



SPRING 1 PROGRAMS

FLUSHING YMCA SPRING SESSION: February 28th – May 1st

Member Registration begins Sat, Feb. 12 | Community Registration begins Sat, Feb. 19

Pricing based on nine-week session. Capacity limited

Stages 1 – Stage 3: Member: \$157 | Community: \$253

Stages 4 – Stage 6, Aquatics Conditioning & Adult: Members: \$186 | Community: \$292

Stage A: Water Discovery

(Ages 6 – 36 months with Parent)
Saturday 11:20AM – 11:50AM

Stage 1: Water Acclimation

(Ages 3-5 with Parent)
Saturday 10:00AM – 10:30AM
Sunday 11:40AM – 12:10PM

(Ages 5-12)
Monday 3:20PM – 3:50PM
Tuesday 3:55PM – 4:25PM

Thursday 4:30PM – 5:00PM
Saturday 10:40AM – 11:10AM
Sunday 11:00AM – 11:30AM

(Ages 18+)
Wednesday 9:45AM – 10:30AM
Wednesday 10:35AM – 11:20AM
Sunday 9:00AM – 9:45AM

Stage 2: Water Movement

(Ages 3-5)
Tuesday 4:30PM – 5:00PM
Sunday 9:50AM – 10:20AM

(Ages 5-12)
Monday 3:55PM – 4:25PM
Thursday 3:20PM – 3:50PM
Saturday 9:20AM – 9:50AM
Sunday 10:25AM – 10:55AM

Stage 3: Water Stamina

(Ages 5-12)
Monday 4:30PM – 5:00PM
Tuesday 3:20PM – 3:50PM
Thursday 3:55PM – 4:25PM

Stage 4: Stroke Introduction

(Ages 5-12)
Wednesday 3:20PM – 4:05PM
Wednesday 4:10PM – 4:55PM
Friday 3:55PM – 4:40PM
Saturday 9:05AM – 9:45AM

Stage 5: Stroke Development

(Ages 5-12)
Friday 3:05PM – 3:50PM
Saturday 9:55AM – 10:40AM

Stage 6: Stroke Mechanics

(Ages 5-12)
Saturday 10:50AM – 11:35AM
Sunday 10:55AM – 11:40AM

Aquatics Conditioning

(Ages 5-12)
Sunday 10:05AM – 10:50AM

If participant(s) has not swam in the past 6 months, please call (718)551-9359 to arrange an evaluation prior to registration

**REGISTER AND SEE
MORE DETAILS AT YMCANYC.ORG**



**YMCA OF GREATER
NEW YORK**

Where there's a Y,
there's a way.