

# YMCA at Glen Cove

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

Registration Begins: Monday, April 6, 2026

Spring Session: Sunday, April 19, 2026 - Saturday, June 27, 2026

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

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

**INFANT/TODDLER SWIM LESSONS (6 MONTHS-36 MONTHS)** Classes meet once per week for 9 weeks. Adult supervision required. FULL PROGRAM

STAGE A Water Discovery 6mos.-36mos.	11:45am-12:15pm	11:30am-12:00pm		11:30am-12:00pm			10:15-10:45am	\$168	\$252
STAGE B Water Exploration 6mos.-36mos.	11:00-11:30am	12:15-12:45pm		12:15-12:45pm			9:30-10:00am	\$168	\$252

**PRESCHOOL SWIM LESSONS (3-5 YEARS)** Classes meet once per week for 9 weeks. 30 minutes. Parent observation is first and class last class only!

STAGE B+ Water Exploration	9:30-10:00am			6:00-6:30pm				\$168	\$252
STAGE 1 Water Acclimation	10:15-10:45am 12:30-1:00pm	4:30-5:00pm	4:30-5:00pm	12:15-12:45pm 6:45-7:15pm	5:15-5:45pm	6:00-6:30pm 6:45-7:15pm	11:00-11:30am 11:45am-12:15pm	\$168	\$252
STAGE 2 Water Movement	1:15-1:45pm	5:15-5:45pm	5:15-5:45pm	6:00-6:30pm 6:45-7:15pm	4:30-5:00pm	6:00-6:30pm	12:30-1:00pm	\$168	\$252
STAGE 3 Water Stamina		6:00-6:30pm	4:30-5:00pm		5:15-5:45pm	6:45-7:15pm	1:15-1:45pm	\$168	\$252
STAGE 4 Stoke Introduction		6:45-7:15pm	5:15-5:45pm		4:30-5:00pm			\$168	\$252

**SCHOOL-AGE SWIM LESSONS (6-12 YEARS)** Classes meet once per week for 9 weeks. 30 minutes. Parent observation is first and class last class only!

STAGE 1 Water Acclimation	9:30-10:00am	5:15-5:45pm	6:00-6:30pm	4:30-5:00pm			1:15-1:45pm	\$168	\$252
STAGE 2 Water Movement	10:15-10:45am	6:00-6:30pm	6:45-7:15pm	5:15-5:45pm			12:30-1:00pm	\$168	\$252
STAGE 3 Water Stamina	11:00-11:30am	6:45-7:15pm		4:30-5:00pm	6:00-6:30pm		11:45am-12:15pm	\$168	\$252
STAGE 4 Stroke Introduction	11:45am-12:15pm	4:30-5:00pm		5:15-5:45pm	6:45-7:15pm		11:00-11:30am	\$168	\$252
STAGE 5 Stroke Development	12:30-1:00pm		6:00-6:30pm		6:00-6:30pm		10:15-10:45am	\$168	\$252
STAGE 6 Stroke Mechanics	1:15-1:45pm		6:45-7:15pm		6:45-7:15pm		9:30-10:00am	\$168	\$252

**SCHOOL-AGE SWIM** Classes meet once per week for 9 weeks. 1 Hour.

Swim Club (Ages 8-15)		6:00-7:00pm		6:00-7:00pm		6:00-7:00pm		\$189	\$284
Sensational Swim (45 Minutes)						4:30-5:15pm		\$168	\$252

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## AQUATICS PROGRAMS CONTINUED

### ADULT LESSONS (17+)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	FULL	PROGRAM
Adult/Teen Swim (13+)				11:30am-12:00pm				\$189	\$284

### ADULT WATER FITNESS CLASSES/AQUA SGT

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	FULL	PROGRAM
Aqua Jog with Jean Anne V. <b>7 weeks</b>					8:00-8:45am			\$104	\$157
Aqua Total Body with Jean Anne V. <b>7 weeks</b>					9:00-9:45am			\$104	\$157

### STAGE B+ WATER EXPLORATION | 3-5 YEARS OLD

Level B+ swim class serves as the perfect stepping stone between parent-child water discovery and independent preschool swim lessons. During the first half of the session, parents remain in the water to provide a familiar sense of security while their child builds foundational water skills. For the second half of the session, parents step out of the pool, allowing the young swimmers to work directly with the instructor to foster early independence. This gradual approach is excellent for gently easing separation anxiety and ensuring a smooth, confident transition to their first solo preschool classes.

### 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.

**7 WEEK CLASS | 12 SPOTS**

**4/26/26 - 6/11/26**

### SENSATIONAL SWIM

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

### AQUA TOTAL BODY WITH JEAN ANNE

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

**7 WEEK CLASS | 12 SPOTS**

**4/26/26 - 6/11/26**

### AQUATIC MUSCULAR BALANCE

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

**7 WEEK CLASS | 6 SPOTS**

**4/24/26 - 6/12/26**

### 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**

### 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	FULL	PROGRAM
<b>YOUTH SPORTS/PRE-TEEN &amp; TEEN REC</b>										
Co-Ed Tennis Ages 6-8			5:15-6:15pm					\$135	\$203	
Co-Ed Tennis Ages 9-13			6:30-7:30pm					\$135	\$203	
Co-Ed Basketball Skills Work (Ages 6-9)					4:00-5:00pm			\$135	\$203	
Co-Ed Basketball Scrimmage (Ages 9-14)					5:00-6:00pm		10:00-11:00am	\$195	\$290	
Co-Ed Soccer (Ages 3-5)						4:00-5:00pm		\$135	\$203	
Co-Ed Soccer (Ages 6-8)						5:15-6:15pm		\$135	\$203	
Co-Ed Soccer (Ages 9-13)						6:30-7:30pm		\$135	\$203	
Flag Football Co-Ed (Ages 3-5)							10:00-11:00am	\$135	\$203	
Flag Football Boys (Ages 6-8)							11:15am-12:15pm	\$135	\$203	
Flag Football Girls (Ages 6-8)							11:15am-12:15pm	\$135	\$203	
Flag Football Boys (Ages 9-13)							12:30-1:30pm	\$135	\$203	
Flag Football Girls (Ages 9-13)							12:30-1:30pm	\$135	\$203	
Co-Ed Hockey (Ages 3-5)	10:00-11:00am							\$135	\$203	
Hockey Boys (Ages 6-8)	11:15am-12:15pm							\$135	\$203	
Hockey Girls (Ages 6-8)	11:15am-12:15pm							\$135	\$203	
Hockey Boys (Ages 9-13)	12:30-1:30pm							\$135	\$203	
Hockey Girls (Ages 9-13)	12:30-1:30pm							\$135	\$203	
<b>ADULT SPORTS &amp; REC</b>										
Intro to Pickleball (Ages 16+)		2:00-3:00pm						\$180	\$270	

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

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	FULL	PROGRAM
Mobility & Flexibility with Luz C. 10 weeks					12:00-12:45pm Fitness Studio			\$180	\$270	
Speed-Agility-Strength (Competitive Sports Conditioning) with Raphael S. 10 weeks							11:00am-12:00pm Gym	\$180	\$270	
Family Workout Partners (Ages 13+) with James R. 10 weeks	12:00-12:45pm Fitness Studio							\$180	\$270	
Weight Loss Program with Juile G. 10 weeks				1:00-2:00pm				\$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**

## 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 | 1:00-2:00PM | 10 WEEKS**

## 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



## Holiday Camp Dates: Grades K-6 8:00am-6:00pm | \$80/day

April 2, 6-10