

# Great South Bay YMCA

200 West Main Street, Bay Shore, NY | 631.665.4255 | YMCAI.org

**Registration Begins: Monday, April 6, 2026**  
**Spring Session: Sunday, April 19, 2026 – Saturday, June 27, 2026**  
**Contact: Lisa McKeown | 516-344-6717 | lisa.mckeown@ymcali.org**

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price
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## AQUATICS PROGRAMS

**INFANT/TODDLER SWIM LESSONS (6 MONTHS-3 YEARS OLD)** Classes meet once per week for 9 weeks. Adult supervision required. 30 Minutes. FULL PROGRAM

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. FULL PROGRAM

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. FULL PROGRAM

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	11:00-11:30am	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	6:00-6:30pm		9:00-9:30am	\$168	\$252
STAGE 6 Stroke Mechanics		6:00-6:30pm		4:30-5:00pm	6:00-6:30pm		9:00-9:30am	\$168	\$252

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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 6:30-7:00pm 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@ymcali.org

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	FULL PROGRAM	
<b>HEALTH AND WELLNESS</b>										
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 Knees/Hip 3:30-4:15pm Legs, Butt & Abs	7:30-8:15am Total Body			8:15-9:00am Boxing 10:15-11:00am Total Body 11:30am-12:15pm Senior Balance 12:15-1:00pm Rehab Shoulder/Neck 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		8:15-9:00am 9:15-10:00am Kerri			\$225	\$325
Parkinsons Steady On Your Feet		12:00-2:30pm* 1:30-2:30pm		12:00-2:30pm* 12:00-1:00pm					\$180 1x a week	\$270* 2x a week
<b>YOUTH FITNESS/ TEEN   10 WEEK SESSIONS</b>										
Sports Conditioning			4:30-5:15pm Ages 8-16						\$135	\$203
Intro to Weightlifting				5:00-5:45pm Ages 8-16					\$135	\$203
Intro to Power Lifting w/ Kevin		4:30-5:15pm Ages 10-16							\$135	\$203
<b>PICKLEBALL INSTRUCTIONAL CLASSES</b>										
Beginner 16 and Up				11:00am-12:00pm 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 ½ 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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**Registration Begins:** Monday, April 6, 2026  
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**Contact:** Alicia Apolinaris | 516-344-6722 | alicia.apolinaris@ymcali.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					
<b>YOUTH ENRICHMENT &amp; SPORTS (6-10 Years Old) 9 Week Session</b>								FULL	PROGRAM
Sports Sampler			5:00-6:00pm					\$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 7-15)						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

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Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price
<b>YOUTH SPORTS (8-15 Years Old) 9 Week Session   Located on the 2nd Floor Gym</b>								FULL PROGRAM
Basketball Stage 2 (Ages 8-12)							10:00-11:00am	\$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
Co-Ed Volleyball					6:00-7:00pm			\$135 \$203
Pickleball			6:00-7:00pm					\$90 \$135
Theater							12:00-1:15pm	\$135 \$203

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**

**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



**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**  
April 2, 6-10

**Healthy Kids Day April 18, 2026**

Come join the fun on April 18 for Healthy Kids Day sponsored by The Peanuts & Gatorade! Enjoy an afternoon of fun, safe, supervised activities that celebrates healthy lifestyles and unleashes the excitement of summer! These events are FREE and open to the public.



**Camp Open House Dates:**

April 18 (Healthy Kids Day), May 16, & June 6  
10:00am-11:30am

