Patchogue Family YMCA

255 W Main St, Patchogue, NY 11772 | 631.891.1800 | YMCALI.org

Registration Begins: Monday, November 9, 2026
Fall II Session: Sunday, November 22, 2026- Saturday, February 6, 2027
Contact: Christina Frank | 631-891-1815 | Christina.Frank@ymcali.org

AQUATICS PROGRAMS

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

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	FULL PROGRAM Price	
STAGE A Water Discovery	10:30-11:00am		10:00-10:30am	4:30-5:00pm			10:00-10:30am	$168	$252
STAGE B Water Exploration		5:00-5:30pm	10:00-10:30am				10:30-11:00am	$168	$252

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

STAGE 1 Water Acclimation	9:30-10:00am 11:00-11:30am	5:00-5:30pm	4:45-5:15pm	6:00-6:30pm	11:00-11:30am 5:00-5:30pm		10:00-10:30am 11:30am-12:00pm	$168	$252
STAGE 2 Water Movement	10:30-11:00am		11:00-1130am 5:15-5:45pm	4:30-5:00pm	5:30-6:00pm		9:30-10:00am	$168	$252
STAGE 3 Water Stamina				5:30-6:00pm	4:30-5:00pm		11:00-11:30am	$168	$252
STAGE 4 Stroke Introduction						5:30-6:00pm		$168	$252

SCHOOL-AGE SWIM LESSONS (5–12 YEARS OLD) Classes meet once per week for 9 weeks

								FULL	PROGRAM
STAGE 1 Water Acclimation	10:00-10:30am			5:00-5:30pm	6:00-6:30pm	4:00-4:30pm	9:30-10:00am	$168	$252
STAGE 2 Water Movement	10:00-10:30am	6:00-6:30pm	5:15-5:45pm		4:30-5:00pm	4:30-5:00pm	11:00-11:30am	$168	$252
STAGE 3 Water Stamina	9:30-10:00am	5:30-6:00pm	5:45-6:15pm	6:00-6:30pm	5:00-5:30pm			$168	$252
STAGE 4 Stroke Introduction	8:45-9:30am**		5:45-6:30pm**	5:30-6:00pm	5:30-6:00pm	5:00-5:30pm		$168 $189**	$252 $284**
STAGE 5 Stroke Development				5:30-6:00pm	6:00-6:30pm	6:00-6:45pm**	8:45-9:30am**	$168 $189**	$252 $284**
STAGE 6 Stroke Mechanics				5:30-6:00pm		6:00-6:45pm**	8:45-9:30am**	$168 $189**	$252 $284**
Sensational Swim Adaptive (4-12 years with parents)							10:30-11:00am	$168	$252

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

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TEEN SWIM LESSONS (12-17 YEARS OLD) Classes meet once per week for 9 weeks								FULL	PROGRAM
Swim Basics & Strokes Teens	11:00am-11:45am				7:15-8:00pm			$189	$284
ADULT SWIM LESSONS (17+ YEARS OLD) Classes meet once per week for 9 weeks								FULL	PROGRAM
Swim Basics Adults 17 years+				7:00-7:45am	10:00-10:45am 6:30-7:15pm		11:30am-12:15pm	$189	$284
Swim Strokes Adults 17 years+		7:00-7:45am					11:30am-12:15pm	$189	$284
NEW Sensational Swim Teen & Adult (Ages 13+)		6:00-6:45pm						$189	$284
								FULL	PROGRAM
Competition									
Beginner Pre-Swim Team	8:45-9:30am		6:15-7:00pm					$189	$284
YMCA Swim Team 18 & Under	At Brookhaven Roe YMCA Contact Coach Isabela for a Tryout!				Contact: Isabela Gaskill, Head Coach/Aquatics Coordinator Isabela.Gaskill@ymcali.org				
Leadership									
Lifeguard Prep Course 11-16 Years			7:00-7:45pm				11:30am-12:15pm	$168	$252
Water Fitness									
Aqua Jog		8:30-9:25am						$103	$155
Aqua Aerobics			8:30-9:25am	8:30-9:25am		8:30-9:25am	8:30-9:25am	$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

Swim Lessons: 9 Weeks - 30 Mins

Full Membership: $168

Program Membership: $252

Swim Lessons: 9 Weeks - 45 Mins

Full Membership: $189

Program Membership: $284

Private Swim Lessons

4-pk (30 mins) $281

8-pk (30 mins) $510

12-pk (30 mins) $697 (2x a week Lessons)

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 (2x a week Lessons)

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Contact: Darryl Smith | Darryl.Smith@ymcali.org

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Price	
YOUTH PROGRAMS – 10 WEEK SESSIONS								FULL	PROGRAM
Small Star Basketball 6-8 years old			4:15-5:15pm			5:15-6:15pm		$135	$203
All Star & Small Star Volleyball 6-12 years old							12:00-1:00pm	$135	$203
All Star Basketball Clinic 8-12 years old			5:15-6:15pm				11:00am-12:00pm	$135	$203
All Star NERF & Dodgeball 9-14 years old				6:15-7:15pm				$135	$203
All Star Agility & Fitness 9-12 years old						4:15-5:15pm		$135	$203
Beginning Rock Climbing 8-12 years old					6:45-7:30pm			$135	$203
Small Star Ninja/ Adventure 6-8 years old		4:30-5:30pm						$135	$203
MOVEMENT PROGRAMS – 10 WEEK SESSIONS								FULL	PROGRAM
Tumbling 3-5 years old	11:00-11:45am			4:00-4:45pm				$135	$203
Movers & Makers 9mo-2 years old	1:15-2:00pm							$135	$203
Gymnastics 6-8 years old	12:00-1:00pm			5:00-6:00pm				$135	$203
FREE YOUTH PROGRAMS								FULL	PROGRAM
Running Club 6-12 years old			6:30-7:15pm					FREE	FREE
Sports Club 7-12 years old				5:00-6:00pm				FREE	FREE

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PRE-K PROGRAMS – 10 WEEK SESSIONS								FULL	PROGRAM
PeeWee Basketball Ages 3-5						2:30-3:00pm		$150	$175
PeeWee Soccer & Hockey Ages 3-5				2:30-3:00pm				$150	$175
Pre-K Ninja/ Adventure Ages 3-5		2:30-3:00pm			4:00-4:30pm			$150	$175
Pre-K Golf & Pickleball Ages 3-5					2:30-3:00pm			$150	$175
Pre-K Arts, Crafts, Blocks Ages 3-5			2:30-3:00pm					$150	$175
PICKLEBALL CLINICS – 5 WEEK SESSIONS								FULL	PROGRAM
Beginner Pickleball Clinic Ages 9-14					5:00-6:00pm			$100	$150
Beginner Pickleball Clinic Ages 18+				9:00-10:00am				$100	$150
Pickleball Skills and Thrills Ages 18+				10:15-11:15am				$100	$150

Flex & Flow: A Yoga Mobility Series – 5 weeks – different body part each week
Tuesdays 8:30-9:30AM | November 24th – December 22nd
$10 per class for members, non-members, and program members – all welcome!

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)

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
1 Session | $75	1 Session | $50
4 Sessions | $282	4 Sessions | $182
8 Sessions | $545	8 Sessions | $352
12 Sessions | $790	12 Sessions | $499
18 Sessions | $1150	18 Sessions | $720
24 Sessions | $1500	24 Sessions | $920

Introductory Rate
1 Hour (3 Sessions): $150
1/2 Hour (3 Sessions): $99

Adventure Zone:
Monday - Friday 4:00-8:00pm, Saturday & Sunday 8:00-1:00pm
(Subject to change due to rentals)

Rockwall Hours:
Tuesday: 5:00-7:00pm
Wednesday: 6:30-8:30pm
Thursday: 5:00-7:00pm
Sunday: 1:00-3:00pm

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