

Huntington YMCA

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

Registration Begins: Monday, January 20, 2025

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

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	8:30-9:00am A 9:05-9:35am A	10:10-10:40am A 10:50-11:20am A	1:30-2:00pm A 6:10-6:40pm A	9:15-9:45am A	9:10-9:40am A	9:15-9:45am A 12:15-12:45pm N	9:45-10:15am A 10:25-10:55am A	\$160	\$240
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PRESCHOOL SWIM LESSONS (3-5 YEARS OLD) Classes meet once per week for 9 weeks

STAGE 1 Water Acclimation	9:45-10:15am A 10:25-10:55am A 11:05-11:35am A	2:15-2:45pm A 4:40-5:10pm N	2:15-2:45pm A 4:05-4:35pm N	4:05-4:35pm N	9:50-10:20am A 4:40-5:10pm N	2:15-2:45pm A 4:05-4:35pm A	9:05-9:35am A 10:25-10:55am A 11:05-11:35am A	\$160	\$240
STAGE 2 Water Movement	9:05-9:35am A 9:45-10:15am A 10:25-10:55am A	1:30-2:00pm A 4:05-4:35pm N	4:05-4:35pm N	2:15-2:45pm A 4:40-5:10pm N 5:15-5:45pm N	2:15-2:45pm A 4:05-4:35pm N	4:40-5:10pm A	9:05-9:35am A 9:45-10:15am A	\$160	\$240
STAGE 3 Water Stamina	10:30-11:00am N 11:05-11:35am A		4:40-5:10pm N	4:40-5:10pm N 5:15-5:45pm N			11:05-11:35am A	\$160	\$240
STAGE 4 Stroke Introduction	9:50-10:20am N				4:40-5:10pm N	4:40-5:10pm A		\$160	\$240

SCHOOL-AGE SWIM LESSONS (6-12 YEARS OLD) Classes meet once per week for 9 weeks

STAGE 1 Water Acclimation	9:10-9:40am N 11:10-11:40am N	4:05-4:35pm N	4:40-5:10pm N		4:05-4:35pm N		9:10-9:40am N 11:10-11:40am N	\$160	\$240
STAGE 2 Water Movement	9:50-10:20am N 10:30-11:00am N	4:40-5:10pm N	4:05-4:35pm N	4:05-4:35pm N	4:40-5:10pm N 5:15-5:45pm N	5:15-5:45pm A	9:10-9:40am N 9:50-10:20am N 10:30-11:00am N	\$160	\$240
STAGE 3 Water Stamina	9:50-10:20am N 11:10-11:40am N 11:50am-12:20pm N	4:05-4:35pm N	4:40-5:10pm N	4:40-5:10pm N	4:05-4:35pm N 5:15-5:45pm N	4:05-4:35pm A	9:50am-10:20am N 10:30am-11:00am N 11:10am-11:40am N	\$160	\$240
STAGE 4 Stroke Introduction	9:10-9:40am N 10:25-10:55am A 11:50am-12:20pm N	4:40-5:10pm N	*5:15-6:00pm N 45 Mins	4:05-4:35pm N	5:15-5:45pm N	4:40-5:10pm A	9:10-9:40am N 10:30-11:00am N 11:10-11:40am N 11:50am-12:20pm N	\$160 *\$230	\$240 *\$345
STAGE 5 Stroke Development	9:45-10:15am A 10:30-11:00am N 11:05-11:35am A	*5:15-6:00pm N 45 Mins	*5:15-6:00pm N 45 Mins	5:15-5:45pm N		4:05-4:35pm A 5:15-5:45pm A	9:50-10:20am N 11:50am-12:20pm N	\$160 *\$230	\$240 *\$345
STAGE 6 Stroke Mechanics	9:10-9:40am N 11:10-11:40am N	*5:15-6:00pm N 45 Mins				*6:05-6:50pm A 45 Mins	11:50-12:20pm N	\$160 *\$230	\$240 *\$345
Sensational Swim (Parent must be in water)			6:50-7:20pm A					\$160	\$240

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

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TEEN SWIM LESSONS (12-17 YEARS OLD) 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	\$180	\$270
TEEN STROKES (Stage 4-6)	11:45am-12:30pm A			6:00-6:45pm N			11:45am-12:30pm A	\$180	\$270
INSTRUCTOR PREP (Passing Stage 6 Required)	11:45am-12:15pm A							\$180	\$270
LIFEGUARD PREP (Ages 13+)				7:00-7:45pm N				\$180	\$270
PRE-SWIM TEAM LESSONS (6-17 YEARS OLD) Classes meet once per week for 9 weeks									
SWIM CLUB (Passing Stage 6 Required)		6:05-6:50pm N				6:05-6:50pm A		\$180	\$270
PRE-TEAM SWIM (Stages 4 + Above)						5:15-6:00pm A		\$180	\$270
ADULT SWIM LESSONS (AGES 18+) Classes meet once per week for 9 weeks								FULL	PROGRAM
ADULT BASICS (Stage 1-3)			9:15-10:00am A 6:50-7:35pm A			11:10-11:55am A		\$180	\$270
ADULT STROKES (Stage 4-6)						11:10-11:55am A		\$180	\$270
AQUA FITNESS CLASSES (AGES 18+) Classes meet once per week for 9 weeks									
HYDROFIT		9:00-10:00am A Jane			10:30-11:30am A Carrie	10:00-11:00am A Jane		\$110	\$165
WATER WALKING				10:00-11:00am A BJ				\$110	\$165
AQUA POWER			10:00-11:00am N Jane	8:00-9:00am N Karen	7:15-8:15pm N Karen			\$110	\$165

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) \$268

8-pk (30 mins) \$402

12-pk (30 mins) \$486

Semi-Private Swim Lessons

2-3 participants; similar age & ability

4-pk (30 mins) \$438

6-pk (30 mins) \$657

8-pk (30 mins) \$816

Full Membership: \$110

Program Membership: \$165

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YOUTH ENRICHMENT								
PARENT/CHILD CLASSES (6-18 MONTHS) Classes meet once per week for 10 weeks								FULL PROGRAM
You and Me Tumbling	12:00-12:45pm							\$125 \$190
PARENT/CHILD CLASSES (18-36 MONTHS)								
You and Me Tumbling	10:15-11:00am							\$125 \$190
BUMBLEBEES ENRICHMENT (3-5 YEARS OLD) Classes meet once per week for 10 weeks								
Tumbling	11:00-11:45am 2-5 years *Separation Class							\$125 \$190
Arts and Crafts			4:30-5:30pm					\$125 \$190
YOUTH ENRICHMENT (GRADES K-6) Classes meet once per week for 10 weeks								
Tumbling (Ages 6-9)					6:30-7:30pm (1st-5th grade)			\$125 \$190
Fun with Food (Sweet)				4:45-5:45pm (1st-3rd grade) 6:00-7:00pm (4th-6th grade)				\$140 \$205
Fun with Food (Savory)					5:15-6:15pm (1st-3rd grade) 6:30-7:30pm (4th-6th grade)			\$140 \$205
Arts and Crafts			5:30-6:30pm (Grades K-2) 6:30-7:30pm (Grades 3-6)					\$125 \$190
YMCA Gamers Club			6:15-7:30pm (Ages 7-12)					\$125 \$190
Digital Art						6:30-7:30pm (Ages 8-12)		\$125 \$190

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YOUTH SPORTS

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

Soccer			4:00-4:45pm					\$125 \$190
Sports Sampler				4:00-4:45pm		4:00-4:45pm		\$125 \$190
Ninja		4:00-4:45pm			4:00-4:45pm			\$125 \$190

YOUTH SPORTS (GRADES K-2) Classes meet once per week for 10 weeks

Instructional Soccer		5:00-6:00pm						\$125 \$190
Instructional Basketball			5:00-6:00pm			5:00-6:00pm	10:00-11:00am	\$125 \$190

YOUTH SPORTS (GRADES 3-5) Classes meet once per week for 10 weeks

Instructional Basketball			6:00-7:00pm			6:00-7:00pm	11:00am-12:00pm	\$125 \$190
Dodgeball/NERF					5:00-6:00pm Grades 3-8			\$125 \$190

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

Dodgeball/NERF					5:00-6:00pm 3rd-8th Grade			\$125 \$190
Pickleball Learn & Play		6:00-7:00pm			6:00-7:00pm			FREE \$190
FUTSAL				5:00-6:00pm				\$125 \$190

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

Hockey				6:30-7:30pm K-5th Grade				\$145 \$220
Indoor Golf						7:15-8:15pm K-5th Grade		\$145 \$220

Half-Day Sports Camp 2025 Dates: Grades K-6 | 9:00am-12:00pm | \$45/day
1/20, 2/17, 2/18, 2/19, 2/20, 2/21, 4/14, 4/15, 4/16, 4/17, 4/18

Holiday Camp Dates: Grades K-6 | 8:00am-6:00pm | \$75/day
2/18, 2/19, 2/20, 2/21, 4/14, 4/15, 4/16, 4/17, 4/18

FALL YOUTH BASKETBALL LEAGUE (YBL): Runs Feb 8 - April 5

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 February 8 for a 1-hour long skills clinic. Volunteer Coaches needed. **FULL MEMBERS: \$130 | PROGRAM MEMBERS: \$160**

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price		
HEALTH AND WELLNESS										
YOUTH FITNESS & DANCE Classes meet once per week for 10 weeks									FULL	PROGRAM
Youth Cheerleading (Ages 6-9)							10:00-11:00am Shea (HLC)	\$170	\$255	
Youth Dance (Ages 6-9)		6:15-7:15pm Shea (HLC)						\$170	\$255	
TEEN FITNESS (AGES 13-18) Classes meet once per week for 10 weeks									FULL	PROGRAM
Teen Boxing SGT			5:30-6:30pm Wally (HLC)					\$200	\$300	
ADULT FITNESS (AGES 18+) Classes meet once per week for 10 weeks										
Small Group Training			8:30-9:30am Jane (FC)	8:00-9:00am Lauren (FC) 9:30-10:30am Lauren (FC)		8:00-9:00am Lauren (FC) 9:30-10:30am Lauren (FC)		\$170	\$255	
Senior Small Group Training				11:30am-12:30pm Jane (FC)				\$170	\$255	
Adult Boxing					5:30-6:30pm Wally (HLC)			\$170	\$255	
Pilates Reformers		11:00pm-12:00pm Melanie	10:45-11:45am 12:00-1:00pm Coleen (HLC)	6:30-7:30pm Melanie	4:00-5:00pm Melanie	11:00am-12:00pm Jane	11:45am-12:45pm Coleen (HLC)	\$200	\$300	
Stretch & Strength		9:30-10:30am Lauren (FC)						\$170	\$255	
Brain Savers			11:30am-12:30pm Wayne & Bonnie		11:30am-12:30pm Wayne & Bonnie			Free	\$255	
Moving For Better Balance		11:30am-12:30pm Bonnie (HLC)		11:30am-12:30pm Bonnie (HLC)				Free	\$255	