

Spring II Session | Apr 29 – June 23, 2024
Family Member Registration 3/30 | Member Registration 4/6 | Community Registration 4/13
(as of 3.28.24) Need Financial Assistance? Just Ask.



CLASS NAME	LEVEL/ AGE RANGE	AGE GROUP	Ratio DAY	START TIME	END TIME	MEMBER FEE	COMMUNITY FEE	ROOM
PRESCHOOL/								
Separation	Enrichment Classes	Ages 2-3	Mon - Wed	9:00 AM	12:00 PM	\$987	\$987	Studio B
Separation	Enrichment Classes	Ages 2-3	Mon - Thurs	9:00 AM	12:00 PM	\$1,315	\$1,315	Studio B
MG & Me	Tumbling	Ages 1-3	Saturday	10:00 AM	11:00 AM	\$183	\$257	Studio C
MG & Me	Open Gym Playdate	Ages 4 & under	M, T, Th	11:00 AM	11:50 AM	Free	\$10/ adult/ day	Gym
SPORTS, DAN								
Youth Arts	Ballet Beginner	Ages 3-5	Wednesday	5:00 PM	6:00 PM	\$183	\$257	Studio C
Youth Arts	Ballet Beginner	Ages 3-5	Saturday	11:00 AM	12:00 PM	\$183	\$257	Studio C
Youth Arts	Ballet Beginner/ Intermediate	Ages 6-9	Saturday	12:00 PM	1:00 PM	\$183	\$257	Studio C
Youth Arts	Tumbling	Ages 4-6	Wednesday	4:00 PM	5:00 PM	\$183	\$257	Studio C
Youth Sports	Basketball Beginner	Ages 4-6	Wednesday	4:00 PM	5:00 PM	\$183	\$257	Gym
Youth Sports	Basketball Intermediate	Ages 7-12	Wednesday	5:00 PM	6:00 PM	\$183	\$257	Gym
Youth Sports	Basketball Beginner	Ages 4-6	Saturday	10:15 AM	11:15 AM	\$183	\$257	Gym
Youth Sports	Basketball Intermediate	Ages 7-12	Saturday	11:30 AM	12:30 PM	\$183	\$257	Gym
Youth Sports	Capoeira	Ages 5-10	Friday	5:00 PM	6:00 PM	\$183	\$257	Gym
Youth Sports	Muay Thai (Martial Arts) NEW	Ages 5-10	Saturday	10:00 AM	11:00 AM	\$183	\$257	Studio C
Youth Sports	Muay Thai (Martial Arts) NEW	Ages 11-17	Saturday	11:00 AM	12:00 PM	\$183	\$257	Studio A
Youth Sports	Shotokan Karate Beginner	Ages 5-10	Tuesday	6:30 PM	7:30 PM	\$183	\$257	Studio B
Youth Sports	Shotokan Karate Beginner	Ages 5-10	Friday	5:30 PM	6:30 PM	\$183	\$257	Studio B
Youth Sports	Shotokan Karate Intermediate	Ages 11-17	Friday	6:30 PM	7:30 PM	\$183	\$257	Studio B
Youth Sports	Soccer Beginner	Ages 4-6	Friday	3:00 PM	4:00 PM	\$183	\$257	Gym
Youth Sports	Soccer Beginner	Ages 7-12	Friday	4:00 PM	5:00 PM	\$183	\$257	Gym
SWIM START	ERS PARENT/ CHILD SWIM	6-36 MONTH	IS OLD					
Swim Starters	Stage A/Water Discovery	6-18 months	1:6 Saturday	9:15 AM	9:45 AM	\$185	\$262	Pool
Swim Starters	Stage A/Water Discovery	6-18 months	1:6 Sunday	9:15 AM	9:45 AM	\$185	\$262	Pool
Swim Starters	Stage B/ Water Exploration	18-36 months	1:6 Saturday	10:00 AM	10:30 AM	\$185	\$262	Pool
Swim Starters	Stage B/ Water Exploration	18-36 months	1:6 Sunday	10:00 AM	10:30 AM	\$185	\$262	Pool
PRESCHOOL S	SWIM 3-5 YEARS OLD							
Swim Basics	Y Separation Swim	Ages 2-3	1:6 Wednesday	11:30 AM	12:00 PM	\$185	\$262	Pool
Swim Basics	Stage 1/ Water Accl w/ par	Ages 3-5	1:6 Sunday	10:45 AM	11:15 AM	\$185	\$262	Pool
Swim Basics	Stage 1/ Water Accl w/ par	Ages 3-5	1:6 Saturday	10:45 AM	11:15 AM	\$185	\$262	Pool
Swim Basics	Stage 1/ Water Acclimation	Ages 3-5	1:6 Wednesday	3:00 PM	3:30 PM	\$185	\$262	Pool
Swim Basics	Stage 2/ Water Movement	Ages 3-5	1:6 Wednesday	3:40 PM	4:10 PM	\$185	\$262	Pool
Swim Basics	Stage 2/ Water Movement	Ages 3-5	1:6 Saturday	12:00 PM	12:30 PM	\$185	\$262	Pool
Swim Basics	Stage 2/ Water Movement	Ages 3-5	1:6 Sunday	12:00 PM	12:30 PM	\$185	\$262	Pool
Swim Basics	Stage 3/ Water Stamina	Ages 3-5	1:6 Saturday	12:30 PM	1:00 PM	\$185	\$262	Pool
Swim Basics	Stage 3/ Water Stamina	Ages 3-5	1:6 Sunday	12:30 PM	1:00 PM	\$185	\$262	Pool
YOUTH SWIM	AGES 5-12							
Swim Basics	Stage 1/ Water Acclimation	Ages 5-12	1:6 Friday	3:00 PM	3:30 PM	\$185	\$262	Pool
Swim Basics	Stage 1/ Water Acclimation	Ages 5-12	1:6 Saturday	1:10 PM	1:40 PM	\$185	\$262	Pool
Swim Basics	Stage 2/ Water Movement	Ages 5-12	1:6 Wednesday	4:20 PM	4:50 PM	\$185	\$262	Pool
Swim Basics	Stage 2/ Water Movement	Ages 5-12	1:6 Friday	3:40 PM	4:10 PM	\$185	\$262	Pool
Swim Basics	Stage 2/ Water Movement	Ages 5-12	1:6 Sunday	1:10 PM	1:40 PM	\$185	\$262	Pool
Swim Basics	Stage 3/ Water Stamina	Ages 5-12	1:6 Friday	4:20 PM	4:50 PM	\$185	\$262	Pool
Swim Basics	Stage 3/ Water Stamina	Ages 5-12	1:6 Saturday	1:50 PM	2:20 PM	\$185	\$262	Pool
Swim Basics	Stage 3/ Water Stamina	Ages 5-12	1:6 Sunday	1:50 PM	2:20 PM	\$185	\$262	Pool
Swim Strokes	Stage 4/ Stroke Introduction &	Ages 5-12	1:8 Wednesday	5:00 PM	5:45 PM	\$187	\$267	Pool
Cuim Charles	Stage 5/ Stroke Development	Ages F 13	1.0	7 70 84	3.1E DM	¢107	¢>67	Dari
Swim Strokes Swim Strokes	Stage 4/ Stroke Introduction Stage 5/ Stroke Development &	Ages 5-12 Ages 5-12	1:8 Saturday 1:8 Sunday	2:30 PM 2:30 PM	3:15 PM 3:15 PM	\$187 \$187	\$267 \$267	Pool Pool
בשאחוזר וווואר	Stage 6/ Stroke Mechanics	//ges 5-12	1.0 Juliuay	2,30 FM	J. IJ FIM	/٥١ب	J20/	F 001
TEEN SWIM								
Swim Basics	Stage 2/ Water Movement Stage	Ages 13-17	1:8 Friday	5:00 PM	5:45 PM	\$187	\$267	Pool
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ADULT SWIM	AGES 18+							
Swim Basics	Stage 2/ Water Movement	Ages 18+	1:8 Wednesday	6:00 PM	6:45 PM	\$187	\$267	Pool
Swim Strokes	Stage 5/ Stroke Development & Stage 6/ Stroke Mechanics	Ages 18+	1:8 Wednesday	7:00 PM	7:45 PM	\$187	\$267	Pool
Swim Basics	Stage 3/ Water Stamina	Ages 18+	1:8 Friday	6:00 PM	6:45 PM	\$187	\$267	Pool
Swim Strokes	Stage 4/ Stroke Intro	Ages 18+	1:8 Friday	7:00 PM	7:45 PM	\$187	\$267	Pool
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FAMILY RECREATIONAL SWIM												
Swim - Family	Family Recreation Swim Time	All Ages	Monday	4:00 PM	4:45 PM	Free w/ Family Membership	Pool					
Swim - Family	Family Recreation Swim Time	All Ages	Monday	5:00 PM	5:45 PM	Free w/ Family Membership	Pool					
Swim - Family	Family Recreation Swim Time	All Ages	Tuesday	2:15 PM	3:15 PM	Free w/ Family Membership	Pool					
Swim - Family	Family Recreation Swim Time	All Ages	Thursday	3:30 PM	4:15 PM	Free w/ Family Membership	Pool					
Swim - Family	Family Recreation Swim Time	All Ages	Saturday	4:15 PM	5:15 PM	Free w/ Family Membership	Pool					
Swim - Family	Family Recreation Swim Time	All Ages	Sunday	4:45 PM	5:45 PM	Free w/ Family Membership	Pool					
Swim - Teen	Teens	Ages 13-17	Tuesday	6:30 PM	7:30 PM	Free w/ Family Membership	Pool					
Swim - Teen	Teens	Ages 13-17	Saturday	8:00 AM	9:00 AM	Free w/ Family Membership	Pool					
Swim - Teen	Teens	Ages 13-17	Sunday	8:00 AM	9:00 AM	Free w/ Family Membership	Pool					

GET SOCIAL: @GREENPOINTYMCA



99 Meserole Ave, Bklyn, NY - 212-912-2260 - www.ymcanyc.org/greenpoint



STAGE **DESCRIPTIONS**

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SWIM STARTERS

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidencebuilding experiences, while parents learn about water safety, drowning prevention, and the importance of supervision,

A / WATER DISCOVERY

R B

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water,

B/WATER EXPLORATION

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills,







BASICS

SWIM Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- · Swim, float, swimsequencing front glide, roll, back float, roll, front glide, and exit
- · Jump, push, turn, grab

1/WATER ACCUMATION

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1, This stage lays the foundation that allows for a student's future progress in swimming,

2 / WATER MOVEMENT

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water,

3 / WATER STAMINA

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water, This stage also introduces rhythmic breathing and integrated arm and leg action,



SWIM **STROKES**

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity,

4 / STROKE INTRODUCTION

Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick, Water safety is reinforced through treading water and elementary backstroke,

5 / STROKE DEVELOPMENT

Students in stage 5 work on stroke technique and learn all major competitive strokes, The emphasis on water safety continues through treading water and sidestroke,

6 / STROKE MECHANICS

In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle,

HAVE MORE QUESTIONS? Our front-desk staff is available to answer any questions about the swim lessons program,