

Huntington YMCA

60 Main Street, NY 11743 | 631.421.4242 | YMCA11.org

Registration Begins: Monday, August 31, 2026

Fall I Session: Sunday, September 13, 2026 - Saturday, November 21, 2026

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

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

SCHOOL-AGE SWIM LESSONS (5-12 YEARS OLD) Classes meet once per week for 9 weeks

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

Schedule is subject to change at anytime

Huntington YMCA

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

Registration Begins: Monday, August 31, 2026

Fall I Session: Sunday, September 13, 2026 – Saturday, November 21, 2026

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
PRE-SWIM TEAM LESSONS (6-17 YEARS OLD) Classes meet once per week for 9 weeks								FULL	PROGRAM
SWIM CLUB (Passing Stage 6 Required)		6:05-6:50pm N				6:05-6:50pm A		\$189	\$284
PRE-SWIM TEAM (Ages 9+)				6:00-6:45pm N (Ages 9+)		5:15-6:00pm A (Ages 10+)		\$189	\$284
LIFEGUARD CLASSES Classes meet once per week for 9 weeks								FULL	PROGRAM
Instructor Prep (Passing Stage 6 Required) Ages 12-17	11:45am-12:30pm A							\$189	\$284
Lifeguard Prep Ages 13+				7:00-7:45pm N				\$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 6:10-6:55pm 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								FULL	PROGRAM
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

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!**

Introductory Rate

1 Hour (3 Sessions): \$150 | 1/2 Hour (3 Sessions): \$99

1-hour sessions

1 Session | \$80
4 Sessions | \$305
8 Sessions | \$585
12 Sessions | \$835
18 Sessions | \$1200
24 Sessions | \$1550

1/2 hour sessions

1 Session | \$60
4 Sessions | \$220
8 Sessions | \$390
12 Sessions | \$555
18 Sessions | \$795
24 Sessions | \$1010

Assisted Stretching Package (Same Rates!)

Improve core strength and posture, enhance athletic performance and reduce recovery time, better manage the effects of chronic stress, and speed up the body's natural healing process!

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, August 31, 2026

Fall I Session: Sunday, September 13, 2026 – Saturday, November 21, 2026

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 (2-5 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
Arts and Crafts						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						5:00-6:00pm (Ages 5-8) 6:00-7:00pm (Ages 9-13)		\$135 \$203
Robotics					5:00-6:00pm (Ages 7-12)			\$135 \$203
Fun with Food Savory & Sweet						5:15-6:15pm (Ages 5-9) 6:30-7:30pm (Ages 9-12)		\$145 \$203

Schedule is subject to change at anytime

Huntington YMCA

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

Registration Begins: Monday, August 31, 2026

Fall I Session: Sunday, September 13, 2026 – Saturday, November 21, 2026

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

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
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
Mini Golf Learn & Play				5:00-6:00pm				\$135 \$203
Instructional Basketball			6:00-7:00pm			6:00-7:00pm		\$135 \$203
Pickleball Learn & Play					6:00-7:00pm			FREE \$203

YOUTH SOCCER Classes meet once per week for 8 weeks

Fall Soccer League (Outdoor)							9:00-10:00am (3's & 4's) 10:15-11:15am (Ages 5-12)	\$150 \$170
------------------------------	--	--	--	--	--	--	---	-------------

ADULT SPORTS

Adult Sports & Recreation Classes meet once per week for 8 weeks FULL PROGRAM

Pickleball Beginner			11:00am-12:30pm	12:30-2:00pm				\$130 \$160
Pickleball Advanced Beginner			11:00am-12:30pm	12:30-2:00pm				\$130 \$160

Schedule is subject to change at anytime

Huntington YMCA

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

Registration Begins: Monday, August 31, 2026

Fall I Session: Sunday, September 13, 2026 – Saturday, November 21, 2026

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	
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				11:30am-12:30pm Jane (FC)				\$180	\$270
Beginner Pilates Reformer				8:30-9:30am Margo				\$220	\$320
Pilates Reformer (All Levels)		6:30-7:30pm Margo	10:30-11:30am Margo		8:00-9:00am Jane 9:15-10:15am Lauren G 10:30-11:30am Coleen 4:30-5:30pm Eric 6:00-7:00pm Angela	9:30-10:30am Angela		\$220	\$320
Osteoporosis Prevention				12:45-1:45pm Jane (HLC)				\$180	\$270
TRX/Rebound					10:30-11:30pm Jane (HLC)			\$180	\$270
Stretch & Strength		9:30-10:30am Lairen (FC)						\$180	\$270
HYROX					7:00-8:00am 6:30-7:30pm Jackie			\$180	\$270
Intro to Shuffle Dancing			6:35-7:35pm Amalia					\$144	\$200
Egoscue Function & Flow			11:35am-12:35pm					\$220	\$270
Brain Gym					11:30am-12:30pm Peg			FREE	\$270
Floor to Stand					11:45am-12:45pm Coleen D			\$135	\$203

Schedule is subject to change at anytime

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

CPR/LIFEGUARD CERTIFICATES

ARC – CPR/AED FULL COURSE \$100	LIFEGUARD PRE-TEST 6:45-8:45PM \$25
Dates: Saturday, 9/12 from 8:30am-1:30pm & Monday, 10/26 from 4:00-9:00pm	Dates: 9/23
ARC – CPR/AED RECERT COURSE + O2 5:00-9:00PM \$85	LIFEGUARD TRAINING CERTIFICATION 10:00AM-4:30PM \$400
Dates: Tuesday, 9/22 & Monday, 11/2	Dates: 6/6/26, 6/7/26, 6/14/26, 6/20/26, 9/27-10/25
ARC – FIRST AID COURSE \$80	ARC – LIFEGUARDING RECERT 8:00-6:00 \$250
Dates: Saturday, 9/16 from 9:00am-1:00pm & Monday, 11/16 from 5:00-9:00pm	Dates: 10/17, 11/14

Holiday Camp Dates: Grades K-6
8:00am-6:00pm | \$80/day
October: 12 (Columbus Day)
November: 11 (Veteran’s Day)
December: 28-30 (Holiday Break)
February: 16-19 (Mid-Winter Recess)
March: 25, 26, 29 (Spring Break 1)
April: 19-23 (Spring Break 2)



Half Day Sports Camp: Grades K-6
9:00am-12:00pm | \$60/day
October: 12 (Columbus Day)
November: 11 (Veteran’s Day)
December: 28-30 (Holiday Break)
February: 16-19 (Mid-Winter Recess)
March: 25, 26, 29 (Spring Break 1)
April: 19-23 (Spring Break 2)



Tween Takeover: Fridays
6:30-8:30pm | 3rd-6th Grade
9/19 • 10/23 • 11/20 • 12/18
1/22 • 2/26 • 3/19

