YMCA at Glen Cove

125 Dosoris Lane, Glen Cove, NY 11542 | 516.671.8270 | YMCALI.org

Registration Begins: Monday, November 9, 2026
Fall II Session: Sunday, November 22, 2026- Saturday, February 6, 2027
Contact: Eric Gentile | Eric.Gentile@ymcali.org | (516) 671-8270 ext 5419

AQUATICS PROGRAMS

INFANT/TODDLER SWIM LESSONS (6 MONTHS-36 MONTHS) Classes meet once per week for 9 weeks. Adult supervision required.

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	FULL PROGRAM	
STAGE A Water Discovery 6mos.-36mos.	12:30-1:00pm			10:30-11:00am				$168	$252
STAGE B Water Exploration 6mos.-36mos.		10:30-11:00am					9:30-10:00am	$168	$252

PRESCHOOL SWIM LESSONS (3-5 YEARS) Classes meet once per week for 9 weeks. 30 minutes. Parent observation is first and class last class only!

STAGE B+ Water Exploration	9:30-10:00am							$168	$252
STAGE 1 Water Acclimation	10:15-10:45am	5:30-6:00pm		5:30-6:00pm			11:00-11:30am 12:30-1:00pm	$168	$252
STAGE 2 Water Movement	11:00-11:30am		5:30-6:00pm				11:45am-12:15pm	$168	$252
STAGE 3 Water Stamina	11:45am-12:15pm						10:15-10:45am	$168	$252
STAGE 4 Stroke Introduction					5:30-6:00pm			$168	$252

SCHOOL-AGE SWIM LESSONS (6-12 YEARS) Classes meet once per week for 9 weeks. 30 minutes. Parent observation is first and class last class only!

STAGE 1 Water Acclimation	9:30-10:00am							$168	$252
STAGE 2 Water Movement	10:15-10:45am	6:15-6:45pm					12:30-1:00pm	$168	$252
STAGE 3 Water Stamina	11:00-11:30am		6:15-6:45pm				11:45am-12:15pm	$168	$252
STAGE 4 Stroke Introduction	11:45am-12:15pm			6:15-6:45pm			11:00-11:30am	$168	$252
STAGE 5 Stroke Development	12:30-1:00pm				6:15-6:45pm		10:15-10:45am	$168	$252
STAGE 6 Stroke Mechanics							9:30-10:00am	$168	$252

SCHOOL-AGE SWIM Classes meet once per week for 9 weeks. 1 Hour.

Swim Club (Ages 8-15)		6:00-7:00pm		6:00-7:00pm		6:00-7:00pm		$189	$284

Schedule is Subject to Change at Anytime. No Class 11/26, 12/24-1/1 | Thursdays are 8 Weeks. Classes are prorated.

YMCA at Glen Cove

125 Dosoris Lane, Glen Cove, NY 11542 | 516.671.8270 | YMCALI.org

Registration Begins: Monday, November 9, 2026
Fall II Session: Sunday, November 22, 2026- Saturday, February 6, 2027
Contact: Eric Gentile | Eric.Gentile@ymcali.org | (516) 671-8270 ext 5419

AQUATICS PROGRAMS CONTINUED

ADULT LESSONS (17+)

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	FULL Price	PROGRAM Price
Stage 1-6 Combo			10:30-11:00am					$168	$252
Adult Swim Club					10:30-11:00am			$168	$252

ADULT WATER FITNESS CLASSES/AQUA SGT

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	FULL Price	PROGRAM Price
Aqua Jog with Jean Anne V. **8 weeks**					8:00-8:45am			$104	$157
Aqua Total Body with Jean Anne V. **8 weeks**					9:00-9:45am			$104	$157

LIFEGUARD CLASSES

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	FULL Price	PROGRAM Price
New Junior Lifeguard Pathway	2:00-3:00pm							$189	$284

STAGE B+ WATER EXPLORATION | 3-5 YEARS OLD

Level B+ swim class serves as the perfect stepping stone between parent-child water discovery and independent preschool swim lessons. During the first half of the session, parents remain in the water to provide a familiar sense of security while their child builds foundational water skills. For the second half of the session, parents step out of the pool, allowing the young swimmers to work directly with the instructor to foster early independence. This gradual approach is excellent for gently easing separation anxiety and ensuring a smooth, confident transition to their first solo preschool classes.

AQUA JOG WITH JEAN ANNE

Low-impact class that focuses on walking, jogging, and cross-country skiing movements in deep water to improve cardiovascular fitness and muscle tone. Using the water's resistance, participants wear flotation belts to stay afloat, engaging in a full-body workout that strengthens muscles while protecting the joints. It's a refreshing way to build endurance and stay fit, suitable for all fitness levels.

8 WEEK CLASS | 12 SPOTS
11/26/26 - 1/18/27

AQUA TOTAL BODY WITH JEAN ANNE

Full body strength workout using dumbbells with the resistance of the water. Ages 16 and up.

8 WEEK CLASS | 12 SPOTS
11/26/26 - 1/18/27

Private Swim Lessons

4-pk (30 mins) $281

8-pk (30 mins) $510

12-pk (30 mins) $697

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

Swim Club

We offer flexible pricing based on the number of practices attended per week.

1 Week	Full: $189 | Program: $284
2 Week	Full: $309 | Program: $553
3 Week	Full: $539 | Program: $797
4 Week	Full: $684 | Program: $1003

Schedule is Subject to Change at Anytime. No Class 11/26, 12/24-1/1 | Thursdays are 8 Weeks. Classes are prorated.

YMCA at Glen Cove

125 Dosoris Lane, Glen Cove, NY 11542 | 516.671.8270 | YMCALI.org

Registration Begins: Monday, November 9, 2026
Fall II Session: Sunday, November 22, 2026- Saturday, February 6, 2027

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	
YOUTH SPORTS & RECREATION Classes meet once per week for 9 weeks.								FULL	PROGRAM
Co-Ed Basketball Scrimmage 9-14 years old					5:00-6:00pm		10:00-11:00am	$195	$290
Co-Ed Soccer 3-5 years old			4:30-5:30pm					$135	$203
Co-Ed Soccer 6-8 years old			5:30-6:30pm					$135	$203
Co-Ed Soccer 9-13 years old			6:30-7:30pm					$135	$203
Flag Football 3-5 years old				4:30-5:30pm				$135	$203
Flag Football - CoEd 6-8 years old				5:30-6:30pm				$135	$203
Flag Football - CoEd 9-13 years old				6:30-7:30pm				$135	$203
Hockey - CoEd 3-5 years old						4:30-5:30pm		$135	$203
Hockey - CoEd 6-8 years old						5:30-6:30pm		$135	$203
Hockey - CoEd 9-13 years old						6:30-7:30pm		$135	$203
ADULT SPORTS & REC									
Pickleball 101 (Ages 16+) **5 Weeks 11/23-12/21**		1:00-2:00pm						$90	$135
Pickleball 101 (Ages 16+) **5 Weeks 1/4-2/1**		1:00-2:00pm						$90	$135
Moving For Better Balance **10 Weeks**				3:00-4:00pm				$180	$270

Schedule is Subject to Change at Anytime. No Class 11/26, 12/24-1/1 | Thursdays are 8 Weeks. Classes are prorated.

YMCA at Glen Cove

125 Dosoris Lane, Glen Cove, NY 11542 | 516.671.8270 | YMCALI.org

Registration Begins: Monday, November 9, 2026
Fall II Session: Sunday, November 22, 2026- Saturday, February 6, 2027
Contact: Raphael Srabian | raphael.srabian@ymcali.org

PILATES REFORMER CLASSES | 6 - 45 Minute Classes twice a week for 3 weeks

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	
								FULL	PROGRAM
Pilates Reforme Intermediater **11/23-12/9**		10:00-10:45am 11:00-11:45am		10:00-10:45am 11:00-11:45am				$210	$315
Pilates Reformer Intermediate **11/23-12/11**		5:30-6:15pm 6:30-7:15pm				5:30-6:15pm 6:30-7:15pm		$210	$315
Pilates Reformer **11/24-12/10**			4:30-6:15PM		4:30-6:15PM			$210	$315
Pilates Reformer Intermediate **12/14-12/30**		10:00-10:45am 11:00-11:45am		10:00-10:45am 11:00-11:45am				$210	$315
Pilates Reformer Intermediate **12/14-1/1**		5:30-6:15pm 6:30-7:15pm				5:30-6:15pm 6:30-7:15pm		$210	$315
Pilates Reformer **12/15-12/31**			4:30-6:15PM		4:30-6:15PM			$210	$315
Pilates Reformer Intermediate **1/11-1/27**		10:00-10:45am 11:00-11:45am		10:00-10:45am 11:00-11:45am				$210	$315
Pilates Reformer Intermediate **1/11-1/29**		5:30-6:15pm 6:30-7:15pm				5:30-6:15pm 6:30-7:15pm		$210	$315
Pilates Reformer **1/12-1/28**			4:30-6:15PM		4:30-6:15PM			$210	$315

Schedule is Subject to Change at Anytime. No Class 11/26, 12/24-1/1 | Thursdays are 8 Weeks. Classes are prorated.

YMCA at Glen Cove

125 Dosoris Lane, Glen Cove, NY 11542 | 516.671.8270 | YMCALI.org

Registration Begins: Monday, November 9, 2026
Fall II Session: Sunday, November 22, 2026- Saturday, February 6, 2027
Contact: Raphael Srabian | raphael.srabian@ymcali.org

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price

Holiday Camp Dates: Grades K-6
8:00am-6:00pm | $80/day
December: 28-30 (Holiday Break)
February: 16-19 (Mid-Winter Recess)
March: 10
April: 22, 23, 26-30

Tween Takeover: Fridays
6:30-8:30pm | 3rd-6th Grade
December 18, January 22,
February 19, March 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 | $80	1 Session | $50	1 Hour (3 Sessions): $150
4 Sessions | $300	4 Sessions | $190	1/2 Hour (3 Sessions): $99
8 Sessions | $580	8 Sessions | $365	
12 Sessions | $840	12 Sessions | $520	
18 Sessions | $1210	18 Sessions | $745	
24 Sessions | $1560	24 Sessions | $960	

NEW LIFEGUARD PRE-CERTIFICATION CLASSES

LIFEGUARD PRE-TEST | 11/27/26 | 9:00am | $25
LIFEGUARD PRE-TEST | 12/14/26 | 5:30-7:30pm | $25

American Red Cross Lifeguarding Certification (Ages 15+)

Become a certified American Red Cross Lifeguard through our convenient four-week evening program. Designed for high school students, college students, and working adults, this blended learning course combines online coursework with hands-on pool and classroom instruction in lifeguarding, CPR/AED, first aid, rescue techniques, and emergency response.

11/27/26-11/29 | 9:00am-4:00pm | $375
12/28/26-12/30 | 5:30-8:30pm | $375

Junior Lifeguard Pathway (Ages 12-15)

he Junior Lifeguard Pathway is a unique youth development program designed for strong swimmers who are interested in becoming future lifeguards. Through swimming challenges, rescue skill development, teamwork, leadership activities, and friendly competitions, participants build confidence, improve aquatic fitness, and develop the knowledge and habits of successful lifeguards. Students progress through a competency-based achievement system that encourages continued growth over multiple sessions, making this more than just a class-it's a pathway toward future American Red Cross Lifeguarding certification and YMCA employment opportunities. **Classes meet Sundays from 2:00-3:00 PM**

Schedule is Subject to Change at Anytime. No Class 11/26, 12/24-1/1 | Thursdays are 8 Weeks. Classes are prorated.