

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								
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
<b>PRESCHOOL SWIM LESSONS (3-5 YEARS OLD)</b> 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
<b>SCHOOL-AGE SWIM LESSONS (6-12 YEARS OLD)</b> 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

# 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
<b>TEEN SWIM LESSONS (12-17 YEARS OLD)</b> 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
<b>PRE-SWIM TEAM LESSONS (6-17 YEARS OLD)</b> 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
<b>ADULT SWIM LESSONS (AGES 18+)</b> 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
<b>AQUA FITNESS CLASSES (AGES 18+)</b> Classes meet once per week for 9 weeks								
HYDROFIT	9:00-10:00am A <b>Jane</b>			10:30-11:30am A <b>Carrie</b>	10:00-11:00am A <b>Jane</b>		\$116	\$174
WATER WALKING			10:00-11:00am A <b>BJ</b>				\$116	\$174
AQUA POWER		10:00-11:00am N <b>Jane</b>	8:00-9:00am N <b>Karen</b>	7:15-8:15pm N <b>Karen</b>			\$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!**

**Full Membership: \$116**

**Program Membership: \$174**

## 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**

Schedule is subject to change at anytime

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<b>YOUTH ENRICHMENT</b>								
<b>PARENT/CHILD CLASSES (6-18 MONTHS)</b> Classes meet once per week for 10 weeks								
You and Me Tumbling	9:15-10:00am							\$135 \$203
<b>PARENT/CHILD CLASSES (18-36 MONTHS)</b>								
You and Me Tumbling	10:15-11:00am							\$135 \$203
<b>BUMBLEBEES ENRICHMENT (3-5 YEARS OLD)</b> Classes meet once per week for 10 weeks								
Tumbling	12:00-12:45pm 2-5 years *Separation Class							\$135 \$203
<b>YOUTH ENRICHMENT (GRADES K-6)</b> 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

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## YOUTH SPORTS

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

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
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### 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
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### Half-Day Sports Camp 2026 Dates: Grades K-6 | 9:00am-12:00pm | \$60/Day

February 16, 17, 18, 19, 20

### 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



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<b>HEALTH AND WELLNESS</b>								
<b>ADULT FITNESS (AGES 18+)</b> 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
Beginner Pickleball (8 Weeks)			11:00am-12:30pm	12:30-2:00pm				\$140    \$160
Advanced Beginner Pickleball (8 Weeks)			12:30-2:00pm	11:00am-12:30pm				\$140    \$160

## PILATES REFORMERS

One-on-One Pilates Reformer Available.  
 See membership desk for pricing and details!