

Open Gym - Family & Youth	Families & Kids Ages 12 & under	Sunday	7:00 AM	9:45 AM	FREE - Y Family Members	Gym
SPECIALTY CLASSES – P	ARENT/CHILD 6 – 36 MO	NTHS				
	session/ Program Member: \$187 per					
Gym/ Swim A/ Water Discovery		Monday		tudio A)/10-10:30 A	.M (Swim/ Pool)	Studio A/ Pool
Gym/ Swim B/ Water Exploration		Monday		Gym)/ 10:30-11 AM		Gym/ Pool
Art/ Swim B/ Water Exploration		Saturday			- 10:30 AM (Swim-Pool)	LL/ Pool
PARENT/ CHILD SWIM		,	<u> </u>		· · · ·	
	session/ Program Member: \$188 per 8	week session				
Swim Starters (6-18 months)		Saturday	9:15 AM	9:45 AM	6-18 months	Pool
PRESCHOOL SWIM 3-	5 YEARS OLD					
	session/ Program Member: \$188 per 8	week session				
Swim Basics	Stage 1/ Water Acclimation	Tuesday	3:30 PM	4:00 PM	3-5 years old	Pool
Swim Basics	Stage 1/ Water Acclimation	Wednesday	3:30 PM	4:00 PM	3-5 years old	Pool
Swim Basics	Stage 1/ Water Acclimation	Saturday	10:40 AM	11:10 AM	3-5 years old	Pool
Swim Basics	Stage 1/ Water Acclimation	Saturday	11:20 AM	11:50 AM	3-5 years old	Pool
Swim Basics w/ Parent	Stage 1/ Water Acclimation	Sunday	9:30 AM	10:00 AM	3-5 years old	Pool
Swim Basics	Stage 1/ Water Acclimation	Sunday	10:00 AM	10:30 AM	3-5 years old	Pool
Swim Basics	Stage 2/ Water Movement	Tuesday	4:10 PM	4:40 PM	3-5 years old	Pool
Swim Basics	Stage 2/ Water Movement	Thursday	3:30 PM	4:00 PM	3-5 years old	Pool
Swim Basics	Stage 2/ Water Movement	Saturday	10:40 AM	11:10 AM	3-5 years old	Pool
Swim Basics	Stage 2/ Water Movement	Saturday	11:20 AM	11:50 AM	3-5 years old	Pool
Swim Basics	Stage 2/ Water Movement (#1)	Saturday	12:00 PM	12:30 PM	3-5 years old	Pool
Swim Basics	Stage 2/ Water Movement (#2)	Saturday	12:00 PM	12:30 PM	3-5 years old	Pool
Swim Basics	Stage 2/ Water Movement	Sunday	10:40 AM	11:10 AM	3-5 years old	Pool
Swim Basics	Stage 3/ Water Stamina	Tuesday	4:50 PM	5:20 PM	3-5 years old	Pool
Swim Basics	Stage 3/ Water Stamina	Saturday	11:20 AM	11:50 AM	3-5 years old	Pool
Swim Basics	Stage 3/ Water Stamina	Saturday	12:00 PM	12:30 PM	3-5 years old	Pool
Swim Basics	Stage 3/ Water Stamina	Sunday	11:20 AM	11:50 PM	3-5 years old	Pool
					3-5 years old	
Swim Strokes	Stage 4/ Stroke Introduction	Sunday	12:00 PM	12:30 PM	5-5 years old	Pool
	EARS OLD	0				
Swim Basics	session/ Program Member: \$205 per Stage 1/ Water Acclimation	Saturday	12:40 PM	1:25 PM	5-12 years old	Pool
Swim Basics	Stage 1/ Water Acclimation	Saturday	1:35 PM	2:20 PM	5-12 years old	Pool
Swim Basics	Stage 2/ Water Movement	Thursday	4:10 PM	4:55 PM	5-12 years old	Pool
Swim Basics	Stage 2/ Water Movement	Saturday	12:40 PM	1:25 PM	5-12 years old	Pool
Swim Basics	Stage 2/ Water Movement (#1)	Saturday	2:30 PM	3:15 PM	5-12 years old	Pool
Swim Basics	Stage 2/ Water Movement (#7)	Saturday	2:30 PM	3:15 PM	5-12 years old	Pool
Swim Basics	-			4:55 PM	5-12 years old	Pool
Swim Basics	Stage 3/ Water Stamina Stage 3/ Water Stamina	Wednesday Saturday	1:35 PM	2:20 PM	5-12 years old	Pool
-		,		5:50 PM		
Swim Strokes Swim Strokes	Stage 4/ Stroke Introduction Stage 4/ Stroke Introduction	Wednesday	5:05 PM 12:40 PM		5-12 years old 5-12 years old	Pool Pool
Swim Strokes	Stage 4/ Stroke Introduction	Saturday Saturday	1:35 PM	1:25 PM 2:20 PM	5-12 years old	Pool
Swim Strokes	Stage 4/ Stroke Introduction Stage 4/ Stroke Introduction	Saturday	2:30 PM	3:15 PM	5-12 years old	Pool
Swim Strokes	Stage 5/ Stroke Development	Thursday	5:05 PM	5:50 PM	5-12 years old	Pool
Swim Strokes	Stage 5/ Stroke Development	Thursday	6:00 PM	6:45 PM	5-12 years old	Pool
Swim Strokes	Stage 6/ Stroke Mechanics				5-12 years old	
		Monday	4:30 PM	5:15 PM		Pool
FAMILY SWIM						
Family, Youth & Private Swim	Families	Monday	2:15 PM	3:15 PM	FREE - Y Family Members	Pool
Family, Youth & Private Swim	Families	Monday	5:30 PM	6:50 PM	FREE - Y Family Members	Pool
Family, Youth & Private Swim	Families	Wednesday	6:00 PM	6:55 PM	FREE - Y Family Members	Pool
Family, Youth & Private Swim	Families	Friday	11:00 AM	12:30 AM	FREE - Y Family Members	Pool
Family, Youth & Private Swim	Families	Friday	3:45 PM	6:00 PM	FREE - Y Family Members	Pool
Family, Youth & Private Swim	Families	Saturday	3:30 PM	5:00 PM	FREE - Y Family Members	Pool
Family, Youth & Private Swim	Families	Sunday	1:45 PM	3:00 PM	FREE - Y Family Members	Pool
Family, Youth & Private Swim	Families	Sunday	4:45 PM	6:00 PM	FREE - Y Family Members	Pool
GET SOCIAL: FACEBOOK AND	TWITTER - GREENPOINTYMCA				*Schedule changes are noted in	red.

SATURDAY DIVE IN MOVIES The two-part family event at the Greenpoint YMCA features a family movie and family swim time in our indoor heated pool. *FREE for Y families. FREE pizza. Family Swim: 3:30 - 5 PM / Family Movie: 5 - 7 PM

1/12Ice Age2/9Lady and the Tramp3/9Moana

4/13Toy Story5/11Up6/8Finding Nemo



CELEBRATE WITH US!

Having a birthday party? Rent our pool on Sundays from 3:30 – 4:30 PM. Inquire at the front desk or call at 212–912–2260.

WINTER 2019 HOLIDAY CAMP DATES					
1/21 2/5 2/18-22	Martin Luther King Day Lunar New Year Mid-Winter Recess				
Rates per day:	oliday Camp at Member Svcs				