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 Swim Starters	8:30-9:00am A 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 2:20-2:50pm A	9:45-10:15am A 10:25-10:55am A	$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	FULL	PROGRAM
STAGE 1 Water Acclimation	9:45-10:15am A 10:25-10:55am A 11:05-11:35am A	2:15-2:45pm A 4:40-5:10pm N	2:15-2:45pm A 4:05-4:35pm N	4:05-4:35pm N	9:50-10:20am N 4:40-5:10pm N	4:05-4:35pm A	9:05-9:35am A 10:25-10:55am A 11:05-11:35am A	$168	$252
STAGE 2 Water Movement	9:05-9:35am A 9:45-10:15am A 10:25-10:55am A	4:05-4:35pm N	4:05-4:35pm N	2:15-2:45pm A 4:40-5:10pm N	2:15-2:45pm A 4:05-4:35pm N	4:05-4:35pm A	9:05-9:35am A 9:45-10:15am A 11:05-11:35am A	$168	$252
STAGE 3 Water Stamina	9:05-9:35am A 11:05-11:35am A		4:40-5:10pm N		4:05-4:35pm N		9:45-10:15am A 11:05-11:35am A	$168	$252
STAGE 4 Stroke Introduction	9:45-10:15am A				4:40-5:10pm N	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 Water Acclimation	11:10-11:40am N	4:05-4:35pm N					9:10-9:40am N	$168	$252
STAGE 2 Water Movement	10:30-11:00am N 11:50am-12:20pmN	4:40-5:10pm N		4:05-4:35pm N	4:40-5:10pm N 5:15-5:45pm N	5:15-5:45pm A	9:10-9:40am N 10:30-11:00am N	$168	$252
STAGE 3 Water Stamina	9:50-10:20am N 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 5:15-5:45pm N	4:05-4:35pm A	9:50-10:20am N 11:50am-12:20pm N	$168	$252
STAGE 4 Stroke Introduction	9:10-9:40am N 10:25-10:55am A 11:05-11:35am A	4:40-5:10pm N	5:15-6:00pm N** **45 Mins**	4:05-4:35pm N 5:15-5:45pm N	5:15-5:45pm N	4:40-5:10pm A	10:30-11:00am N 11:10-11:40pm N	$168 $252**	$252 $378**
STAGE 5 Stroke Development	9:50-10:20am N 10:30-11:00am N	5:15-6:00pm N** **45 Mins**	5:15-6:00pm N** **45 Mins**	5:15-5:45pm N		4:40-5:10pm A 5:15-5:45pm A	9:50-10:20am N 11:50am-12:20pm N	$168 $252**	$252 $378**
STAGE 6 Stroke Mechanics	9:10-9:40am N 11:50am-12:20pm N	5:15-6:00pm N** **45 Mins**		6:00-6:45pm N** **45 Mins**		6:05-6:50pm A** **45 Mins**	11:10-11:40am N	$168 $252**	$252 $378**
Sensational Swim **(Parent may be asked to be in water)**			6:50-7:20 pm A					$168	$252

Schedule is Subject to Change at Anytime. **45 Minute Classes | No Class 11/26, 12/24-1/1 | Thursdays are 8 Weeks. Classes are prorated.

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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 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!

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YOUTH ENRICHMENT

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

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YOUTH SPORTS

BUMBLE BEE SPORTS (AGES 3-5) Classes meet once per week for 10 weeks

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	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

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	FULL	PROGRAM
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
Pioneer Sports Hockey		5:00-6:00pm						$145	$175

YOUTH SPORTS (AGES 8-12) Classes meet once per week for 10 weeks

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	FULL	PROGRAM
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
Pioneer Sports Hockey		6:00-7:00pm						$145	$175

ADULT SPORTS

ADULT SPORTS & RECREATION Classes meet once per week for 8 weeks

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	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

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Small Group Training			8:30-9:30am Jane (FC)	8:00-9:00am Lauren (FC) 9:30-10:30am Lauren (FC)	11:45am-12:45pm Coleen D	8:00-9:00am Lauren (FC) 9:30-10:30am Jackie (FC)		$180	$270
Senior Small Group Advanced Training				11:30am-12:30pm Jane (FC)				$180	$270
Beginner Pilates Reformer				9:00-10:00am Margo				$220	$320
Pilates Reformer (All Levels)		6:30-7:30pm Margo	10:30-11:30am Margo		8:00-9:00am Jane 9:15-10:15am Lauren 10:45-11:45am Coleen 6:00-7:00pm Angela	9:30-10:30am Angela		$220	$320
Rebounding					10:30-11:30pm Jackie (HLC)			$180	$270
Stretch & Strength		9:30-10:30am 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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