

# YMCA at Glen Cove

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

Registration Begins: Monday, January 20, 2025

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

Contact: Ken LaRossa | 516-583-5419 | kenneth.larossa@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. FULL PROGRAM

STAGE A Water Discovery 6-18 mos.							11:30am-12:00pm	\$160	\$240
STAGE B Water Exploration 19-36 mos.							11:30am-12:00pm	\$160	\$240

**PRESCHOOL SWIM LESSONS (3-5 YEARS)** Classes meet once per week for 9 weeks. 30 minutes. Parent observation is first and class last class only!

STAGE 1 Water Acclimation	9:15-9:45am	2:15-2:45pm 4:00-4:30pm 4:35-5:05pm	4:00-4:30pm	2:15-2:45pm 4:00-4:30pm 4:35-5:05pm	4:00-4:30pm	4:00-4:30pm	9:15-9:45am	\$160	\$240
STAGE 2 Water Movement	10:00-10:30am	4:00-4:30pm	2:15-2:45pm 4:35-5:05pm	4:00-4:30pm	2:15-2:45pm 4:35-5:05pm	4:35-5:05pm	10:00-10:30am	\$160	\$240
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	\$160	\$240

**SCHOOL-AGE SWIM LESSONS (6-12 YEARS)** Classes meet once per week for 9 weeks. 30 minutes. Parent observation is first and class last class only!

STAGE 1 Water Acclimation	9:15-9:45am	4:00-4:30pm				4:00-4:30pm	11:30am-12:00pm	\$160	\$240
STAGE 2 Water Movement	10:00-10:30am	4:35-5:05pm		4:35-5:05pm		4:35-5:05pm		\$160	\$240
STAGE 3 Water Stamina	10:45-11:15am	5:10-5:40pm		5:10-5:40pm		5:10-5:40pm		\$160	\$240
STAGE 4 Stroke Introduction			4:00-4:30pm		4:00-4:30pm		9:15-9:45am	\$160	\$240
STAGE 5 Stroke Development			4:35-5:05pm		4:35-5:05pm		10:00-10:30am	\$160	\$240
STAGE 6 Stroke Mechanics			5:10-5:40pm		5:10-5:40pm		10:45-11:15am	\$160	\$240

**SCHOOL-AGE SWIM** Classes meet once per week for 9 weeks. 45 minutes.

Swim Club (Ages 8-15)		5:00-5:45pm					11:30am-12:15pm	\$180	\$270
Lifeguard Prep (Ages 14+)			3:30-4:15pm				12:00-12:45pm	\$180	\$270

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**Contact:** Ken LaRossa | 516-583-5419 | kenneth.larossa@ymcali.org

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## AQUATICS PROGRAMS CONTINUED

### ADULT WATER FITNESS CLASSES

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	FULL	PROGRAM
Aqua Jog with Jean Anne V.					8:00-8:45am			\$110	\$165

### ADULT LESSONS (17+)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	FULL	PROGRAM
Swim Lessons				11:00-11:45am	5:15-6:00pm			\$180	\$270

### TEEN LESSONS (Ages 12-17)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	FULL	PROGRAM
Teen Basics (Stages 1-3)					4:00-4:30pm			\$180	\$270
Teen Basics (Stages 4-6)					4:35-5:05pm			\$180	\$270

### Private Swim Lessons

**4-pk (30 mins) \$268**

**8-pk (30 mins) \$486**

**12-pk (30 mins) \$664**

### Semi-Private Swim Lessons

2-3 participants; similar age & ability

**4-pk (30 mins) \$438**

**8-pk (30 mins) \$816**

**12-pk (30 mins) \$1114**

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

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	FULL	PROGRAM
Soccer Clinic 6-10 years old							11:00am-12:00pm <b>Gym</b>	\$125	\$190	
Hoops Clinic 6-10 years old with Coach Joe				5:00-6:00pm <b>Gym</b>				\$125	\$190	
Scrimmage 9-14 years old with Coach Joe					5:00-6:00pm <b>Gym</b>		10:00-11:00am <b>Gym</b>	\$195	\$290	
Kiddie Gym 4-6 years old with Coach Joe				4:00-4:45pm <b>Gym</b>				\$125	\$190	
Beginners Drawing 8-14 years 6 Weeks			4:00-5:00pm <b>Lounge</b>					\$125	\$190	
Volleyball clinic 9-14 years old					6:30-7:30pm <b>Gym</b>			\$125	\$190	
Tiny Tots w. Parent 1-3 years old Gym Portion: Coach Val					<b>Gym:</b> 10:30-10:50am <b>Pool:</b> 11:00-11:30am			\$125	\$190	
Sports Sampler 3-5 years old Coach Val					2:00-2:40pm <b>Gym</b>			\$125	\$190	

## 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 6-10 years old**

## VOLLEYBALL

This is an introductory volleyball class that will teach basic serve, set and other volleyball skills. **Ages 9-14 years old**

## BEGINNERS DRAWING (6 WEEKS)

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**  
**2/4, 2/11, 3/4, 3/11, 3/18, 3/25**

## 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 6-10 years old**

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Contact: Jean Anne Valance | 516-583-5421 | jeanne.valance@ymcali.org

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price
<b>ADULT FITNESS SGT CLASSES   Session 1 or Session 2</b>								FULL PROGRAM
Interval Training with Michaela		11:30am-12:15pm Session 1 or 2						\$90 5 weeks    \$135 5 weeks
Junior Pump with Raphael (Ages 13+)		2:45-3:45pm Session 1	6:30-7:30pm Session 2	2:45-3:45pm Session 1	6:30-7:30pm Session 2			\$200 10 weeks    \$285 10 weeks
Fall Prevention with Luz					12:15-1:00pm			\$90 5 weeks    \$135 5 weeks
Aqua Muscular Balance with Luz		9:15-10:00am						\$90 5 weeks    \$135 5 weeks
Aqua Jog with Jean Anne V.					8:00-8:45am			\$110 9 weeks    \$165 9 weeks
Intro to Pickleball with Peter						12:00-1:00pm		\$100 5 weeks    \$100 5 weeks
Kids Yoga with Kara (Ages 7-9)						3:15-4:00pm		\$170 10 weeks    \$255 10 weeks
Traditional Mixed Martial Arts - Family With Kudrat (Ages 7+)		5:00-6:00pm				5:30-6:30pm		\$170 10 weeks    \$255 10 weeks
Traditional Mixed Martial Arts - Adults With Kudrat		6:15-7:15pm				6:45-7:45pm		\$170 10 weeks    \$255 10 weeks

## • INTERVAL TRAINING WITH MICHAELA

Have fun in the weight room with a circuit training workout consisting of intervals of cardio, strength and recovery. A variety of routines to challenge your muscle groups.

**5 WEEK CLASS | 6 SPOTS    5 WEEK CLASS | 6 SPOTS**  
**Session 1 | Feb. 3 – Mar. 3    Session 2 | Mar. 10 – April 7**

## • TMMA – TRADITIONAL MIXED MARTIAL ARTS FAMILY

### PARENT AND CHILD/CHILDREN

This Traditional Mixed Martial Arts class is designed for adults and children to come together, seek knowledge and gain a deeper understanding of martial arts. Students will not only develop skills but also foster self-discipline, while working toward a healthier lifestyle and improved fitness.

**10 WEEK CLASS | 10 SPOTS**  
**Mon. Class | Feb. 3 – April 7    Fri. Class | Feb. 7 – April 11**

## • JUNIOR PUMP WITH RAPHAEL | 13+

An introduction to strength training, setting goals and learning the basics in setting a weekly, split routine to target every major muscle group. Meet twice a week, learning basic compound and isolated movements as you become acclimated and excited to working out and gaining the confidence to step onto the gym floor and get through an intense and rewarding workout.

**10 WEEK CLASS | 6 SPOTS    10 WEEK CLASS | 6 SPOTS**  
**M/W Class | Feb. 3 – April 9    TU/TH Class | Feb. 4 – April 10**

## • TMMA – TRADITIONAL MIXED MARTIAL ARTS ADULTS

Traditional Mixed Martial Arts or TMMA, focusing exclusively on adults. The main goal of class will be to promote healthier lifestyles, with an emphasis on weight loss, building confidence and improving overall fitness. The plan is to teach the fundamentals of Mixed Martial Arts, helping participants become stronger, more confident and better both physically and mentally.

**10 WEEK CLASS | 10 SPOTS**  
**Mon. Class | Feb. 3 – April 7    Fri. Class | Feb. 7 – April 11**

## • AQUATIC MUSCULAR BALANCE

Explore gentle rhythmic exercises to relax muscles, inhibit pain mechanisms and correct posture. Helps to improve mobility strength and balance for a renewed sense of vitality. Join us in the serene environment of our aquatic facility and rediscover the joy of movement.

**5 WEEK CLASS | 6 SPOTS**

## • KIDS YOGA WITH KARA

Perfect for young learners to develop focus while playing and experimenting the different yoga poses. A fun way to begin to develop mindfulness and a yoga practice.

**10 WEEK CLASS | 8 SPOTS**  
**Feb. 7 – April 11**

## • FALL PREVENTION WITH LUZ

Improve ankle strength, balance and hip stability with emphasis on posture alignment, balance and gait training activities.

**5 WEEK CLASS | 6 SPOTS**  
**Mar. 13 – April 10**

## • AQUA JOG WITH JEAN ANNE

Walking, jogging cross-country skiing and more, ending with abdominal workout and a stretch, all in deep water. Exercises to improve cardiovascular fitness and muscle tone.

**9 WEEK CLASS | 20 SPOTS**  
**Feb. 6 – April 3**

## • 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    5 WEEK CLASS | 12 SPOTS**  
**Session 1 | Feb. 7 – Mar. 7    Session 2 | Mar. 14 – April 11**