Patchogue Family YMCA

255 W Main St, Patchogue, NY 11772 | 631.891.1800 | YMCALI.org

Registration Begins: Monday, August 31, 2026
Fall I Session: Sunday, September 13, 2026 - Saturday, November 21, 2026
Contact: Christina Frank | 631-891-1815 | Christina.Frank@ymcali.org

AQUATICS PROGRAMS

INFANT/TODDLER SWIM LESSONS (6 MONTHS–3 YEARS OLD WITH PARENT) Classes meet once per week for 9 weeks

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	FULL PROGRAM	PROGRAM
STAGE A Water Discovery	10:30-11:00am		10:00-10:30am	4:30-5:00pm			10:00-10:30am	$168	$252
STAGE B Water Exploration		5:00-5:30pm	10:00-10:30am				10:30-11:00am	$168	$252

PRESCHOOL SWIM LESSONS (3–5 YEARS OLD) Classes meet once per week for 9 weeks

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
STAGE 1 Water Acclimation	9:30-10:00am 11:00-11:30am	5:00-5:30pm	4:45-5:15pm	6:00-6:30pm	11:00-11:30am 5:00-5:30pm		10:00-10:30am 11:30am-12:00pm	$168	$252
STAGE 2 Water Movement	10:30-11:00am		11:00-11:30am 5:15-5:45pm	4:30-5:00pm	5:30-6:00pm		9:30-10:00am	$168	$252
STAGE 3 Water Stamina				5:00-5:30pm	4:30-5:00pm		11:00-11:30am	$168	$252
STAGE 4 Stroke Introduction						5:30-6:00pm		$168	$252

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

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	FULL PROGRAM	PROGRAM
STAGE 1 Water Acclimation	10:00-10:30am			5:00-5:30pm	6:00-6:30pm	4:00-4:30pm	9:30-10:00am	$168	$252
STAGE 2 Water Movement	10:00-10:30am	6:00-6:30pm	5:15-5:45pm		4:30-5:00pm	4:30-5:00pm	11:00-11:30am	$168	$252
STAGE 3 Water Stamina	9:30-10:00am	5:30-6:00pm	5:45-6:15pm	6:00-6:30pm	5:00-5:30pm		11:00-11:30am	$168	$252
STAGE 4 Stroke Introduction	8:45-9:30am**		5:45-6:30pm**	5:30-6:00pm	5:30-6:00pm	5:00-5:30pm		$168 $189**	$252 $284**
STAGE 5 Stroke Development				5:30-6:00pm	6:00-6:30pm	6:00-6:45pm**	8:45-9:30am**	$168 $189**	$252 $284**
STAGE 6 Stroke Mechanics				5:30-6:00pm		6:00-6:45pm**	8:45-9:30am**	$168 $189**	$252 $284**
Sensational Swim Adaptive (4-12 years with parents)							10:30-11:00am	$168	$252

Schedule is Subject to Change at Anytime. **45 Minute Classes

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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
Swim Basics & Strokes Teens	11:00am-11:45am				7:00-7:45pm			$189	$284
ADULT SWIM LESSONS (17+ YEARS OLD) Classes meet once per week for 9 weeks								FULL	PROGRAM
Swim Basics Adults 17 years+		6:00-6:45pm		7:00-7:45am	10:00-10:45am		11:30am-12:15pm	$189	$284
Swim Strokes Adults 17 years+		7:00-7:45am					11:30am-12:15pm	$189	$284
								FULL	PROGRAM
Competition									
Beginner Pre-Swim Team	8:45-9:30am		6:15-7:00pm					$189	$284
YMCA Swim Team 18 & Under	At Brookhaven Roe YMCA Contact Coach Isabela for a Tryout!				Contact: Isabela Gaskill, Head Coach/Aquatics Coordinator Isabela.Gaskill@ymcali.org				
Leadership									
Aquatic Leaders Club: Lifeguard Prep Ages 11-17 years old			7:00-7:45pm				11:30am-12:15pm	$189	$284
Water Fitness									
Aqua Jog		8:30-9:25am						$116	$174
Aqua Aerobics			8:30-9:25am	8:30-9:25am		8:30-9:25am	8:30-9:25am	$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

Swim Lessons: 9 Weeks - 30 Mins

Full Membership: $168

Program Membership: $252

Swim Lessons: 9 Weeks - 45 Mins

Full Membership: $189

Program Membership: $284

Private Swim Lessons

4-pk (30 mins) $281

8-pk (30 mins) $510

12-pk (30 mins) $697 (2x a week Lessons)

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 (2x a week Lessons)

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Contact: Darryl Smith | Darryl.Smith@ymcali.org

YOUTH PROGRAMS – 10 WEEK SESSIONS

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price FULL	Price PROGRAM
Small Star Basketball 6-8 years old			4:15-5:15pm			5:15-6:15pm		$135	$203
All Star & Small Star Volleyball 6-12 years old							12:00-1:00pm	$135	$203
All Star Basketball Clinic 8-12 years old			5:15-6:15pm				11:00am-12:00pm	$135	$203
New All Star NERF & Dodgeball 8-12 years old				6:15-7:15pm				$135	$203
All Star Agility & Fitness 9-12 years old						4:15-5:15pm		$135	$203
Beginner Rock Climbing 8-12 years old					6:45-7:30pm			$135	$203
Small Star Ninja/ Adventure 6-8 years old		4:30-5:30pm						$135	$203
Girls Flag Football **At Roe** 7-13 years old **5 Weeks**						4:45-5:30pm		$150	$175
Small Star Soccer & Hockey 6-8 years old					5:15-6:15pm			$135	$203

MOVEMENT PROGRAMS – 10 WEEK SESSIONS

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price FULL	Price PROGRAM
Tumbling 3-5 years old	11:00-11:45am			4:00-4:45pm				$135	$203
Gymnastics 6-8 years old	12:00-1:00pm			5:00-6:00pm				$135	$203
Movers & Makers 9mo-2 years old	1:15-2:00pm							$135	$203

FREE PROGRAMS

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price FULL	Price PROGRAM
Running Club			5:30-6:00pm **Ages 6-12** 6:30-7:15pm **Ages 17+**					FREE	FREE

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PRE-K PROGRAMS - 5 WEEK SESSIONS

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price FULL	Price PROGRAM
PeeWee Basketball Ages 3-5						2:30-3:00pm		$150	$175
PeeWee Soccer & Hockey Ages 3-5				2:30-3:00pm				$150	$175
New Pre-K Ninja/ Adventure Ages 3-5		2:30-3:00pm			4:00-4:30pm			$150	$175
New Pre-K Golf & Pickleball Ages 3-5					2:30-3:00pm			$150	$175
New Pre-K Arts, Crafts, Blocks Ages 3-5			2:30-3:00pm					$150	$175

PICKLEBALL CLINICS - 5 WEEK SESSIONS

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price FULL	Price PROGRAM
New Beginner Pickleball Clinic Ages 8-12		5:00-6:00pm						$100	$150
Beginner Pickleball Clinic Ages 18+				9:00-10:00am				$100	$150
Pickleball Skills and Thrills Ages 18+				10:15-11:15am				$100	$150

ADULT FITNESS

Contact: Brittany Kontos | Health & Wellness Director | Brittany.Kontos@ymcali.org

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price FULL	Price PROGRAM
New Intro To Chakras **7 Weeks** (9/15-10/27)			8:30-9:30am					$10 **Per Week for Members & Non-Members**	
New Tai Chi for Balance **6 Weeks** (9/28-11/3)		10:30-11:30am	10:30-11:30am					FREE	$75
New Intro to Country Line Dancing **3 Weeks** (9/21-10/5)		5:00-6:00pm						$10 **Per Week**	$10 **Per Week**
LiveStrong (9/21-12/14)		12:45-2:00pm		12:45-2:00pm				FREE	FREE

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Holiday Camp Dates: Grades K-5
8:00am-6:00pm | $80/day
October: 12 (Columbus Day)
November: 11 (Veteran's Day)
December 21-Jan. 1 (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
9/25 • 10/23 • 11/20 • 12/18
1/22 • 2/26 • 3/19

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	1/2 hour sessions	Introductory Rate
1 Session | $75	1 Session | $50	1 Hour (3 Sessions): $150
4 Sessions | $282	4 Sessions | $182	1/2 Hour (3 Sessions): $99
8 Sessions | $545	8 Sessions | $352	
12 Sessions | $790	12 Sessions | $499	
18 Sessions | $1150	18 Sessions | $720	
24 Sessions | $1500	24 Sessions | $920	

Schedule is Subject to Change at Anytime

Adventure Zone:
Monday - Friday 4:00-8:00pm, Saturday & Sunday 8:00-1:00pm
(Subject to change due to rentals)

Rockwall Hours:
Tuesday: 5:00-7:00pm
Wednesday: 6:30-8:30pm
Thursday: 5:00-7:00pm
Sunday: 1:00-3:00pm

Adult CoEd Volleyball League Ages 18+

Start Date : 9/15/26
End Date: 11/10/26
Enroll start: 8/19/26
Tuesdays 6:00 PM - 10:00 PM
$400 for Member, Program, Non-Members

Indoor Triathlon Event | Oct. 24 | 7:15-11:15am

15 Minute Indoor Swim • 15 Minute Indoor Bike
15 Minute Indoor Run

An Indoor Triathlon is very similar to an outdoor triathlon except all events are completed indoors using the pool, stationary bikes, and treadmills.

How the Triathlon works:

- The Indoor Triathlon scored in points rather than time. Each discipline is 15 minutes. The distance is measured then converted into a point system. Further Distance = More Points
- There will be a 5 minute transition time between each discipline for the participants to move to the next event.
- Athletes will participate in waves, which will begin every 20 minutes.

Registration:
Opens: 08/31/2026 at 5:00am
Closes: 10/24/26 at 12pm
Ages: 13 and up