



REGISTER FOR SPRING II PROGRAMS AT FLUSHING YMCA

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

Priority Member Registration Opens April 6

Community Member Registration Opens April 13

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 3:30 PM - 4:00 PM

Mondays 5:15 PM - 5:45 PM

Tuesdays 4:05 PM - 4:35 PM

Tuesdays 5:15 PM - 5:45 PM

Thursdays 4:40 PM - 5:10 PM

Thursdays 5:15 PM - 5:45 PM

Fridays 3:30 PM - 4:00 PM

Fridays 5:15 PM - 5:45 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

Fridays 9:45 AM - 10:30 AM

Sundays 8:10 AM - 8:55 AM

Member: \$195 | Community: \$307

STAGE 2: WATER MOVEMENT (SP)

Ages 3-5

Thursdays 4:05 PM - 4:35 PM

Member: \$165 | Community: \$266

Ages 5-12

Mondays 4:05 PM - 4:35 PM

Tuesdays 4:40 PM - 5:10 PM

Thursdays 3:30 PM - 4:00 PM

Fridays 4:05 PM - 4:35 PM

Saturdays 9:55 AM - 10:25 AM

Sundays 10:25 PM - 10:55 AM

Member: \$165 | Community: \$266

STAGE 3: WATER STAMINA (SP)

Ages 5-12

Mondays 4:40 PM - 5:10 PM

Tuesdays 3:30 PM - 4:00 PM

Fridays 4:40 PM - 5:10 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

Member: \$195 | Community: \$307

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 AM

Member: \$195 | Community: \$307

**SPRING II
SESSION:**

**April 29 -
June 26**



YMCA OF GREATER
NEW YORK

ymcanyc.org/programs

