

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 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 12:30-1:00pm N	9:45-10:15am A 10:25-10:55am A	\$168	\$252
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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	3:15-3:45pm A 4:40-5:10pm N	2:10-2:40pm A 4:05-4:35pm N	4:05-4:35pm N	9:50-10:20am A 4:40-5:10pm N	3:15-3:45pm A 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	3:15-3:45pm A 4:05-4:35pm N	2:10-2:40pm 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 11:05-11:35am A		4:40-5:10pm N	2:45-3:15pm A 5:15-5:45pm N	3:15-3:45pm A		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 11:50am-12:20pm N	4:05-4:35pm N 4:40-5:10pm 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	4:05-4:35pm N 5:15-5:45pm N	4:05-4:35pm A	9:50-10:20am N 10:30-11:00am 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 45 Mins		*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					\$168	\$252

Huntington YMCA

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

Registration Begins: Monday, April 6, 2026

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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!**

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

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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 (Savory & Sweet)				5:15-6:15pm (1st-3rd grade) 6:30-7:30pm (4th-7th 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

								FULL	PROGRAM
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 (AGES 5-8) Classes meet once per week for 10 weeks

Instructional Basketball			5:00-6:00pm			5:00-6:00pm		\$135	\$203
Pioneer Hockey (8 Weeks)		5:00-6:00pm						\$122	\$183
Indoor Mini Golf				5:00-6:00pm				\$135	\$203

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

Dodgeball/Nerf Ages 8-14					5:00-6:00pm			\$135	\$203
Indoor Mini Golf				6:00-7:00pm				\$135	\$203
Instructional Basketball			6:00-7:00pm			6:00-7:00pm		\$135	\$203
Pickleball Learn & Play					6:00-7:00pm			FREE	\$203
Pioneer Hockey (8 Weeks)		6:00-7:00pm						\$122	\$183

YOUTH SOCCER Classes meet once per week for 8 weeks

Spring Soccer (Outdoor)							9:00-10:00am (3's & 4's) 10:15-11:15am (Ages 5-12)	\$140	\$170
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PIONEER HOCKEY - 8 weeks

Program ends June 8

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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 Reformer (Beginner)		6:30-7:30pm Margo						\$198	\$288
Pilates Reformer (Intermediate)				8:30-9:30am Margo	9:15-10:15am Lauren			\$220	\$320
Pilates Reformer (All Levels)			7:00-8:00am Jane 10:30-11:30am Margo	6:00-7:00pm Margo	8:00-9:00am Jane 10:45-11:45am Coleen 6:00-7:00pm Angela	9:30-10:30am Angela		\$220	\$320
Stronger Bones				12:30-1:30pm Jane (HLC)				\$180	\$270
Rebounders					10:30-11:30pm Jane (HLC)			\$180	\$270
Stretch & Strength		9:30-10:30am Kevin (FC)						\$180	\$270
GLP-1 Basic Training Course						12:30-1:30pm Coleen (HLC)		\$180	\$270
LiveStrong			1:15-2:30pm (FC)		1:15-2:30pm (HLC)			FREE	FREE
Moving For Better Balance		11:30am-12:30pm (HLC)		11:30am-12:30pm (HLC)				FREE	FREE

PILATES REFORMERS

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

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ADULT SPORTS

Adult Sports & Recreation Classes meet April 28/29 to June 2/3 (6 Weeks)

								FULL	PROGRAM
Pickleball Beginner			11:00am-12:30pm	11:00am-12:30pm				\$105	\$120
Pickleball Advanced Beginner			12:30-2:00pm	12:30-2:00pm				\$105	\$120
Pickleball After Hours							6:00-7:00pm 7:00-8:00pm	\$100 Per Hour	\$100 Per Hour

CPR/LIFEGUARD CERTIFICATES

ARC - CPR/AED FULL COURSE | 4:00-9:00PM | \$100

Dates: 5/11/26, 6/24/26

LIFEGUARD PRE-TEST | 6:45-8:00PM | \$25

Dates: 6/3/26

ARC - CPR/AED RECERT COURSE + O2 | 5:00-9:00PM | \$85

Dates: 5/13/26, 5/28/26, 6/1/26, 6/22/26

LIFEGUARD TRAINING CERTIFICATION | 10:00AM-4:30PM | \$400

Dates: 6/6/26, 6/7/26, 6/14/26, 6/20/26,

ARC - FIRST AID COURSE | \$80

Dates: 5/9/26 - 9:00am-1:00pm & 5/18/26 - 5:00-9:00pm

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



Half Day Holiday Sports Camp Dates: Grades K-6

9:00am-12:00pm | \$60/day

April 6-10