

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
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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		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. FULL PROGRAM

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. FULL PROGRAM

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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Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	
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

2-3 participants; similar age & ability

4-pk (30 mins) \$230/ Per Person

8-pk (30 mins) \$429/ Per Person

12-pk (30 mins) \$585/ Per Person

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		5:30-6:15pm Total Body	7:15-8:00am 8:15-9:00am 10:15-11:00am Total Body 11:15am-12:00pm Senior 12:15-1:00pm Rehab Knee/Hip 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 12:15-1:00pm Rehab Shoulder/Neck/Back 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	5:30-6:15pm 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 ½ 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@ymcali.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

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**

Youth Sports One-On-One Coaching:

One-on-one sports coaching offers participants the opportunity to work individually with an experienced instructor for focused, personalized training. This program is ideal for athletes looking to improve their skills, gain confidence, and receive dedicated attention in a specific sport.

- 1-pk (30 mins) Private: \$50 | Semi-Private: \$40
- 4-pk (30 mins) Private: \$180 | Semi-Private: \$130
- 8-pk (30 mins) Private: \$355 | Semi-Private: \$275

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



Open Rec Room:
Tuesdays: 6:00-8:00pm
Thursdays: 6:00-8:00 pm
Saturdays: 9:00am-11:00am

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

