

# REGISTER FOR FALL PROGRAMS AT THE FLUSHING Y

Become a member of the Y for early access  
to registration and discounts

Priority member registration opens August 13

Community registration opens August 20

## STAGE 1: Water Acclimation

### Ages 3-5 with Parent

Saturdays 9:20 AM - 9:50 AM

Sundays 11:40 AM - 12:10 PM

### Ages 5-12

Mondays 3:20 PM - 3:50 PM

Mondays 5:05 PM - 5:35 PM

Tuesdays 3:55 PM - 4:25 PM

Tuesdays 5:05 PM - 5:35 PM

Thursdays 4:30 PM - 5:00 PM

Thursdays 5:05 PM - 5:35 PM

Fridays 3:20 PM - 3:50 PM

Fridays 5:05 PM - 5:35 PM

Sundays 11:00 AM - 11:30 AM

Member: \$140 | Community: \$225

### Teens

Saturdays 11:05 AM - 11:50 AM

### 18 + Years

Wednesdays 9:45 AM - 10:30 AM

Wednesdays 10:35 AM - 11:20 AM

Fridays 9:45 AM - 10:30 AM

Sundays 9:00 AM - 9:45 AM

Member: \$165 | Community: \$260

## STAGE 2: Water Movement

### Ages 3-5

Tuesdays 4:30 PM - 5:00 PM

Thursdays 3:55 PM - 4:25 PM

### Ages 5-12

Mondays 3:55 PM - 4:25 PM

Thursdays 3:20 PM - 3:50 PM

Fridays 3:55 PM - 4:25 PM

Saturdays 9:55 AM - 10:25 AM

Sundays 10:25 AM - 10:55 AM

Member: \$140 | Community: \$225

## STAGE 3: Water Stamina

### Ages 5-12

Mondays 4:30 PM - 5:00 PM

Tuesdays 3:20 PM - 3:50 PM

Fridays 4:30 PM - 5:00 PM

Saturdays 10:30 AM - 11:00 AM

Sundays 9:50 AM - 10:20 AM

Member: \$140 | Community: \$225

### 18 + Years

Fridays 10:35 AM - 11:20 AM

Member: \$165 | Community: \$260

## STAGE 4: Stroke Introduction

### Ages 5-12

Wednesdays 3:20 PM - 4:05 PM

Wednesdays 4:10 PM - 4:55 PM

Saturdays 11:05 AM - 11:50 AM

Member: \$165 | Community: \$260

## STAGE 5: Stroke Development

### Ages 5-12

Saturdays 11:55 AM - 12:40 PM

Member: \$165 | Community: \$260

## STAGE 6: Stroke Mechanics

### Ages 5-12

Saturdays 12:45 PM - 1:30 PM

Sundays 10:55 AM - 11:40 AM

Member: \$165 | Community: \$260

## AQUATICS CONDITIONING

### Ages 5-12

Sundays 10:05 AM - 10:50 AM

Member: \$165 | Community: \$260

**FALL  
SESSION:**  
September 5 –  
October 30



[ymcanyc.org/programs](http://ymcanyc.org/programs)



YMCA OF GREATER  
NEW YORK