# Huntington YMCA

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

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

## AQUATICS PROGRAMS

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

| Class | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | FULL PROGRAM | |
|---|---|---|---|---|---|---|---|---|---|
| STAGE: A & B<br>Swim Starters | 8:30-9:00am A<br>9:05-9:35am A | 10:10-10:40am A | 6:10-6:40pm A | 9:15-9:45am A | 9:10-9:40am A | 9:15-9:45am A<br>2:20-2:50pm A | 9:45-10:15am A<br>10:25-10:55am A | $168 | $252 |
| | | | | | | | | FREE | FREE |

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

| Class | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | FULL PROGRAM | |
|---|---|---|---|---|---|---|---|---|---|
| STAGE 1<br>Water Acclimation | 9:45-10:15am A<br>10:25-10:55am A<br>11:05-11:35am A | 2:15-2:45pm A<br>4:40-5:10pm N | 2:15-2:45pm A<br>4:05-4:35pm N | 4:05-4:35pm N | 9:50-10:20am A<br>4:40-5:10pm N | 4:05-4:35pm A | 9:05-9:35am A<br>10:25-10:55am A<br>11:05-11:35am A | $168 | $252 |
| STAGE 2<br>Water Movement | 9:05-9:35am A<br>9:45-10:15am A<br>10:25-10:55am A | 4:05-4:35pm N | 4:05-4:35pm N | 2:15-2:45pm A<br>4:40-5:10pm N | 2:15-2:45pm A<br>4:05-4:35pm N | 4:05-4:35pm A | 9:05-9:35am A<br>9:45-10:15am A<br>11:05-11:35am A | $168 | $252 |
| STAGE 3<br>Water Stamina | 9:05-9:35am A<br>11:05-11:35am A | | 4:40-5:10pm N | | 4:05-4:35pm N | | 9:45-10:15am A<br>11:05-11:35am A | $168 | $252 |
| STAGE 4<br>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

| Class | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | FULL PROGRAM | |
|---|---|---|---|---|---|---|---|---|---|
| STAGE 1<br>Water Acclimation | 11:10-11:40am N | 4:05-4:35pm N | | | | | 9:10-9:40am N | $168 | $252 |
| STAGE 2<br>Water Movement | 10:30-11:00am N<br>11:50am-12:20pmN | 4:40-5:10pm N | | 4:05-4:35pm N | 4:40-5:10pm N<br>5:15-5:45pm N | 5:15-5:45pm A | 9:10-9:40am N<br>10:30-11:00am N | $168 | $252 |
| STAGE 3<br>Water Stamina | 9:50-10:20am N<br>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<br>5:15-5:45pm N | 4:05-4:35pm A | 9:50-10:20am N<br>11:50am-12:20pm N | $168 | $252 |
| STAGE 4<br>Stroke Introduction | 9:10-9:40am N<br>10:25-10:55am A<br>11:05-11:35am A | 4:40-5:10pm N | 5:15-6:00pm N**<br>**45 Mins** | 4:05-4:35pm N<br>5:15-5:45pm N | 5:15-5:45pm N | 4:40-5:10pm A | 10:30-11:00am N<br>11:10-11:40pm N | $168<br>$252** | $252<br>$378** |
| STAGE 5<br>Stroke Development | 9:50-10:20am N<br>10:30-11:00am N | 5:15-6:00pm N**<br>**45 Mins** | 5:15-6:00pm N**<br>**45 Mins** | 5:15-5:45pm N | | 4:40-5:10pm A<br>5:15-5:45pm A | 9:50-10:20am N<br>11:50am-12:20pm N | $168<br>$252** | $252<br>$378** |
| STAGE 6<br>Stroke Mechanics | 9:10-9:40am N<br>11:50am-12:20pm N | 5:15-6:00pm N**<br>**45 Mins** | | 6:00-6:45pm N**<br>**45 Mins** | | 6:05-6:50pm A**<br>**45 Mins** | 11:10-11:40am N | $168<br>$252** | $252<br>$378** |
| Sensational Swim<br>**(Parent may be asked to be in water)** | | | 6:50-7:20 pm A | | | | | $168 | $252 |

**Schedule is subject to change at anytime**

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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 |
| 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 & Under) | | $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<br>6:10-6:50pm 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 | 1/2 hour sessions |
|---|---|
| 1 Session \| $80 | 1 Session \| $60 |
| 4 Sessions \| $305 | 4 Sessions \| $220 |
| 8 Sessions \| $585 | 8 Sessions \| $390 |
| 12 Sessions \| $835 | 12 Sessions \| $555 |
| 18 Sessions \| $1200 | 18 Sessions \| $795 |
| 24 Sessions \| $1550 | 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**

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## YOUTH ENRICHMENT

| Class | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Price FULL | Price PROGRAM |
|---|---|---|---|---|---|---|---|---|---|
| **PARENT/CHILD CLASSES (6-18 MONTHS)** Classes meet once per week for 10 weeks | | | | | | | | | |
| 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<br>2-5 years<br>*Separation Class | | | | | | | $135 | $203 |
| **YOUTH ENRICHMENT (GRADES K-6)** Classes meet once per week for 10 weeks | | | | | | | | | |
| Tumbling | 11:00-11:45am<br>(Ages 5-8) | | | | | | | $135 | $203 |
| Arts and Crafts | | | | | | 5:00-6:00pm<br>(Grades 4-8)<br>6:00-7:00pm<br>(Grades 3-6) | | $135 | $203 |
| YMCA Gamers Club | | | | | 6:30-7:45pm<br>(Ages 7-12) | | | $135 | $203 |
| Digital Art | | | | | | 5:00-6:00pm<br>(Ages 5-8)<br>6:00-7:00pm<br>(Ages 9-13) | | $135 | $203 |
| Robotics | | | | | 5:00-6:00pm<br>(Ages 7-12) | | | $135 | $203 |
| Fun with Food<br>Savory & Sweet | | | | | | 5:15-6:15pm<br>(Ages 5-9)<br>6:30-7:30pm<br>(Ages 9-12) | | $145 | $203 |

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## YOUTH SPORTS

| Class | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Price | |
|---|---|---|---|---|---|---|---|---|---|
| **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 |
| Basketball League | | | | | | | 12:00-2:30pm | $150 | $170 |
| **YOUTH SPORTS (AGES 8-12)** Classes meet once per week for 10 weeks | | | | | | | | | |
| Dodgeball/Nerf | | | | | 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 |
| Basketball League | | | | | | | 2:30-4:00pm | $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 | | | 12:30-2:00pm | 11:00am-12:30pm | | | | $130 | $160 |

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## ADULT FITNESS (AGES 18+) Classes meet once per week for 10 weeks

| Class | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Price | |
|---|---|---|---|---|---|---|---|---|---|
| Small Group Training | | | 8:30-9:30am<br>Jane (FC) | 8:00-9:00am<br>Lauren (FC)<br>9:30-10:30am<br>Lauren (FC) | | 8:00-9:00am<br>Lauren (FC)<br>9:30-10:30am<br>Lauren (FC) | | $180 | $270 |
| Senior Small Group Advanced Training | | | | 11:30am-12:30pm<br>Jane (FC) | | | | $180 | $270 |
| Beginner Pilates Reformer | | | | 8:30-9:30am<br>Margo | | | | $220 | $320 |
| Pilates Reformer (All Levels) | | 6:30-7:30pm<br>Margo | 10:30-11:30am<br>Margo | | 8:00-9:00am<br>Jane<br>9:15-10:15am<br>Lauren<br>10:45-11:45am<br>Coleen<br>6:00-7:00pm<br>Angela | 9:30-10:30am<br>Angela | | $220 | $320 |
| TRX/Rebound | | | | | 10:30-11:30pm<br>Jane (HLC) | | | $180 | $270 |
| Stretch & Strength | | 9:30-10:30am<br>Lauren (FC) | | | | | | $180 | $270 |

**Holiday Camp Dates: Grades K-6**
**8:00am-6:00pm | $80/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**
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**
12/18 • 1/22 • 2/26 • 3/19

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