

Great South Bay YMCA

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

Registration Begins: Monday, January 26, 2026
Winter Session: Sunday, Feb. 8, 2026 – Saturday, April 18, 2026
Contact: Lisa McKeown | 516-344-6717 | lisa.mckeown@ymcali.org

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price
AQUATICS PROGRAMS								
INFANT/TODDLER SWIM LESSONS (6 MONTHS-3 YEARS OLD) Classes meet once per week for 9 weeks. Adult supervision required. 30 Minutes.								
STAGE A Water Discovery 6 mos.-3 years		6:00-6:30pm			10:15-10:45am	10:00-10:30am	11:00-11:30am	\$168 \$252
STAGE B Water Exploration 19-36 mos.			5:45-6:15pm		10:45-11:15am	10:00-10:30am	9:00-9:30am	\$168 \$252
PRE-SCHOOL SWIM LESSONS (3-5 YEARS) Classes meet once per week for 9 weeks. 30 minutes.								
STAGE 1 Water Acclimation	9:00-9:30am	3:30-4:00pm	4:00-4:30pm		4:00-4:30pm 6:00-6:30pm		9:30-10:00am 11:30am-12:00pm	\$168 \$252
STAGE 2 Water Movement	10:00-10:30am	4:30-5:00pm	6:15-6:45pm		3:30-4:00pm		10:30-11:00am 12:00-12:30pm	\$168 \$252
STAGE 3 Water Stamina	11:00-11:30am	4:00-4:30pm	3:30-4:00pm		6:00-6:30pm		10:00-10:30am	\$168 \$252
STAGE 4 Stroke Introduction							11:00-11:30am	\$168 \$252
SCHOOL- AGE SWIM LESSONS (6-12 YEARS) Classes meet once per week for 9 weeks. 30 minutes.								
STAGE 1 Water Acclimation	9:30-10:00am	6:00-6:30pm	4:30-5:00pm	4:00-4:30pm	4:30-5:00pm	4:00-4:30pm	10:30-11:00am	\$168 \$252
STAGE 2 Water Movement	11:30am-12:00pm	6:30-7:00pm	4:30-5:00pm	4:30-5:00pm		4:00-4:30pm	10:00-10:30am	\$168 \$252
STAGE 3 Water Stamina	10:30-11:00am	4:30-5:00pm	4:00-4:30pm		5:00-5:30pm	4:30-5:00pm	9:30-10:00am	\$168 \$252
STAGE 4 Stroke Introduction		7:00-7:30pm	5:00-5:30pm		4:30-5:00pm	4:30-5:00pm	10:00-10:30am	\$168 \$252
STAGE 5 Stroke Development		6:00-6:30pm		4:30-5:00pm	6:30-7:00pm		9:00-9:30am	\$168 \$252
STAGE 6 Stroke Mechanics		6:00-6:30pm		4:30-5:00pm	6:30-7:00pm		9:00-9:30am	\$168 \$252

*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/Intermediate		5:15-6:00pm						\$189 \$284
Pre-Swim Team Advanced (2x/Week)			5:15-6:00pm		5:15-6:00pm			\$284 \$426
LIFEGUARD PREP/TEEN SWIM LESSONS/SENSATIONAL SWIM								FULL PROGRAM
Swim Basics Teen (12-17yrs)		6:30-7:15pm						\$189 \$284
Sensational Swim Special Needs				6:00-6:30pm 7:00-7:30pm				\$168 \$252
Lifeguard Prep Course							12:00-12:45pm	\$189 \$284
ADULT SWIM LESSONS/WORKOUT 17+								FULL PROGRAM
Adult Lessons			7:15-8:00pm		9:30-10:15am			\$189 \$284
Adult Swim Workout (2x Per Week)		5:30-7:00am		5:30-7:00am				\$252 \$378
AQUATIC FITNESS PROGRAMS								FULL PROGRAM
Shape Up			1:00-2:00pm		1:00-2:00pm			\$116 \$174
Water Slimnastics		9:00-10:00am			8:30-9:30am			\$116 \$174
Aqua Power Express			9:30-10:30am					\$116 \$174
Aqua Aerobics						9:00-10:00am		\$116 \$174
Aqua Balance		10:00-10:30am						\$58 \$87
Arthritis Program		1:00-2:00pm				1:00-2:00pm		\$116 \$174
Power Water Walk				9:00-9:45am	9:30-10:15am			\$90 \$131

Private Swim Lessons

4-pk (30 mins) \$281 8-pk (30 mins) \$510 12-pk (30 mins) \$697

Semi-Private Swim Lessons

4-pk (30 mins) \$230/ Per Person 8-pk (30 mins) \$429/ Per Person 12-pk (30 mins) \$585/ 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@ymca.org

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price
HEALTH AND WELLNESS								FULL PROGRAM
Small Group Training		5:30-6:15pm Total Body	7:15-8:00am 8:15-9:00am 10:15-11:00am Total Body 11:15am-12:00pm Senior 3:30-4:15pm Legs, Butt & Abs	7:30-8:15am Total Body	10:15-11:00am Total Body 11:15am-12:00pm Senior Balance 4:30-5:15pm Total Body		8:00-8:45am Total Body 10:15-11:00am Legs, Butt & Abs	\$180 \$270
Pilates Reformer				8:15-9:00am 9:15-10:00am Kerri	4:30-5:15pm Paula	8:15-9:00am 9:15-10:00am Kerri		\$225 \$325
Parkinsons Steady On Your Feet		1:30-2:30pm		12:00-1:00pm				\$180 1x a week \$270 2x a week
YOUTH FITNESS/ TEEN 10 WEEK SESSIONS								FULL PROGRAM
Sports Conditioning			4:30-5:15pm Ages 8-16					\$135 \$203
Intro to Weightlifting				5:00-5:45pm Ages 8-15				\$135 \$203
Intro to Power Lifting w/ Kevin		4:30-5:15pm Ages 10-16						\$135 \$203
PICKLEBALL INSTRUCTIONAL CLASSES 5 WEEK SESSIONS SESSION 1: 2/11-3/11 (5 Weeks) SESSION 2: 3/18-4/15 (5 Weeks)								FULL PROGRAM
Beginner 16 and Up				11:00am-12:00pm				\$90 \$135

Personal Training:

Take your workout to the next level with our expert personal trainers. Whether you're looking to build strength, lose weight, or improve overall health, our trainers are here to create a personalized plan that fits your goals. We offer $\frac{1}{2}$ hour and 1-hour session. **Inquire within!**

1-hour sessions

1 Session | \$80
4 Sessions | \$290
8 Sessions | \$555
12 Sessions | \$810
18 Sessions | \$1225
24 Sessions | \$1550

1/2 hour sessions

1 Session | \$50
4 Sessions | \$180
8 Sessions | \$355
12 Sessions | \$505
18 Sessions | \$722
24 Sessions | \$920

Introductory Rate

1 Hour (3 Sessions): \$150
1/2 Hour (3 Sessions): \$99

Drop in and try any one class for \$25!

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

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price
MY BUDDY AND ME CLASSES (6-35 Months) 9 Week Session Located in Jitterbug Room on the 3rd Floor								FULL PROGRAM
Jitterbug Art & Play				9:45 - 10:45am				\$135 \$203
Jitterbug Play			9:45 - 10:45am					\$135 \$203
Jitterbug Sensory Play (18-35m)					9:45 - 10:45am			\$135 \$203
Storybook Adventures (18m-3yrs)						9:45 - 10:45am		\$135 \$203
YOUTH ENRICHMENT & SPORTS (3-5 Years Old) 9 Week Session								FULL PROGRAM
Little Picassos		6:00-7:00pm					9:00-10:00am	\$135 \$203
Preschool Art & Gym						5:15-6:15pm		\$135 \$203
Preschool Gym & Swim (Stage 2)			4:00-5:00pm					\$225 \$313
Preschool Gym & Swim (Stage 3)			4:30-5:30pm					\$225 \$313
Taste & Learn				6:00-7:00pm			10:00-11:00am	\$145 \$210
Tumble Time Ages 2-5					5:00-5:45pm			\$135 \$203
PeeWee Basketball				4:00-4:45pm				\$135 \$203
PeeWee Sports		5:00-5:45pm						
YOUTH ENRICHMENT & SPORTS (6-10 Years Old) 9 Week Session								FULL PROGRAM
Sports Sampler		4:00-5:00pm						\$135 \$203
Flag Football					5:00-5:45pm			\$135 \$203
Basketball Clinic Stage 1 (Ages 5-8)							9:00-10:00am	\$135 \$203
Soccer Clinic (Ages 5-8)					4:00-5:00pm			\$135 \$203
Teeball (Ages 5-8)				5:00-5:45pm				\$135 \$203
Mad Science Kids		6:00-7:00pm					11:00am-12:00pm	\$135 \$203
Messy Art Studio				6:00-7:00pm			10:00-11:00am	\$135 \$203
Taste & Learn			6:00-7:00pm				9:00-10:00am	\$145 \$210
Cheer (Ages 6-12)			5:00-5:45pm					\$135 \$203
Board Game Cafe (Ages 6-12)			6:00-7:00pm					\$135 \$203
School Age Art & Gym (Ages 6-12)					5:45-6:45pm			\$135 \$203
School Age Gym & Swim Ages 6-12 (Stage 2)							11:00am-12:00pm	\$225 \$313
School Age Gym & Swim Ages 6-12 (Stage 4)							11:30am-12:30pm	\$225 \$313

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Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price
YOUTH SPORTS (8-15 Years Old) 9 Week Session Located on the 2nd Floor Gym								FULL PROGRAM
Basketball Stage 2 (Ages 8-12)						10:00-11:00am	\$135	\$203
Instructional Basketball		5:00-6:00pm					\$135	\$203
Pickleball		6:00-7:00pm					\$90	\$135
Co-Ed Volleyball				6:00-7:00pm			\$135	\$203
Theater						12:00-1:15pm	\$135	\$203
Basketball Stage 3 Ages 9-12						9:00-10:00am	\$135	\$203
Basketball Stage 4 Ages 12-18						10:00-11:30am	\$150	\$218

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!](#)

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.

Art & Gym: Get the best of both worlds in this high-energy class that blends hands-on creative projects with physical activity.

Theater: Students use their voice and body to promote self-esteem while using theater techniques to learn on-stage presence and public speaking.

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.

Stage 4: Advanced basketball training. Focus on advanced offensive and defensive game skills. Higher level ball handling and shooting technique. **Ages 13-17**

Open Rec Room:

Tuesdays: 6:00-8:00pm

Thursdays: 6:00-8:00 pm

Saturdays: 9:00Am-11:00am

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

Holiday Camp Dates: Grades K-6 | 8:00am-6:00pm | \$80/day
February 18-20, April 2, 6-10

Tween Takeover Grade 3-6! | 6:30-8:30pm
January 23, February 27, March 13



Registration for SACC is now open!

GSB School-Age Before and After School (SACC) Program (K-5th) – email Kelly.Bauer@ymcali.org

Full Day Childcare (ages 18 months – 3 years) – email Christina.Ryan@ymcali.org

