

SPRING II PROGRAMMING

May 2 – June 26th

Flushing Y Swim Lessons



Member Registration begins Sat, April 16th | Community registration opens Sat, Apr 23rd
Pricing based on eight-week session. Capacity limited.

Stages 1 – Stage 3: Member: \$140 | Community: \$225

Stages 4 – Stage 6, Aquatics Conditioning & Adult: Members: \$165 | Community: \$260

Stage 1 Water Acclimation

Ages 3-5 years w/ Parent

- Sun 11:40 AM-12:10 PM

Ages 5-12 years

- Mon 3:20 PM-3:50 PM
- Tues 3:55 PM-4:25 PM
- Thurs 4:30 PM-5:00 PM
- Sun 11:00 AM-11:30 AM

Ages 18 +

- Wed 9:45AM-10:30 AM
- Wed 10:35 AM-11:20 AM
- Sun 9:00 AM-9:45 AM

Stage 2 Water Movement

Ages 3-5 years

- Tues 4:30 PM-5:00 PM
- Thurs 3:55 PM-4:25 PM

Ages 5-12 years

- Mon 3:55 PM-4:25 PM
- Thurs 3:20 PM-3:50 PM
- Sun 10:25 AM-10:55 AM

Stage 3 Water Stamina

Ages 5-12 years

- Mon 4:30 PM-5:00 PM
- Tues 3:20 PM-3:50 PM
- Sun 9:50 AM-10:20 AM

Stage 4 Stroke Introduction

Ages 5-12 years

- Wed 3:20 PM-4:05 PM
- Wed 4:10 PM-4:55 PM

Stage 5 Stroke Development

Ages 5-12 years

- Sat 11:05 AM-11:50 AM

Stage 6 Stroke Mechanics

Ages 5-12 years

- Sat 11:55 AM-12:40 PM
- Sun 10:55 AM-11:40 AM

Aquatics Conditioning

Ages 5-12 years

- Sun 10:05 AM-10:50 AM



REGISTER AND LEARN MORE AT [YMCANYC.ORG/PROGRAMS](https://www.ymcanyc.org/programs)



YMCA OF GREATER
NEW YORK
Where there's a Y,
there's a way.