim Team Beginner			5:15-6:00pm					\$180	\$270
Pre-Swim Team Intermediate					5:15-6:00pm			\$180	\$270
Pre-Swim Team Advanced (2x/Week)			6:00-6:45pm		6:00-6:45pm			\$230	\$345
LIFEGUARD PREP/TEEN SWIM LESSONS/SENSATIONAL SWIM								FULL	PROGRAM
Lifeguard Prep							12:00-12:45pm	\$180	\$270
Swim Basics Teen (12-17yrs)		6:30-7:15pm						\$180	\$270
Sensational Swim Special Needs				6:00-6:30pm 7:00-7:30pm				\$160	\$240
ADULT SWIM LESSONS/WORKOUT 17+								FULL	PROGRAM
Swim Strokes Adult Swim Lessons			6:45-7:30pm		8:45-9:30am			\$180	\$270
Adult Swim Workout (2x/week)		5:30-7:00am		5:30-7:00am				\$240	\$360
AQUATIC FITNESS PROGRAMS								FULL	PROGRAM
AFYAP		1:00-2:00pm				2:00-3:00pm		\$110	\$165
Aqua Jog			8:30-9:30am					\$110	\$165
Senior Shape Up			1:00-2:00pm		1:00-2:00pm			\$110	\$165
Water Slimnastics		9:00-10:00am			8:30-9:30am	9:00-10:00am		\$110	\$165
Power Water Walking				9:00-9:45am	9:30-10:15am			\$85	\$125
Aqua Power Express			9:30-10:15am					\$85	\$125
Aqua Balance				9:45-10:30am				\$85	\$125

Private Swim Lessons

4-pk (30 mins) \$268

8-pk (30 mins) \$486

12-pk (30 mins) \$664

Semi-Private Swim Lessons

4-pk (30 mins) \$219/ Per Person

8-pk (30 mins) \$408/ Per Person

12-pk (30 mins) \$557/ 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

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	\$170	\$255
Parkinsons Steady On Your Feet		1:30-2:30pm		12:00-1:00pm				\$170 1x a week	\$255 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: 2/5-3/5 SESSION 2: 3/12-4/9									FULL PROGRAM
Beginner 16 and Up				11:00am-12:00pm				\$90	\$135
Intermediate 16 and Up				10:00-11:00am				\$90	\$135

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

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	
MY BUDDY AND ME CLASSES (6-35 Months) 9 Week Session								FULL	PROGRAM
Jitterbug Play & Arts				10:00-10:45am Ages 6-12m Jitterbug		9:45-10:30am Ages 12-35m Jitterbug		\$125	\$190
Jitterbug Gym Indoor Playground			9:30-10:30am Jitterbug Ages 6-12m		9:30-10:30am Jitterbug Ages 12-35m			\$125	\$190
YOUTH PROGRAMS (3-7 Years Old) 9 Week Session								FULL	PROGRAM
Preschool Gym & Swim (Ages 3-5)				Stage 1 Gym 3:30-4:00pm Swim 4:00-4:30pm Stage 2 Gym 4:00-4:30pm Swim 4:30-5:00pm				\$190	\$260
Jitterbug Gym Indoor Playground						5:00-6:30pm Jitterbug Room		\$125	\$190
Peewee Sports						4:00-4:45pm Gym		\$125	\$190
Family Zumba (Ages 3+)						4:45-5:30pm Studio		\$125	\$190
Fitness Fun (Ages 3-10)							9:15-10:00am Gym	\$125	\$190
Taste & Learn with arts							9:00-10:00am Sea Turtles	\$125	\$190

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YOUTH PROGRAMS (6-10 Years Old) 9 Week Session									FULL	PROGRAM
Sports Sampler			4:00-5:00pm Gym				10:15-11:15am Gym	\$125	\$190	
Pickleball Kids			5:00-6:00pm Gym					\$125	\$190	
Dodgeball			6:00-7:00pm Gym					\$125	\$190	
Tee Ball				4:45-5:45pm Gym				\$125	\$190	
STEAM (Ages 6-12)				5:15-6:15pm Seahorse				\$125	\$190	
Soccer Clinics					4:00-5:00pm Gym			\$125	\$190	
Hoops Clinics					5:00-6:00pm Gym			\$125	\$190	
Ninja						5:15-6:15pm Gym		\$125	\$190	
Beginner Spanish							11:00am-12:00pm Arboretum	\$125	\$190	
School Age Gym & Swim (Ages 6-12)							Stage 1 Gym 11:30am-12:00pm Swim 12:00-12:30pm Stage 2 Gym 12:00-12:30pm Swim 12:30-1:00pm	\$190	\$260	

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YOUTH PROGRAMS PRETEENS/TEENS 9 Week Session

								FULL	PROGRAM
Leaders Club January - May (Ages 13-17)			7:00-8:00pm Conference Room						\$50 For the year
Beginner Spanish (Ages 11-17)				5:45-6:45pm Arboretum				\$125	\$190
Taste & Learn with Arts (Ages 8-15)							10:00am-11:00am Sea Turtles	\$125	\$190

YOUTH SPORTS BY SKILL LEVEL & AGES 9 Week Session

								FULL	PROGRAM
Volleyball Training (Ages 8-15)					6:00-7:00pm Gym			\$125	\$190
Basketball Stage 1 (Ages 6-8)							9:00-10:00am Gym	\$125	\$190
Basketball Stage 2 (Ages 9-12)							10:00-11:00am Gym	\$125	\$190
Basketball Stage 3 (Ages 8-15)							11:00am-12:00pm Gym	\$125	\$190
Basketball League (Ages 5-7)							12:00-2:00pm Gym	\$125	\$190

NEW Gym & Swim:** Kids stay active, engage with others and safely explore different environments. Children must wear sneakers & their bathing suit under their gym clothes for this class. Bring a towel for swim part.

Volleyball Training: This introductory volleyball class will focus on volleyball fundamentals including setting, striking and footwork. **Ages 8-15.**

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 8-15.

NEW** Basketball League:

Players learn the basic fundamentals of the game to include dribbling, passing and shooting. Players are able to practice their skills, socialize and have fun. First 45 minutes practice, then play a game for the remainder of the time. **Ages 5-7**

Open Family Gym: Monday, Wednesday & Friday 2:30-6pm ½ gym / Tuesday & Thursday 2:30-4pm ½ gym / Saturdays 12-4pm ½ gym / Sundays 7am-2pm ½ gym

Open Rec Center: (4-12 years with parent in the building / 13+ without parents) – Mondays, Tuesdays, Thursdays 6-8pm/Saturdays 9am-1pm

Child Watch: (6months – 7 years) – Tuesday, Wednesday & Thursday 8am-12pm/ Tuesday 4:45-7pm / Wed & Thurs 4:30pm-7pm / Saturdays 7:45am-12pm

Closed Sunday, Monday & Friday

FREE PreTeen Friday Nights for grades 5th – 8th Grade

January 10th & 24th | February 7th & 28th | March 14th

Transport available for children already enrolled in our Full Day Childcare and School Age Childcare. A director will walk your child to the class they are registered for. **Inquire within!**