Great South Bay YMCA

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

Registration Begins: Monday, November 9, 2026
Fall II Session: Sunday, November 22, 2026- Saturday, February 6, 2027
Contact: Lisa McKeown | 516-344-6717 | lisa.mckeown@ymcali.org

AQUATICS PROGRAMS

INFANT/TODDLER SWIM LESSONS (6 MONTHS–3 YEARS OLD)

Classes meet once per week for 9 weeks. Adult supervision required. 30 Minutes.

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	FULL PROGRAM	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 $149*	$252 $224*
STAGE B Water Exploration 19-36 mos.			5:45-6:15pm		10:15-10:45am*	10:00-10:30am	9:00-9:30am	$168 $149*	$252 $224*

PRE-SCHOOL SWIM LESSONS (3–5 YEARS)

Classes meet once per week for 9 weeks. 30 minutes.

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	FULL PROGRAM	PROGRAM
STAGE 1 Water Acclimation	9:00-9:30am	3:30-4:00pm	4:00-4:30pm		6:00-6:30pm*		9:30-10:00am 11:30am-12:00pm	$168 $149*	$252 $224*
STAGE 2 Water Movement	10:00-10:30am	4:30-5:00pm	6:30-7:00pm		3:30-4:00pm*		10:30-11:00am 12:00-12:30pm	$168 $149*	$252 $224*
STAGE 3 Water Stamina	11:00-11:30am	4:00-4:30pm	3:30-4:00pm		4:00-4:30pm* 6:00-6:30pm*		10:00-10:30am	$168 $149*	$252 $224*
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.

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	FULL PROGRAM	PROGRAM
STAGE 1 Water Acclimation	9:30-10:00am	6:30-7:00pm	4:30-5:00pm		4:30-5:00pm*		10:30-11:00am 11:30am-12:00pm	$168 $149*	$252 $224*
STAGE 2 Water Movement	11:30am-12:00pm	6:30-7:00pm	4:30-5:00pm				10:00-10:30am	$168	$252
STAGE 3 Water Stamina	10:30-11:00am	4:30-5:00pm	4:00-4:30pm		4:00-4:30pm*	4:00-4:30pm	9:30-10:00am	$168 $149*	$252 $224*
STAGE 4 Stroke Introduction		7:00-7:30pm	5:00-5:30pm		4:00-4:30pm*	4:00-4:30pm	10:00-10:30am	$168 $149*	$252 $224*
STAGE 5 Stroke Development		6:00-6:30pm		4:00-4:30pm	6:30-7:00pm*	4:30-5:00pm	9:00-9:30am	$168 $149*	$252 $224*
STAGE 6 Stroke Mechanics		6:00-6:30pm		4:00-4:30pm	6:30-7:00pm*	4:30-5:00pm	9:00-9:30am	$168 $149*	$252 $224*

Schedule is Subject to Change at Anytime | *Thursday classes are 8 weeks long

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Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	
PRE-SWIM TEAM 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 $268*	$426 $402*
LIFEGUARD PREP/TEEN SWIM LESSONS/SENSATIONAL SWIM								FULL	PROGRAM
Swim Basics Teen (12-17yrs)		7:15-8:00pm						$189	$284
Sensational Swim Special Needs				6:00-6:30pm 6:30-7:00pm 7:00-7:30pm				$168	$252
Lifeguard Prep Course				5:00-5:45pm				$189	$284
ADULT SWIM LESSONS/WORKOUT 17+								FULL	PROGRAM
Adult Lessons			7:15-8:00pm		9:30-10:15am*			$189 $168*	$284 $252*
Adult Swim Workout **(2x Per Week)**		5:30-7:00am		5:30-7:00am				$252	$378
AQUATIC FITNESS PROGRAMS								FULL	PROGRAM
Shape Up			1:00-2:00pm		1:00-2:00pm*			$116 $103*	$174 $155*
Water Slimnastics		8:30-9:30am			8:30-9:30am*			$116 $103*	$174 $155*
Aqua Power Express			9:30-10:30am					$116	$174
Aqua Aerobics						9:00-10:00am		$116	$174
Aqua Balance		9:30-10:15am						$90	$131
Arthritis Program		1:00-2:00pm				1:00-2:00pm*		$116 $103*	$174 $155*
Power Water Walk				9:00-9:45am	9:30-10:15am*			$90 $80*	$131 $116*

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	
HEALTH AND WELLNESS								FULL	PROGRAM
Small Group Training		5:30-6:15pm **Total Body** 6:00-6:30pm 6:30-7:00pm 7:00-7:30pm **Sensational Fitness (Special Needs)**	7:15-8:00am 8:15-9:00am 10:15-11:00am **Total Body** 12:15-1:00pm **Rehab Knees/Hip**	7:30-8:15am **Total Body**	8:15-9:00am **Boxing** 10:15-11:00am **Total Body** 11:30am-12:10pm **Senior Balance** 12:15-1:00pm **Rehab Shoulder/Neck/Back** 4:30-5:15pm **Total Body** 5:30-6:15pm **Beginner SGT**	8:15-9:00am **Boxing**	8:00-8:45am **Total Body** 10:30-11:15pm **Beginner SGT**	$180	$270
Pilates Reformer (Ages 16+) **(B) - Beginner (I) - Intermediate**		8:15-9:00am **(B)** 9:15-10:00am **(I)** 12:30-1:15pm **(B)**		8:15-9:00am **(I)** 9:15-10:00am **(B)** 5:30-6:15pm **(I)**	8:15-9:00am **(I)** 9:15-10:00am **(B)**			$250	$350
Parkinsons Steady On Your Feet		1:30-2:30pm*		12:00-1:00pm				$180 1x a week	$270* 2x a week
YOUTH FITNESS/ TEEN | 10 WEEK SESSIONS								FULL	PROGRAM
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		4:30-5:15pm Ages 10-16						$135	$203
PICKLEBALL INSTRUCTIONAL CLASSES								FULL	PROGRAM
Beginner 16 and Up				11:00am-12:00pm**(S1)** 11:00am-12:00pm**(S2)**				$90	$135

Personal Training & Pilates Reformers:

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 | $299
8 Sessions | $570
12 Sessions | $840
18 Sessions | $1225
24 Sessions | $1590

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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Contact: Alicia Apolinaris | 516-344-6722 | alicia.apolinaris@ymcali.org

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	
MY BUDDY AND ME CLASSES (6-35 Months) 9 Week Session | Located in Jitterbug Room on the 3rd Floor								FULL	PROGRAM
Jitterbug Art & Play (6m - 3yrs)				10:00-11:00am				$135	$203
Jitterbug Play (6m - 3yrs)			10:00 -11:00am					$135	$203
Jitterbug Sensory Play (18-35m)					10:00 -11:00am			$135	$203
Storybook Adventures (18m-3yrs)						10:00 -11:00am		$135	$203
YOUTH ENRICHMENT & SPORTS (3-5 Years Old) 9 Week Session								FULL	PROGRAM
Little Picassos			5:15-6:00pm				9:00-10:00am	$135	$203
Preschool Art & Gym						4:30-5:30pm		$135	$203
Taste & Learn					5:00-6:00pm		10:00-11:00am	$145	$210
PeeWee Basketball					4:15-5:00pm			$135	$203
PeeWee Sports				4:30-5:15pm				$135	$203
Tumble Time (Ages 2-5 Years)						5:00-5:45pm		$135	$203
YOUTH ENRICHMENT & SPORTS (6-10 Years Old) 9 Week Session									
Board Game Cafe (Ages 6-12)				5:45-6:45pm				$135	$203
Junior Scientists				4:45-5:45pm			10:00-11:00am	$135	$203
Messy Art Studio			6:00-7:00pm				10:00-11:00am	$135	$203
School Age Art & Gym (Ages 6-12)						5:00-6:00pm		$135	$203
Taste & Learn					6:00-7:00pm		9:00-10:00am	$145	$210
Soccer Clinic (Ages 5-8)						4:15-5:00pm		$135	$203
Flag Football						6:00-6:45pm		$135	$203
Sports Sampler			5:00-5:45pm					$135	$203
Teeball (Ages 5-8)			4:15-5:00pm					$135	$203
New* Ninja (Ages 5-8)				5:15-6:00pm				$135	$203
Basketball Stage 1 (Ages 5-8)							9:00-10:00am	$135	$203
Open Rec Room			5:45-7:00pm		5:45-7:00pm		9:00-11:00am	FREE	FREE

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Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	
YOUTH SPORTS (8-15 Years Old) 9 Week Session | Located on the 2nd Floor Gym								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
Cheer (Ages 7-15)						5:45-6:30pm		$135	$203
Theater (Ages 8-15)							9:00-10:00am	$135	$203
New* Co-Ed Volleyball (Ages 8-12)					5:00-6:00pm			$135	$203
Co-Ed Volleyball (Ages 12-15)					6:00-7:00pm			$135	$203
Pickleball			6:00-7:00pm					$90	$135

Holiday Camp Dates: Grades K-6
8:00am-6:00pm | $80/day
December: 23, 28, 29, 30 (Holiday Break)
February: 16-19 (Mid-Winter Recess)
March: 26, 29 (Spring Break 1)
April: 19-23 (Spring Break 2)

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

Teen Center:
Our Free Teen Center is back at the Great South Bay YMCA! We are now offering twice a month on Mondays from 2:30-5:30pm for all teens. 12/7 • 12/21

Parents Day Out - 12-2:30 pm
Parent's Night Out- 6:00-8:30pm
When parents need a break to run errands, or just need a night out, the Y is here to help!
Program Members $10 | Non-Members $20

Child Watch: (6months – 7 years)
Monday - Thursday: 7:45am-12:00pm & 4:30-7:00pm
Saturday: 7:45am-12:00pm
Closed Sunday & Friday

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 3 months – 3 years) – email Christina.Ryan@ymcali.org

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