

# REGISTER FOR WINTER PROGRAMS AT FLUSHING YMCA

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

**Priority member registration opens December 9**

**Community registration opens December 16**

## **STAGE 1: WATER ACCLIMATION (SP)**

**Ages 3-5 with Parent**

Saturdays 9:20 AM - 9:50 AM

Sundays 11:40 AM - 12:10 PM

Member: \$165 | Community: \$266

**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: \$165 | Community: \$266

**Ages 12-17**

Saturdays 11:05 AM - 11:50 AM

Member: \$195 | Community: \$307

**Ages 18 +**

Wednesdays 9:45 AM - 10:30 AM

Wednesdays 10:35 AM - 11:20 AM

Member: \$195 | Community: \$307

## **STAGE 2: WATER MOVEMENT (SP)**

**Ages 3-5**

Thursdays 3:55 PM - 4:25 PM

Member: \$165 | Community: \$266

**Ages 5-12**

Mondays 3:55 PM - 4:25 PM

Tuesdays 4:30 PM - 5:00 PM

Thursdays 3:20 PM - 3:50 PM

Thursdays 3:55 PM - 4:25 PM

Fridays 3:55 PM - 4:25 PM

Saturdays 9:55 AM - 10:25 AM

Sundays 10:25 AM - 10:55 AM

Member: \$165 | Community: \$266

## **STAGE 3: WATER STAMINA (SP)**

**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: \$165 | Community: \$266

**Ages 18 +**

Fridays 10:35 AM - 11:20 AM

Sundays 9:00 AM - 9:45 AM

Member: \$195 | Community: \$307

## **STAGE 4: STROKE INTRO (LP)**

**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: \$195 | Community: \$307

## **STAGE 5: STROKE DEVELOPMENT (LP)**

**Ages 5-12**

Saturdays 11:55 AM - 12:40 PM

Sundays 12:30 PM - 1:15 PM

**Ages 18 +**

Sundays 10:00 AM - 10:45 AM

Member: \$195 | Community: \$307

## **STAGE 6: STROKE MECHANICS (LP)**

**Ages 5-12**

Saturdays 12:45 PM - 1:30 PM

Sundays 11:40 AM - 12:25 PM

Member: \$195 | Community: \$307

## **AQUATICS CONDITIONING (LP)**

**Ages 5-12**

Sundays 10:50 AM - 11:35 PM

Member: \$195 | Community: \$307

**WINTER  
SESSION:**

**January 2 –  
February 25**



YMCA OF GREATER  
NEW YORK

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

