

# YMCA at Glen Cove

125 Dosoris Lane, Glen Cove, NY 11542 | 516.671.8270 | YMCALI.org

**Registration Begins:** Monday, January 26, 2026  
**Winter Session:** Sunday, Feb. 8, 2026 - Saturday, April 18, 2026

**Contact:** Eric Gentile | Eric.Gentile@ymcali.org | (516) 671-8270 ext 5419

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.								
STAGE A Water Discovery 6mos.-3 yrs	11:15-11:45am	10:00-10:30am 3:30-4:00pm	10:45-11:15am 3:30-4:00pm	11:30am-12:00pm	10:45-11:15am	2:00-2:30pm	9:00-9:30am	\$168    \$252
STAGE B Water Exploration 6mos.-3 yrs	12:00-12:30pm	10:45-11:15am 4:15-4:45pm	10:00-10:30am 4:15-4:45pm	12:15-12:45pm	10:00-10:30am 2:45-3:15pm	2:45-3:15pm	9:45-10:15am	\$168    \$252
<b>PRESCHOOL SWIM LESSONS (3-5 YEARS)</b> Classes meet once per week for 9 weeks. 30 minutes. Parent observation is first and class last class only!								
STAGE 1 Water Acclimation	9:45-10:15am	2:00-2:30pm	10:45-11:15am 2:00-2:30pm	10:00-10:30am	10:45-11:15am 2:45-3:15pm	2:45-3:15pm 4:15-4:45pm	10:30-11:00am 12:00-12:30pm	\$168    \$252
STAGE 2 Water Movement	9:45-10:15am	10:45-11:15am 2:00-2:30pm	10:00-10:30am 2:00-2:30pm	10:00-10:30am	11:30am-12:00pm 2:00-2:30pm 7:15-7:45pm	1:15-1:45pm 4:15-4:45pm	10:30-11:00am 12:00-12:30pm	\$168    \$252
STAGE 3 Water Stamina	10:30-11:00am 12:00-12:30pm	11:30am-12:00pm 2:45-3:15pm	12:15-12:45pm 2:45-3:15pm	10:45-11:15am	10:00-10:30am 2:45-3:15pm	2:00-2:30pm 5:00-5:30pm	9:45-10:15am 11:15-11:45am	\$168    \$252
STAGE 4 Stroke Introduction	12:00-12:30pm	12:15-12:45pm 2:45-3:15pm	11:30am-12:00pm 2:45-3:15pm	10:45-11:15am	12:15-12:45pm 2:00-2:30pm	2:45-3:15pm	9:45-10:15am	\$168    \$252
<b>SCHOOL-AGE SWIM LESSONS (6-12 YEARS)</b> Classes meet once per week for 9 weeks. 30 minutes. Parent observation is first and class last class only!								
STAGE 1 Water Acclimation	9:00-9:30am 10:30-11:00am	3:30-4:00pm 6:30-7:00pm	3:30-4:00pm 6:30-7:00pm	7:15-7:45pm	4:15-4:45pm	5:00-5:30pm	11:15-11:45am	\$168    \$252
STAGE 2 Water Movement	10:30-11:00am	6:30-7:00pm 7:15-7:45pm	6:30-7:00pm	7:15-7:45pm	3:30-4:00pm	5:00-5:30pm	11:15-11:45am 12:00-12:30pm	\$168    \$252
STAGE 3 Water Stamina		3:30-4:00pm 7:15-7:45pm	3:30-4:00pm 7:15-7:45pm	4:15-4:45pm 7:15-7:45pm	4:15-4:45pm 6:30-7:00pm	3:30-4:00pm	12:45-1:15pm	\$168    \$252
STAGE 4 Stroke Introduction	9:45-10:15am 11:15-11:45am		7:15-7:45pm	4:15-4:45pm	4:15-4:45pm 6:30-7:00pm	3:30-4:00pm	10:30-11:00am 12:45-1:15pm	\$168    \$252
STAGE 5 Stroke Development	11:15-11:45am	4:15-4:45pm 7:15-7:45pm	4:15-4:45pm 7:15-7:45pm	4:15-4:45pm 6:30-7:00pm	3:30-4:00pm 7:15-7:45pm	3:30-4:00pm	9:00-9:30am	\$168    \$252
STAGE 6 Stroke Mechanics	9:00-9:30am	4:15-4:45pm	4:15-4:45pm	6:30-7:00pm	3:30-4:00pm 7:15-7:45pm	4:15-4:45pm	9:00-9:30am 1:30-2:00pm	\$168    \$252
<b>SCHOOL-AGE SWIM</b> Classes meet once per week for 9 weeks. 1 Hour.								
Swim Club (Ages 8-15)	9:00-10:00am	6:00-7:00pm		6:00-7:00pm			1:00-2:00pm	\$189    \$284
Sensational Swim (45 Minutes)	1:00-1:45pm			2:45-3:30pm				\$168    \$252

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**Contact:** Eric Gentile | Eric.Gentile@ymcali.org | (516) 671-8270 ext 5419

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## AQUATICS PROGRAMS CONTINUED

### ADULT LESSONS (17+)

Adult/Teen Swim (13+)	6:30-7:00pm	6:30-7:00pm						FULL PROGRAM \$189 \$284
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### ADULT WATER FITNESS CLASSES/AQUA SGT

Aqua Jog with Jean Anne V. 9 weeks				8:00-8:45am				FULL PROGRAM \$104 \$157
Aquatic Muscular Balance with Luz C. 10 weeks					10:45-11:30am			\$116 \$174
Aqua Total Body with Jean Anne V. 9 weeks				9:00-9:45am				\$104 \$157

#### AQUA JOG WITH JEAN ANNE

Low-impact class that focuses on walking, jogging, and cross-country skiing movements in deep water to improve cardiovascular fitness and muscle tone. Using the water's resistance, participants wear flotation belts to stay afloat, engaging in a full-body workout that strengthens muscles while protecting the joints. It's a refreshing way to build endurance and stay fit, suitable for all fitness levels.

##### 8 WEEK CLASS | 12 SPOTS

2/12/26 - 4/9/26

#### AQUA TOTAL BODY WITH JEAN ANNE

Full body strength workout using dumbbells with the resistance of the water. Ages 16 and up.

##### 8 WEEK CLASS | 12 SPOTS

2/12/26 - 4/9/26

#### AQUATIC MUSCULAR BALANCE

Specific combination of exercises using buoyancy to improve joint alignment to minimize compensations and maximize posture.

##### 5 WEEK CLASS | 6 SPOTS

2/13/26 - 4/17/26

#### 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) \$460

8-pk (30 mins) \$857

12-pk (30 mins) \$1,170

#### SENSATIONAL SWIM

A specialized learn to swim program designed specifically for children with diverse physical, sensory, and cognitive needs.

#### Swim Club

We offer flexible pricing based on the number of practices attended per week.

1 Week Full: \$189 | Program: \$284

2 Week Full: \$309 | Program: \$553

3 Week Full: \$539 | Program: \$797

4 Week Full: \$684 | Program: \$1003

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**Contact:** Valerie Cirisano | valerie.cirisano@ymcali.org | (516) 671-8270 ext. 5430

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price
<b>YOUTH SPORTS/PRE-TEEN &amp; TEEN REC</b>								FULL PROGRAM
Co-Ed Basketball Skills Work (Ages 6-9)				4:00-5:00pm <b>Gym</b>				\$135 \$203
Co-Ed Basketball Scrimmage (Ages 9-13)				5:00-6:00pm <b>Gym</b>		10:00-11:00am <b>Gym</b>	\$195	\$290
Arts & Crafts					5:00-6:00pm (Ages 3-5)	1:00-2:00pm (Ages 6-10)	\$135	\$203
Junior Discovery Lab (Ages 6-10)		5:30-6:30pm					\$135	\$203
Co-Ed Volleyball (Ages 6-9)			5:00-6:00pm <b>Gym</b>				\$135	\$203
Co-Ed Volleyball (Ages 9-13)		6:30-7:30pm <b>Gym</b>					\$135	\$203
Softball Skills 101 (Ages 9-14)	6:00-7:00pm <b>Gym</b>						\$135	\$203
Crafty Kids Club (Ages 4-6)			5:00-6:00pm				\$135	\$203
Fun with Food (Ages 6-10)			4:30-5:30pm				\$135	\$203
Soccer Skills 101 (Ages 6-9)			4:00-5:00pm <b>Gym</b>				\$135	\$203

## ARTS & CRAFTS | AGES 6-10

Ready to express your creativity? Come join us to work on developing your passion for art through various projects! Members will work on practicing different techniques.

**SATURDAY | 1:00-2:00PM**

## ARTS & CRAFTS | AGES 3-5

Our Arts & Crafts class is fun, hands-on experience designed especially for curious preschoolers! Get ready to explore colors, shapes, textures, and materials through age-appropriate art projects like painting, gluing, cutting, and creating.

**FRIDAY | 5:00-6:00PM**

## JUNIOR DISCOVERY LAB | AGES 6-10

Our STEAM class is designed to spark curiosity and creativity in young minds! Through hands-on activities and playful exploration, children will discover the basics of Science, Technology, Engineering, Art, and Math!

**TUESDAY | 5:30-6:30PM**

## CRAFTY KIDS CLUB | AGES 4-6

The special parent-and-child class invites preschoolers and their grown-up to explore creativity together! Through fun, hands-on activities like painting, crafting, building, and sensory play, children will experiment with colors, textures, and materials expressing their imagination.

**WEDNESDAY | 5:00-6:00PM**

## FUN WITH FOOD | AGES 6-10

Our Kids Cooking Class is a hands-on, delicious way for children to learn and have fun in the kitchen! Kids will explore simple recipes while learning basic cooking skills, kitchen safety, and healthy food choices.

**WEDNESDAY | 4:30-5:30PM**

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Contact: Raphael Srabian | raphael.srabian@ymcali.org

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price
<b>ADULT FITNESS SMALL GROUP TRAINING CLASSES</b>								FULL PROGRAM
Mobility & Flexibility with Luz C. 10 weeks					12:00-12:45pm <b>Fitness Studio</b>			\$180 \$270
Speed-Agility-Strength (Competitive Sports Conditioning) with Raphael S. 10 weeks							11:00am-12:00pm <b>Gym</b>	\$180 \$270
Family Workout Partners (Ages 13+) with James R. 10 weeks	12:00-12:45pm <b>Fitness Studio</b>							\$180 \$270
Social Ballroom with Lourdes C. 10 weeks		12:30-1:15pm						\$180 \$270
Weight Loss Program with Juile G. 10 weeks			1:00-2:00pm					\$180 \$270
Pickleball 101 with Raphael S. 10 weeks		2:00-3:30pm						\$180 \$270

## SPEED-AGILITY-STRENGTH (COMPETITIVE SPORTS CONDITIONING) WITH RAPHAEL | AGES 13+

Build faster, stronger, more confident athletes in this Speed, Agility & Strength class designed for youth who compete in competitive sports. Sessions focus on proper technique, explosive movement, coordination, and total-body strength to improve performance. Athletes will train through fun, challenging drills that enhance quickness, power, balance, all while helping them move better, compete harder, and perform at their best in any sport.

**SATURDAY | 11:00AM-12:00PM | 10 WEEKS**

## MOBILITY & FLEXIBILITY WITH LUZ CORREA

A flow of gentle movements to increase muscular contraction and elongation; tendon and ligament flexibility. Injury prevention and post exercise recovery.

**THURSDAY | 12:00-12:45PM | 10 WEEKS**

## FAMILY WORKOUT PARTNERS WITH JAMES R. AGES 13+

Program designed for a parent and child 13yo+, to learn the fundamentals of resistance training as partners. Together these partners will learn the basics of gym etiquette, setting up a split resistance routine as they motivate each other through a structured workout plan.

**SUNDAY | 12:00-12:45PM | 10 WEEKS**

## SOCIAL BALLROOM WITH LOURDES C.

Program designed for couples/partners to learn the basics of ballroom dance. This program will teach couples the basics of the Waltz, Cha Cha, Rumba and more.

**WEDNESDAY | 12:30-1:15PM | 10 WEEKS**

## PICKLEBALL 101 WITH RAPHAEL S.

Program designed to teach the fundamentals of pickleball. Learn how to serve, volley, dink and the importance of staying out of the kitchen.

**MONDAY | 2:00-3:30PM | 10 WEEKS**

## WEIGHT LOSS PROGRAM WITH JULIE G.

Program designed to help members seeking a healthier weight achieve their goals by making small, modest changes to their daily behaviors by forming sustainable, healthy habits. Rather than advocate for specific or restrictive short-term solutions, this program helps participants build skills for successful lifestyle changes.

**WEDNESDAY | 12:00-1:00PM | 10 WEEKS**