

Patchogue Family YMCA

255 W Main St, Patchogue, NY 11772 | 631.891.1800 | YMCALI.org

Registration Begins: Monday, January 20, 2025

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

Contact: Christina Frank | 631-891-1815 | Christina.Frank@ymcali.org

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	
AQUATICS PROGRAMS									
STAGE A Water Discovery (6 months–3 years old with Parent)	10:30-11:00am			4:30-5:00pm		10:00-10:30am	10:00-10:30am	\$160	\$240
STAGE B Water Exploration (6 months–3 years old with Parent)		5:00-5:30pm				10:00-10:30am	10:30-11:00am	\$160	\$240
STAGE 1 Preschool Water Acclimation (Ages 3-5 years old)	9:30-10:00am 11:00-11:30am	11:00-11:30am 5:00-5:30pm		6:00-6:30pm	5:00-5:30pm	11:00-11:30am	10:00-10:30am	\$160	\$240
STAGE 2 Preschool Water Movement (Ages 3-5 years old)	10:30-11:00am	10:00-10:30am	5:15-5:45pm	4:30-5:00pm	11:00-11:30am 5:30-6:00pm		9:30-10:00am	\$160	\$240
STAGE 3 Preschool Water Stamina (Ages 3-5 years old)				5:00-5:30pm	4:30-5:00pm		11:00-11:30am	\$160	\$240
STAGE 4 Preschool Stroke Introduction (Ages 3-5 years old)						5:30-6:00pm		\$160	\$240
STAGE 1 School Age Water Acclimation (Ages 5-12 years old)	10:00-10:30am			5:00-5:30pm	6:00-6:30pm	4:00-4:30pm	9:30-10:00am	\$160	\$240
STAGE 2 School Age Water Movement (Ages 5-12 years old)	10:00-10:30am	6:00-6:30pm	5:15-5:45pm		4:30-5:00pm		11:00-11:30am	\$160	\$240

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								FULL	PROGRAM
STAGE 3 School Age Water Stamina (Ages 5-12 years old)	9:30-10:00am		5:45-6:15pm	6:00-6:30pm	5:00-5:30pm		11:00-11:30am	\$160	\$240
STAGE 4 School Age Stroke Introduction (Ages 5-12 years old)	9:00-9:30am	5:30-6:00pm	5:45-6:15pm	5:30-6:00pm		5:00-5:30pm	10:30-11:00am	\$160	\$240
STAGE 5 School Age Stroke Development (Ages 5-12 years old)				5:30-6:00pm	6:00-6:30pm		9:00-9:30am	\$160	\$240
STAGE 6 School Age Stroke Mechanics (Ages 5-12 years old)				5:30-6:00pm			9:00-9:30am	\$160	\$240
Sensational Swim Special Needs (4-12 years with parents)							10:30-11:00am	\$160	\$240
Swim Basics & Strokes Teens 12-17 years old	11:00-11:45am		4:30-5:15pm		7:00-7:45pm			\$180	\$270
Swim Basics Adults 17 years+		6:00-6:45pm			10:00-10:45am		11:30am-12:15pm	\$180	\$270
Swim Strokes Adults 17 years+						9:15-10:00am	11:30am-12:15pm	\$180	\$270
Competition									
Beginner Pre-Swim Team	8:45-9:30am		6:15-7:00pm					\$180	\$270
YMCA Swim Team 14 & Under	At Brookhaven Roe YMCA Contact Coach Isabela for a Tryout!			Contact: Isabela Gaskill, Head Coach/ Aquatics Coordinator Isabela.Gaskill@ymcali.org					

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								FULL	PROGRAM
Leadership									
Aquatic Leaders Club: Lifeguard Prep Ages 11-17 years old			7:00-7:45pm				11:30am-12:15pm	\$180	\$270
Water Fitness									
Aqua Jog		8:30-9:25am						\$110	\$165
Aqua Aerobics				8:30-9:25am		8:30-9:25am		\$110	\$165
Aqua Flex & Stretch	8:30-9:25am							\$110	\$165

Swim Lessons

9 weeks - 30 minutes

Full Member: \$160 **Program Member: \$240**

9 weeks - 45 minutes

Full Member: \$180 **Program Member: \$270**

Water Fitness - 9 weeks

Full Member: \$110 **Program Member: \$165**

**Want to try out a Water Fitness class?
Drop in available! Register day of at
welcome desk. Buy 3, get the 4th FREE!**

Private Swim Lessons

4-pk (30 mins) \$268

8-pk (30 mins) \$486

**12-pk (30 mins) \$664
(2X a week lessons)**

Semi-Private Swim Lessons

2-3 participants; similar age & ability

4-pk (30 mins) \$438

8-pk (30 mins) \$816

**12-pk (30 mins) \$1,114
(2X a week lessons)**

Private Lessons: Fill out interest form
via Private Lesson Flyer

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Contact: Darryl Smith | Darryl.Smith@ymcali.org

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	
YOUTH PROGRAMS - 10 WEEK SESSIONS								FULL	PROGRAM
Pee Wee Basketball Clinic 3-5 years old		4:15-5:00pm						\$125	\$190
Small Stars Basketball Clinic & More 6-8 years old							12:00-12:45pm	\$125	\$190
Small Stars Basketball 6-8 years old			4:30-5:15pm					\$125	\$190
All Star Basketball Clinic 8-12 years old			5:15-6:15pm					\$125	\$190
All Star Volleyball Clinic 8-12 years old							11:15am-12:00pm	\$125	\$190
Pee Wee Soccer Clinic 4-7 years old							11:15am-12:00pm	\$125	\$190
All Star Frisbee & More 8-12 years old							12:00-12:45pm	\$125	\$190
Pre-K Adventure 3-5 years old		2:30-3:00pm	2:30-3:00pm		3:30-4:00pm			\$100	\$125
Tumbling with Ms. Laura 3-5 years old				4:00-4:45pm				\$125	\$190
Gymnastics with Ms. Laura 6-8 years old				5:00-6:00pm				\$125	\$190

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Contact: Darryl Smith | Darryl.Smith@ymcali.org | Brittany Kontos | brittany.kontos@ymcali.org

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Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	FULL	PROGRAM
Older Adults Small Group Training 5 Weeks			10:00-11:00am	9:00-10:00am				\$90		\$135
Reiki Workshop 4 Weeks				4:15-5:15pm				\$75		\$115
Intro to Weight Lifting 5 Weeks					6:30-7:30pm			\$90		\$135
Core & Mobility 5 Weeks					10:00-11:00am			\$90		\$135
Beginner Pickleball Clinic (Ages 18+) 5 Weeks				9:00-10:00am				\$85		\$125
Pickleball Skills & Thrills (Ages 18+) 5 Weeks				10:15-11:15am				\$85		\$125

Core & Mobility – 5 weeks – 60 min.
Thursdays March 6th – April 3rd

Older Adults Small Group Training – 5 weeks – 60 min.
Tuesdays February 4th – March 4th
Wednesdays February 5th – March 5th

Adult Pickleball – 5 weeks – 60 min.
Wednesdays February 5th–March 4th

Reiki Workshop – 4 weeks – 60 min.
Wednesdays March 5th – March 26th

Intro to Weight Lifting – 5 weeks – 60 min.
Thursdays February 6th – March 6th

Adventure Zone:

Monday – Friday 4:00-8:00pm, Saturday & Sunday 8:00-1:00pm

(Subject to change due to rentals)

Child Watch: Monday – Thursday 5:30-7:30pm,

Saturday 8:00-11:00am

Rockwall:

Tuesdays & Thursdays: 5:00-7:00pm

Saturday: 1:00-3:00pm