

# 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
<b>AQUATICS PROGRAMS</b>								
<b>INFANT/TODDLER SWIM LESSONS (6 MONTHS-3 YEARS OLD)</b> 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
<b>PRE-SCHOOL SWIM LESSONS (3-5 YEARS)</b> 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
<b>SCHOOL- AGE SWIM LESSONS (6-12 YEARS)</b> 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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Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price
<b>PRE-SWIM TEAM</b> 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
<b>LIFEGUARD PREP/TEEN SWIM LESSONS/SENSATIONAL SWIM</b>								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
<b>ADULT SWIM LESSONS/WORKOUT 17+</b>								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
<b>AQUATIC FITNESS PROGRAMS</b>								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
<b>HEALTH AND WELLNESS</b>								FULL PROGRAM
Small Group Training		5:30-6:15pm <b>Total Body</b>	7:15-8:00am 8:15-9:00am 10:15-11:00am <b>Total Body</b> 11:15am-12:00pm <b>Senior</b> 12:15-1:00pm <b>Rehab Knee/Hip</b> 3:30-4:15pm <b>Legs, Butt &amp; Abs</b>	7:30-8:15am <b>Total Body</b>	10:15-11:00am <b>Total Body</b> 11:15am-12:00pm <b>Senior Balance</b> 12:15-1:00pm <b>Rehab Shoulder/Neck/Back</b> 4:30-5:15pm <b>Total Body</b>		8:00-8:45am <b>Total Body</b> 10:15-11:00am <b>Legs, Butt &amp; Abs</b>	\$180 \$270
Pilates Reformer				8:15-9:00am 9:15-10:00am <b>Kerri</b>	5:30-6:15pm <b>Paula</b>	8:15-9:00am 9:15-10:00am <b>Kerri</b>		\$225 \$325
Parkinsons Steady On Your Feet		1:30-2:30pm		12:00-1:00pm				\$180 1x a week \$270 2x a week
<b>YOUTH FITNESS/ TEEN   10 WEEK SESSIONS</b>								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
<b>PICKLEBALL INSTRUCTIONAL CLASSES   5 WEEK SESSIONS   SESSION 1: 2/11-3/11 (5 Weeks)   SESSION 2: 3/18-4/15 (5 Weeks)</b>								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@ymca.org

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price
<b>MY BUDDY AND ME CLASSES (6-35 Months) 9 Week Session   Located in Jitterbug Room on the 3rd Floor</b>								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
<b>YOUTH ENRICHMENT &amp; SPORTS (3-5 Years Old) 9 Week Session</b>								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						\$135 \$203
<b>YOUTH ENRICHMENT &amp; SPORTS (6-10 Years Old) 9 Week Session</b>								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)					5:45-6:30pm			\$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
<b>YOUTH SPORTS (8-15 Years Old)</b> 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](mailto:Kelly.Bauer@ymcali.org)

**Full Day Childcare (ages 18 months – 3 years)** – email [Christina.Ryan@ymcali.org](mailto:Christina.Ryan@ymcali.org)

