

REGISTER FOR FALL II PROGRAMS AT FLUSHING YMCA

FALL II SESSION:

October 31 – December 24

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

Priority member registration opens October 15

Community registration opens October 22

STAGE 1: Water Acclimation

Ages 3-5 with Parent

Saturdays 9:20AM - 9:50AM
Sundays 11:40AM - 12:10PM

Ages 5-12

Mondays 3:20PM - 3:50PM
Mondays 5:05PM - 5:35PM
Tuesdays 3:55PM - 4:25PM
Tuesdays 5:05PM - 5:35PM
Thursdays 4:30PM - 5:00PM
Thursdays 5:05PM - 5:35PM
Fridays 3:20PM - 3:50PM
Fridays 5:15PM - 5:45PM
Sundays 11:00AM - 11:30AM

Member: \$140 | Community: \$225

Teens

Saturdays 11:05AM - 11:50AM

18 + Years

Wednesdays 9:45AM - 10:30AM
Wednesdays 10:35AM - 11:20AM
Fridays 9:45AM - 10:30AM
Sundays 9:00AM - 9:45AM

Member: \$165 | Community: \$260

Stage 2: Water Movement

Ages 3-5

Tuesdays 4:30PM - 5:00PM
Thursdays 3:55PM - 4:25PM

Ages 5-12

Mondays 3:55PM - 4:25PM
Thursdays 3:20PM - 3:50PM
Fridays 4:05PM - 4:35PM
Saturdays 9:55AM - 10:25AM
Sundays 10:25AM - 10:55AM

Member: \$140 | Community: \$225

STAGE 3: Water Stamina

Ages 5-12

Mondays 4:30PM - 5:00PM
Tuesdays 3:20PM - 3:50PM
Fridays 4:40PM - 5:10PM
Saturdays 10:30AM - 11:00AM
Sundays 9:50AM - 10:20AM

Member: \$140 | Community: \$225

18 + Years

Fridays 10:35AM - 11:20AM

Member: \$165 | Community: \$260

STAGE 4: Stroke Introduction

Ages 5-12

Wednesdays 3:20PM - 4:05PM
Wednesdays 4:10PM - 4:55PM
Saturdays 11:05AM - 11:50AM

Member: \$165 | Community: \$260

STAGE 5: Stroke Development

Ages 5-12

Saturdays 11:55AM - 12:00PM
Sundays 11:45AM - 12:30PM

Member: \$165 | Community: \$260

STAGE 6: Stroke Development

Ages 5-12

Saturdays 12:45PM - 1:30PM
Sundays 10:55AM - 11:40AM

Member: \$165 | Community: \$260

AQUATICS CONDITIONING

Ages 5-12

Sundays 10:05AM - 10:50AM

Member: \$165 | Community: \$260



ymcanyc.org/programs



YMCA OF GREATER NEW YORK