

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 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 $\frac{1}{2}$ 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

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| 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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| 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

