

| 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 FULL PROGRAM

| | | | | | | | | | |
|-------------------------------|--------------------------------|-----------------|--------------------------------|---------------|---------------|----------------------------------|-----------------------------------|-------|-------|
| STAGE: A & B Swim Starters | 8:30-9:00am A 9:05-9:35am A | 10:10-10:40am A | 1:30-2:00pm A 6:10-6:40pm A | 9:15-9:45am A | 9:10-9:40am A | 9:15-9:45am A 12:15-12:45pm N | 9:45-10:15am A 10:25-10:55am A | \$168 | \$252 |
|-------------------------------|--------------------------------|-----------------|--------------------------------|---------------|---------------|----------------------------------|-----------------------------------|-------|-------|

PRESCHOOL SWIM LESSONS (3-5 YEARS OLD) Classes meet once per week for 9 weeks

| | | | | | | | | | |
|--------------------------------|---|--------------------------------|--------------------------------|---|---------------------------------|---------------|---|-------|-------|
| STAGE 1 Water Acclimation | 9:05 - 9:35am A 9:45-10:15am A 10:25-10:55am A 11:05-11:35am A | 2:15-2:45pm A 4:40-5:10pm N | 2:15-2:45pm A 4:05-4:35pm N | 4:05-4:35pm N | 9:50-10:20am A 4:40-5:10pm N | 4:05-4:35pm A | 9:05-9:35am A 10:25-10:55am A 11:05-11:35am A | \$168 | \$252 |
| STAGE 2 Water Movement | 9:05-9:35am A 9:45-10:15am A 10:25-10:55am A | 4:05-4:35pm N | 4:05-4:35pm N | 2:15-2:45pm A 4:40-5:10pm N 5:15-5:45pm N | 2:15-2:45pm A 4:05-4:35pm N | 4:40-5:10pm A | 9:05-9:35am A 9:45-10:15am A 10:25-10:55am A 11:05-11:35am A | \$168 | \$252 |
| STAGE 3 Water Stamina | 10:30-11:00am N | | 4:40-5:10pm N | 5:15-5:45pm N | | | 9:45-10:15am A 11:05-11:35am A | \$168 | \$252 |
| STAGE 4 Stroke Introduction | 9:50-10:20am N | | | | 4:40-5:10pm A | 4:40-5:10pm A | 9:50-10:20am N | \$168 | \$252 |

SCHOOL-AGE SWIM LESSONS (6-12 YEARS OLD) Classes meet once per week for 9 weeks

| | | | | | | | | | |
|---|--|--------------------------------|---------------------------|--------------------------------|--------------------------------|--------------------------------|--|-----------------|-----------------|
| STAGE 1 Water Acclimation | 11:10-11:40am N | | 4:40-5:10pm N | | 4:05-4:35pm N | | 9:10-9:40am N | \$168 | \$252 |
| STAGE 2 Water Movement | 9:50-10:20am N 10:30-11:00am N | 4:40-5:10pm N 4:05-4:35pm N | | 4:05-4:35pm N | 4:40-5:10pm N 5:15-5:45pm N | 5:15-5:45pm A | 9:10-9:40am N 10:30-11:00am N | \$168 | \$252 |
| STAGE 3 Water Stamina | 9:50-10:20am N 11:10-11:40am N 11:50am-12:20pm N | 4:05-4:35pm N | 4:40-5:10pm N | 4:40-5:10pm N | 5:15-5:45pm N | 4:05-4:35pm A | 9:50-10:20am N 10:30-11:00am N 11:10-11:40am N | \$168 | \$252 |
| STAGE 4 Stroke Introduction | 9:10-9:40am N 10:30-11:00am N 11:50am-12:20pm N | 4:40-5:10pm N | *5:15-6:00pm N 45 Mins | 4:05-4:35pm N 4:40-5:10pm N | 5:15-5:45pm N | 4:40-5:10pm A | 9:10-9:40am N 10:30-11:00am N 11:10-11:40am N | \$168 *\$252 | \$252 *\$378 |
| STAGE 5 Stroke Development | 9:45-10:15am A 10:25-10:55am A 11:05-11:35am A | *5:15-6:00pm N 45 Mins | *5:15-6:00pm N 45 Mins | 5:15-5:45pm N | | 4:05-4:35pm A 5:15-5:45pm A | 9:50-10:20am N 11:50am-12:20pm N | \$168 *\$252 | \$252 *\$378 |
| STAGE 6 Stroke Mechanics | 9:10-9:40am N 11:10-11:40am N | *5:15-6:00pm N 45 Mins | | 6:00-6:45pm N | | *6:05-6:50pm A 45 Mins | 11:10-11:40am N 11:50am-12:20pm N | \$168 *\$252 | \$252 *\$378 |
| Sensational Swim (Parent may be asked to be in water) | | | 6:50-7:20pm A | | | | | \$135 | \$203 |

Schedule is subject to change at anytime | *45 Minute Class

Huntington YMCA

60 Main Street, NY 11743 | 631.421.4242 | YMCALI.org

Registration Begins: Monday, January 26, 2026

Winter Session: Sunday, Feb. 8, 2026 - Saturday, April 18, 2026

No Classes 4/5 (Makeup 4/12)

| Class | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Price |
|-------|--------|--------|---------|-----------|----------|--------|----------|-------|
|-------|--------|--------|---------|-----------|----------|--------|----------|-------|

TEEN SWIM LESSONS (12-17 YEARS OLD) Classes meet once per week for 9 weeks

FULL PROGRAM

| | | | | | | | | | |
|--|-------------------|--|--|---------------|--|--|-------------------|-------|-------|
| TEEN BASICS (Stage 1-3) | 11:45am-12:30pm A | | | | | | 11:45am-12:30pm A | \$189 | \$284 |
| TEEN STROKES (Stage 4-6) | 11:45am-12:30pm A | | | | | | 11:45am-12:30pm A | \$189 | \$284 |
| INSTRUCTOR PREP (Passing Stage 6 Required) | 11:45am-12:30pm A | | | | | | | \$189 | \$284 |
| LIFEGUARD PREP (Ages 13+) | | | | 7:00-7:45pm N | | | | \$189 | \$284 |

PRE-SWIM TEAM LESSONS (6-17 YEARS OLD) Classes meet once per week for 9 weeks

| | | | | | | | | | |
|--|--|---------------|--|--------------------------------|--|------------------------------------|--|-------|-------|
| SWIM CLUB (Passing Stage 6 Required) | | 6:05-6:50pm N | | | | 6:05-6:50pm A | | \$189 | \$284 |
| PRE-SWIM TEAM (Stages 4 + Above) | | | | 6:00-6:45pm A (Ages 9 & up) | | 5:15-6:00pm A (Ages 10 & under) | | \$189 | \$284 |

ADULT SWIM LESSONS (AGES 18+) Classes meet once per week for 9 weeks

FULL PROGRAM

| | | | | | | | | | |
|------------------------------|--|--|---------------------------------|--|--|-----------------|--|-------|-------|
| ADULT BASICS (Stage 1-4) | | | 9:15-10:00am A 6:50-7:35pm A | | | 11:10-11:55am A | | \$189 | \$284 |
| ADULT STROKES (Stage 5-6) | | | 9:15-10:00am A | | | 11:10-11:55am A | | \$189 | \$284 |

AQUA FITNESS CLASSES (AGES 18+) Classes meet once per week for 9 weeks

| | | | | | | | | | |
|---------------|--|-------------------------------|--------------------------------|-------------------------------|----------------------------------|--------------------------------|--|-------|-------|
| HYDROFIT | | 9:00-10:00am A Jane | | | 10:30-11:30am A Carrie | 10:00-11:00am A Jane | | \$116 | \$174 |
| WATER WALKING | | | | 10:00-11:00am A BJ | | | | \$116 | \$174 |
| AQUA POWER | | | 10:00-11:00am N Jane | 8:00-9:00am N Karen | 7:15-8:15pm N Karen | | | \$116 | \$174 |

Water Fitness: 9 Weeks

Want to try out a Water Fitness Class? Drop in available.

Register day of at the welcome desk. **Buy 3 get the 4th FREE!**

Private Swim Lessons

4-pk (30 mins) \$281

6-pk (30 mins) \$422

8-pk (30 mins) \$510

Semi-Private Swim Lessons

2-3 participants; similar age & ability

4-pk (30 mins) \$460

6-pk (30 mins) \$690

8-pk (30 mins) \$857

Full Membership: \$116

Program Membership: \$174

Schedule is subject to change at anytime

| Class | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Price | |
|---|---|--------|--|--|--|--|----------|-------|---------|
| YOUTH ENRICHMENT | | | | | | | | | |
| PARENT/CHILD CLASSES (6-18 MONTHS) Classes meet once per week for 10 weeks | | | | | | | | FULL | PROGRAM |
| You and Me Tumbling | 9:15-10:00am | | | | | | | \$135 | \$203 |
| PARENT/CHILD CLASSES (18-36 MONTHS) | | | | | | | | | |
| You and Me Tumbling | 10:15-11:00am | | | | | | | \$135 | \$203 |
| BUMBLEBEES ENRICHMENT (3-5 YEARS OLD) Classes meet once per week for 10 weeks | | | | | | | | | |
| Tumbling | 12:00-12:45pm 2-5 years *Separation Class | | | | | | | \$135 | \$203 |
| YOUTH ENRICHMENT (GRADES K-6) Classes meet once per week for 10 weeks | | | | | | | | | |
| Tumbling | 11:00-11:45am (Ages 5-8) | | | | | | | \$135 | \$203 |
| Fun with Food (Sweet) | | | | 5:30-6:30pm (1st-3rd grade) 6:45-7:45pm (4th-6th grade) | | | | \$145 | \$218 |
| Fun with Food (Savory) | | | | | 5:30-6:30pm (1st-3rd grade) 6:45-7:45pm (4th-6th grade) | | | \$145 | \$218 |
| Arts and Crafts | | | 5:00-6:00pm (Grades K-1) 6:00-7:00pm (Grades 1-4) | | | 5:00-6:00pm (Grades 4-8) 6:00-7:00pm (Grades 3-6) | | \$135 | \$203 |
| YMCA Gamers Club | | | | | 6:30-7:45pm (Ages 7-12) | | | \$135 | \$203 |
| Digital Art | | | | | | 7:15-8:15pm (Ages 7-13) | | \$135 | \$203 |
| Robotics | | | | | 5:00-6:00pm (Ages 7-12) | | | \$135 | \$203 |
| Leaders Club | | | | | 7:00-8:30pm (Ages 13-18) | | | FREE | FREE |

| Class | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Price |
|-------|--------|--------|---------|-----------|----------|--------|----------|-------|
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YOUTH SPORTS

BUMBLE BEE SPORTS (AGES 3-5) Classes meet once per week for 10 weeks

FULLPROGRAM

| | | | | | | | | |
|----------------|--|--|-------------|-------------|-------------|-------------|--|------------|
| Soccer | | | 4:00-4:45pm | | | | | \$135\$203 |
| Sports Sampler | | | | 4:00-4:45pm | | 4:00-4:45pm | | \$135\$203 |
| Ninja | | | | | 4:00-4:45pm | | | \$135\$203 |

YOUTH SPORTS (GRADES K-2) Classes meet once per week for 10 weeks

| | | | | | | | | |
|--------------------------|--|--|-------------|-------------|--|-------------|--|------------|
| Instructional Basketball | | | 5:00-6:00pm | | | 5:00-6:00pm | | \$135\$203 |
| Indoor Mini Golf | | | | 5:00-6:00pm | | | | \$135\$203 |

YOUTH SPORTS (GRADES 3-5) Classes meet once per week for 10 weeks

| | | | | | | | | |
|--------------------------|--|--|-------------|-------------|---------------------------|-------------|--|------------|
| Instructional Basketball | | | 6:00-7:00pm | | | 6:00-7:00pm | | \$135\$203 |
| Dodgeball/NERF | | | | | 5:00-6:00pm Grades 3-8 | | | \$135\$203 |
| Indoor Mini Golf | | | | 6:00-7:00pm | | | | \$135\$203 |

YOUTH SPORTS (AGES 8-12) Classes meet once per week for 10 weeks

| | | | | | | | | |
|-------------------------|--|--|--|--|-------------|--|--|-----------|
| Pickleball Learn & Play | | | | | 6:00-7:00pm | | | FREE\$203 |
|-------------------------|--|--|--|--|-------------|--|--|-----------|

PIONEER SPORTS (GRADES K-5) Classes meet once per week for 8 weeks

| | | | | | | | | |
|--------|--|--|--|--|--|--|--|------------|
| Hockey | | 5:00-6:00pm (Grades K-2) 6:00-7:00pm (Grades 3-5) | | | | | | \$145\$175 |
|--------|--|--|--|--|--|--|--|------------|

Half-Day Sports Camp 2026 Dates: Grades K-6 | 9:00am-12:00pm
Dates TBD

Holiday Camp Dates: Grades K-6 | 8:00am-6:00pm | \$80/day
February 17, 18, 19, 20 & April 6, 7, 8, 9, 10

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



YOUTH BASKETBALL LEAGUE (YBL): RUNS FEB. 28 – APRIL 8

The YMCA offers a Youth Basketball League for Winter Session. This program runs on Saturdays between 12-2:30pm for grades K-2 and 2:00-3:30pm for grades 3-5. Games times and schedules will be provided prior to the season starting. Players will practice for the first 30 minutes followed by a game.

Full Membership: \$140

Program Membership: \$170



| Class | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Price | |
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HEALTH AND WELLNESS

ADULT FITNESS (AGES 18+) Classes meet once per week for 10 weeks

| | | | | | | | | | |
|---|--|----------------------------|---|--|---|---|--|---------------------------|---------------------------|
| Small Group Training | | | 8:30-9:30am Jane (FC) | 8:00-9:00am Lauren (FC) 9:30-10:30am Lauren (FC) | | 8:00-9:00am Lauren (FC) 9:30-10:30am Lauren (FC) | | \$180 | \$270 |
| Senior Small Group Advanced Training | | | | 11:15am-12:15pm Jane (FC) | | | | \$180 | \$270 |
| Pilates Reformers | | | 7:00-8:00am Jane 10:30-11:30am Margo 11:45am-12:45pm Coleen D. | 4:00-5:00pm Margo *5:15-5:45pm 30 Min Express Jane 6:00-7:00pm Margo | 8:00-9:00am Jane 9:15-10:15am Lauren G. 6:00-7:00pm Angela | 9:30-10:30am Angela | | \$220 \$110 Express | \$320 \$160 Express |
| Beginner Reformer | | 6:30-7:30pm Margo | | | | | | \$180 | \$270 |
| Stronger Bones | | | | 12:30-1:30pm Jane (HLC) | | | | \$180 | \$270 |
| Y Weight Loss & Nutrition | | | | | | 12:30-1:30pm Coleen (HLC) | | \$180 | \$270 |
| Stretch & Strength | | 9:30-10:30am Kevin (FC) | | | | | | \$180 | \$270 |

PILATES REFORMERS

One-on-One Pilates Reformer Available.

See membership desk for pricing and details!