

Summer Session | June 30 - August 24, 2025 as of 5.30.25 Need Financial Assistance? Just Ask.



							MEMBER	COMMUNITY			
CLASS NAME	LEVEL/ AGE RANGE	AGE GROUP	Ratio	DAY	START TIME	END TIME	FEE	FEE	ROOM		
		ALC: CIRCO									
PRESCHOOL/											
Separation	Enrichment Classes	Ages 2-3		Mon - Wed	9:00 AM	12:00 PM	Contact Men	ber Services	Studio B		
Separation	Enrichment Classes	Ages 2-3		Mon - Thurs	9:00 AM	12:00 PM	Contact Men	ber Services	Studio B		
MG & Me	Movement	Ages 1-3	1:15	Saturday	10:00 AM	10:45 AM	\$196	\$275	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	ICE & ARTS										
Youth Arts	Ballet Beginner	Ages 3-5	1:15	Wednesday	5:00 PM	6:00 PM	\$196	\$275	Studio C		
				•	11:00 AM		\$196	\$275			
Youth Arts	Ballet & Tap Beginner	Ages 5-7	1:15	Saturday		12:00 PM			Studio C		
Youth Arts	Ballet II Beg/ Intermediate	Ages 8-12	1:15	Saturday	12:00 PM	1:00 PM	\$196	\$275	Studio C		
Youth Sports	Basketball Beginner	Ages 4-6		Wednesday	4:00 PM	5:00 PM	\$196	\$275	Gym		
Youth Sports	Basketball Intermediate	Ages 7-12		Wednesday	5:00 PM	6:00 PM	\$196	\$275	Gym		
Youth Sports	Basketball Beginner	Ages 4-6		Saturday	10:15 AM	11:15 AM	\$196	\$275	Gym		
Youth Sports	Basketball Intermediate	Ages 7-12		Saturday	11:30 AM	12:30 PM	\$196	\$275	Gym		
Youth Sports	Shotokan Karate Beginner	Ages 5-10		Tuesday	6:30 PM	7:30 PM	\$196	\$275	Studio B		
Youth Sports	Shotokan Karate Beginner	Ages 5-10		Friday	5:30 PM	6:30 PM	\$196	\$275	Studio B		
Youth Sports	Shotokan Karate Intermediate	Ages 11-17		Friday	6:30 PM	7:30 PM	\$196	\$275	Studio B		
Youth Sports	Soccer Beginner	Ages 3-4		•		7.50			2144.0 2		
				Check back in the Fall							
Youth Sports	Soccer Beginner	Ages 5-6		Check back in the Fall							
Youth Sports	Soccer Beginner	Ages 7-12		Check back in the Fall							
SWIM START	ERS PARENT/ CHILD SWIM I	6-36 MONTH	IS OLD								
Swim Starters	Stage A/Water Discovery	6-18 months	1:6	Saturday	9:15 AM	9:45 AM	\$198	\$280	Pool		
Swim Starters	Stage A/Water Discovery	6-18 months	1:6	Sunday	9:15 AM	9:45 AM	\$198	\$280	Pool		
Swim Starters	Stage B/ Water Exploration	18-36 months	1:6	Saturday	10:00 AM	10:30 AM	\$198	\$280	Pool		
Swim Starters	Stage B/ Water Exploration	18-36 months	1:6	Sunday	10:00 AM	10:30 AM	\$198	\$280	Pool		
DDESCHOOL S	SWIM 3-5 YEARS OLD										
	• • • • • • • • • • • • • • • • • • • •	Ages 2 E	1.0	Cunday	10.4F AM	11.1E AM	\$198	\$280	Pool		
Swim Basics	Stage 1/ Water Accl w/ par	Ages 3-5	1:6	Sunday	10:45 AM	11:15 AM	\$198	\$280			
Swim Basics	Stage 1/ Water Accl w/ par	Ages 3-5	1:6	Saturday	10:45 AM	11:15 AM	\$198	\$280	Pool		
Swim Basics	Stage 2/ Water Movement	Ages 3-5	1:6	Wednesday	3:40 PM	4:10 PM			Pool		
Swim Basics	Stage 2/ Water Movement	Ages 3-5	1:6	Saturday	12:00 PM	12:30 PM	\$198	\$280	Pool		
Swim Basics	Stage 2/ Water Movement	Ages 3-5	1:6	Sunday	12:00 PM	12:30 PM	\$198	\$280	Pool		
Swim Basics	Stage 3/ Water Stamina	Ages 3-5	1:6	Saturday	12:30 PM	1:00 PM	\$198	\$280	Pool		
Swim Basics	Stage 3/ Water Stamina	Ages 3-5	1:6	Sunday	12:30 PM	1:00 PM	\$198	\$280	Pool		
YOUTH SWIM	AGES 5-12										
Swim Basics	Stage 1/ Water Acclimation	Ages 5-12	1:6	Friday	3:00 PM	3:30 PM	\$198	\$280	Pool		
Swim Basics	Stage 1/ Water Acclimation	Ages 5-12	1:6	Saturday	1:10 PM	1:40 PM	\$198	\$280	Pool		
Swim Basics	Stage 1/ Water Acclimation &	Ages 5-12	1:6	Wednesday	4:20 PM	4:50 PM			Pool		
	Stage 2/ Water Movement	-		•			\$198	\$280			
Swim Basics	Stage 2/ Water Movement	Ages 5-12	1:6	Friday	3:40 PM	4:10 PM	\$198	\$280	Pool		
Swim Basics	Stage 2/ Water Movement	Ages 5-12	1:6	Sunday	1:10 PM	1:40 PM	\$198	\$280	Pool		
Swim Basics	Stage 3/ Water Stamina	Ages 5-12	1:6	Friday	4:20 PM	4:50 PM	\$198	\$280	Pool		
Swim Basics	Stage 3/ Water Stamina	Ages 5-12		Saturday	1:50 PM	2:20 PM	\$198	\$280	Pool		
Swim Basics	Stage 3/ Water Stamina	Ages 5-12	1:6	Sunday	1:50 PM	2:20 PM	\$198	\$280	Pool		
Swim Strokes	Stage 4/ Stroke Introduction &	Ages 5-12	1:8	Wednesday	5:00 PM	5:45 PM	\$200	\$286	Pool		
211 III 21 OKC2	Stage 5/ Stroke Development	gcs		caesaay	5.55 1.11	3	4200	7200			
Swim Strokes	Stage 4/ Stroke Introduction	Ages 5-12	1:8	Saturday	2:30 PM	3:15 PM	\$200	\$286	Pool		
Swim Strokes	Stage 5/ Stroke Development &	Ages 5-12		Sunday	2:30 PM	3:15 PM	\$200	\$286	Pool		
211 III 21 OKC2	Stage 6/ Stroke Mechanics	gcs		244	2.50	5.1.5 . 1.1.		7-00			
TEEN SWIM	AGES 13-17										
•		Ages 12 17	1.10	Eriday	F.00 DM	E.AE DM	\$200	\$286	Dool		
Swim Basics	Stage 2/ Water Movement Stage 3/ Water Stamina	Ages 13-17	1:10	Friday	5:00 PM	5:45 PM	\$200	\$200	Pool		
A D L U D . C L U A A											
ADULT SWIM											
Swim Basics	Stage 2/ Water Movement	Ages 18+		Wednesday	6:00 PM	6:45 PM	\$200	\$286	Pool		
Swim Strokes	Stage 5/ Stroke Development &	Ages 18+	1:10	Wednesday	7:00 PM	7:45 PM	\$200	\$286	Pool		
	Stage 6/ Stroke Mechanics						# 555-	#30 5			
Swim Basics	Stage 3/ Water Stamina	Ages 18+		Friday	6:00 PM	6:45 PM	\$200	\$286	Pool		
Swim Strokes	Stage 4/ Stroke Intro	Ages 18+	1:10	Friday	7:00 PM	7:45 PM	\$200	\$286	Pool		
FAMILY RECR	EATIONAL SWIM								>		
Swim - Family	Family Recreation Swim Time	All Ages		Monday	4:45 PM	5:30 PM	Free w/ Fam	ly Membership	Pool		
Swim - Family	Family Recreation Swim Time	All Ages		Tuesday	3:00 PM	4:00 PM		ly Membership	Pool		
Swim - Family	Family Recreation Swim Time	All Ages		Tuesday	4:15 PM	5:15 PM		ly Membership	Pool		
Swim - Family	Family Recreation Swim Time	All Ages		Thursday	3:00 PM	4:00 PM		ly Membership	Pool		
Swim - Family	Family Recreation Swim Time	All Ages		Thursday	4:15 PM	5:00 PM		ly Membership	Pool		
Swim - Family	Family Recreation Swim Time	All Ages		Saturday	4:15 PM	5:15 PM		ly Membership	Pool		
Swim - Family	Family Recreation Swim Time	All Ages		Sunday	4:45 PM	5:45 PM		ly Membership	Pool		
Swim - Teen		Ages 13-17		Tuesday	6:30 PM	7:30 PM		lly Membership	Pool		
- 1 GGII	Teens	nyes 15-17		uesuay	0:30 PM	7:30 PM	iiee w/ ram	ny membership	FUUI		

Swim - Teen	Teens	Ages 13-17	Thursday	7:15 PM	8:00 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	Saturday	5:30 PM	7:00 PM	Free w/ Family Membership	Pool
Swim - Teen	Teens	Ages 13-17	Sunday	8:00 AM	9:00 AM	Free w/ Family Membership	Pool
Swim - Teen	Teens	Ages 13-17	Sunday	6:00 PM	7:30 PM	Free w/ Family Membership	Pool

GET SOCIAL: @GREENPOINTYMCA



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



STAGE DESCRIPTIONS

R 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,



Stroke Development



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,

051618 08/16