

Summer Session | July 1, 2024 - August 25, 2024

Family Member Registration 6/1 | Member Registration 6/8 | Community Registration 6/15 (as of 5.30.24) Need Financial Assistance? Just Ask.



CLASS NAME	LEVEL/ AGE RANGE	AGE GROUP	Ratio	DAY	START TIME	END TIME	MEMBER FEE	COMMUNITY FEE	ROOM
PRESCHOOL/	TODDLER								
Separation	Enrichment Classes	Ages 2-3		Mon - Wed	9:00 AM	12:00 PM	Contact Me	mber Services	Studio B
Separation	Enrichment Classes	Ages 2-3		Mon - Thurs	9:00 AM	12:00 PM	Contact Me	mber Services	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	NCE & ARTS								
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 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 OL	D					
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 !	SWIM 3-5 YEARS OLD								
Swim Basics	Stage 1/ Water Accl w/ par	Ages 3-5		Sunday	10:45 AM	11:15 AM	\$185	\$262	Pool
Swim Basics	Stage 1/ Water Accl w/ par	Ages 3-5		Saturday	10:45 AM	11:15 AM	\$185	\$262	Pool
Swim Basics	Stage 1/ Water Acclimation	Ages 3-5		Wednesday	3:00 PM	3:30 PM	\$185	\$262	Pool
Swim Basics	Stage 2/ Water Movement	Ages 3-5		Wednesday	3:40 PM	4:10 PM	\$185 \$185	\$262 \$262	Pool
Swim Basics Swim Basics	Stage 2/ Water Movement Stage 2/ Water Movement	Ages 3-5 Ages 3-5		Saturday Sunday	12:00 PM 12:00 PM	12:30 PM 12:30 PM	\$185	\$262	Pool Pool
Swim Basics	Stage 3/ Water Stamina	Ages 3-5		Saturday	12:30 PM	1:00 PM	\$185	\$262	Pool
Swim Basics	Stage 3/ Water Stamina	Ages 3-5	-	Sunday	12:30 PM	1:00 PM	\$185	\$262	Pool
YOUTH SWIM							•		
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		Saturday	1:10 PM	1:40 PM	\$185	\$262	Pool
Swim Basics	Stage 2/ Water Movement	Ages 5-12		Wednesday	4:20 PM	4:50 PM	\$185	\$262	Pool
Swim Basics	Stage 2/ Water Movement	Ages 5-12		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		Saturday	1:50 PM	2:20 PM	\$185	\$262	Pool
Swim Basics	Stage 3/ Water Stamina	Ages 5-12		Sunday	1:50 PM	2:20 PM	\$185	\$262	Pool
Swim Strokes	Stage 4/ Stroke Introduction & Stage 5/ Stroke Development	Ages 5-12	1:8	Wednesday	5:00 PM	5:45 PM	\$187	\$267	Pool
Swim Strokes	Stage 4/ Stroke Introduction	Ages 5-12	1:8	Saturday	2:30 PM	3:15 PM	\$187	\$267	Pool
Swim Strokes	Stage 5/ Stroke Development &	Ages 5-12		Sunday	2:30 PM	3:15 PM	\$187	\$267	Pool
	Stage 6/ Stroke Mechanics								
TEEN SWIM	AGES 13-17								
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 Swim Basics		Δαρς 10.	1.0	Wednesday	6.00 DM	6.45 DM	\$187	\$267	Pool
Swim Basics Swim Strokes	Stage 2/ Water Movement Stage 5/ Stroke Development &	Ages 18+ Ages 18+		Wednesday	6:00 PM 7:00 PM	6:45 PM 7:45 PM	\$187	\$267	Pool Pool
Swiiii Sti Okes	Stage 6/ Stroke Mechanics	, igc3 10+	1.0	cancaday	7.00 FM	7.7J FIM	/١٥٠	#2U/	1 301
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

FAMILY RECR	EATIONAL 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	4:15 PM	3:15 PM	Free w/ Family Membership	Pool
Swim - Family	Family Recreation Swim Time	All Ages	Tuesday	5:15 PM	6:00 PM	Free w/ Family Membership	Pool
Swim - Family	Family Recreation Swim Time	All Ages	Thursday	3:30 PM	4:30 PM	Free w/ Family Membership	Pool
Swim - Family	Family Recreation Swim Time	All Ages	Thursday	4:45 PM	5:30 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	Thursday	7:30 PM	8:30 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

HE

Water Exploration B B

SWIM STARTERS

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

A / WATER DISCOVERY

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,







SWIM BASICS

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

- Swim, float, swim sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab

1/WATER ACCLIMATION

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,



4 / STROKE

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,

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.

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

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