

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. Adult supervision required. 30 Minutes. FULL 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. FULL 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. FULL PROGRAM

STAGE 1 Water Acclimation	9:30–10:00am	6:30–7:00pm	4:30–5:00pm	4:00–4:30pm	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	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*

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

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)		6:30-7:15pm						\$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					\$116	\$174
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	\$174
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

Want to try out a Water Fitness class?

BUY 3 GET THE 4TH FREE!!!

2-3 participants; similar age & ability

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

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Contact: Despina Tenedorio | 516-344-6715 | despina.tenedorio@ymcali.org

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price
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HEALTH AND WELLNESS

FULLPROGRAM

Small Group Training		5:30–6:15pm Total Body 6:00–6:30pm 6:30–7:00pm 6:30–7:00pm 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

FULLPROGRAM

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

FULLPROGRAM

Beginner 16 and Up				11:00am–12:00pm (S1) 11:00am–12:00pm (S2)				\$90	\$135
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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!

Schedule is Subject to Change at Anytime

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
Preschool Gym & Swim (Stage 2)				4:00-5:00pm				\$225	\$313
Preschool Gym & Swim (Stage 3)				4:30-5:30pm				\$225	\$313
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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Contact: Alicia Apolinaris | 516-344-6722 | alicia.apolinaris@ymcali.org

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

Gym & Swim: Kids stay active, engage with others and safely explore different environments. Children must wear sneakers & their bathing suit under their gym clothes for this class. Bring a towel for swim part.

Art & Gym: Get the best of both worlds in this high-energy class that blends hands-on creative projects with physical activity.

Theater: Students use their voice and body to promote self-esteem while using theater techniques to learn on-stage presence and public speaking.

Basketball:

Stage 1: Children are introduced to the sport and starting skills needed for the game. Fun and informative plus a good workout for them. **Ages 6–8.**

Stage 2: Next level skills worked on. Dribbling, passing, and shooting development. Incorporate fun basketball games into their season. **Ages 9–12.**

Stage 3: Great for those kids that are looking to make a team or play already on a starting level team. Shooting, technique, ball handling and game prep.

Ages 8–15.

Stage 4: Advanced basketball training. Focus on advanced offensive and defensive game skills. Higher level ball handling and shooting technique. **Ages 13–17**

Child Watch: (6months – 7 years) – Tuesday, Wednesday & Thursday 8am–12pm/

Tuesday 4:45–7pm / Wed & Thurs 4:30pm–7pm / Saturdays 7:45am–12pm

Closed Sunday, Monday & Friday

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



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



Schedule is Subject to Change at Anytime