SUMMER 2025 AQUATIC CLASS OFFERINGS

Session Dates

June 30–August 24

SWIM STARTERS
PARENT PARTICIPATION CLASSES

Water Discovery with Parent
(Ages 6 Months-3 years)
Tuesday 4:50 PM-5:20 PM
Tuesday 5:30 PM-6:00 PM
Thursday 4:50 PM-5:20 PM
Thursday 5:30 PM– 6:00 PM
Saturday 8:20 AM- 8:50 AM
Saturday 9:40 AM-10:10 AM
Member: $150 | Community: $203

Stage 1 & 2 with Parent
(Ages 3-5 years)
Tuesday 3:30 PM-4:00 PM
Tuesday 4:10 PM-4:40 PM
Tuesday 6:10 PM-6:40 PM
Thursday 4:10 PM-4:40 PM
Thursday 6:10 PM-6:40 PM
Saturday 9:40 AM-10:10 AM
Saturday 10:20 AM-10:50 AM
Saturday 11:00 AM-11:30 AM
Member: $150 | Community $203

New Group Class for Children with ASD (Autism Spectrum Disorder)
(Ages 5-10 years)

Designed to help kids learn to swim at their own pace with Parent Participation in the water!

Saturday 9:00 AM- 9:30 AM
Saturday 12:20 PM-12:50 PM

Limited spaces available!

Contact Dianne at ddiperi@ymcanyc.org for more information & to register.

YOUTH AQUATIC CLASSES

Stage 1 & 2 Youth
(Ages 5-8 years)
Monday 3:30 PM-4:00 PM
Monday 4:50 PM-5:20 PM
Monday 6:10 PM-6:40 PM
Wednesday 3:30 PM-4:00 PM
Wednesday 4:10 PM-4:40 PM
Wednesday 4:50 PM-5:20 PM
Wednesday 6:10 PM-6:40 PM
Thursday 3:30 PM-4:00 PM
Saturday 8:20 AM-8:50 AM
Saturday 10:20 AM-10:50 AM
Saturday 11:00 AM-11:30 AM
Saturday 11:40 AM-12:10 PM
Member:$176 | Community $264

Stage 1 & 2 Youth
(Ages 8-12 years)
Monday 4:10 PM-4:40 PM
Monday 5:30 PM-6:00 PM
Wednesday 5:30 PM-6:00 PM
Saturday 9:00 AM-9:30 AM
Saturday 10:20 AM-10:50 AM
Saturday 11:00 AM -11:30 AM
Saturday 11:40 AM-12:10 PM
Member: $176 | Community: $264

Stage 3 Youth
(Ages 5.5-12 Years)
Monday 3:30 PM-4:00 PM
Monday 4:10 PM-4:40 PM
Monday 4:50 PM-5:30 PM
Tuesday 3:30 PM-4:00 PM
Tuesday 4:10 PM-4:40 PM
Tuesday 4:50 PM-5:30 PM
Wednesday 3:30 PM-4:00 PM
Wednesday 4:10 PM-4:40 PM
Wednesday 4:50 PM-5:20 PM
Thursday 3:30 PM-4:00 PM
Thursday 4:10 PM-4:40 PM
Thursday 4:50 PM-5:20 PM
Friday 3:30 PM-4:00 PM
Friday 4:10 PM-4:40 PM
Friday 4:50 PM-5:20 PM
Saturday 8:20 AM-8:50 AM
Saturday 9:00 AM-9:30 AM
Saturday 9:40 AM-10:10 AM
Saturday 10:20 AM-10:50 AM
Saturday 11:00 AM-11:30 AM
Saturday 11:40 AM-12:10 PM
Member: $176 | Community: $264

YOUTH AQUATIC CLASSES CON'T

Stage 4 Youth
(Ages 5.5-12 Years)
Monday 3:30 PM-4:15 PM
Wednesday 3:30 PM - 4:15 PM
Thursday 4:15 PM - 5:00 PM
Friday 3:30 PM-4:15 PM
Saturday 8:15 AM-9:00 AM
Saturday 10:30 AM-11:15 AM
Saturday 2:15 PM-3:00 PM
Member: $212 | Community: $318

Stage 5 Youth
(Ages 5.5-12 Years)
Monday 4:15 PM-5:00 PM
Tuesday 3:30 PM-4:15 PM
Friday 4:15 PM-5:00 PM
Saturday 9:00 AM-9:45 AM
Saturday 12:45 PM-1:30 PM
Member: $212 | Community: $318

Stage 6 Youth
(Ages 5.5-12 Years)
Tuesday 4:15 PM-5:00 PM
Thursday 3:30 PM-4:15 PM
Saturday 9:45 AM-10:30 AM
Member: $212 | Community: $318

Aquatic Conditioning
(Ages 8-14 years)
Tuesday 5:00 PM-5:45 PM
Thursday 5:00 PM-5:45 PM
Saturday 11:15 AM-12:00 PM
Member: $212 | Community: $318

TEEN AQUATIC CLASSES

Stage 1 & 2 Teen
(Ages 11-17 years)
Wednesday 6:50 PM-7:20 PM
Wednesday 7:30 PM-8:00 PM
Saturday 11:40 AM-12:10 PM
Member: $176 | Community: $264

Stage 3 & 4 Teen
(Ages 11-17 years)
Tuesday 5:45 PM-6:30 PM
Wednesday 4:15 PM-5:00PM
Saturday 12:15 PM-1:00 PM
Member: $212 | Community: $318

Stage 5 & 6 Teen
(Ages 11-17 years)
Tuesday 6:30 PM-7:15 PM
Saturday 12:00 PM-12:45 PM
Member: $212 | Community: $318

Aquatic Conditioning
(Ages 12-17 years)
Thursday 5:45 PM-6:30 PM
Saturday 1:30 PM-2:15 PM
Member: $212| Community: $318

ADULT AQUATIC CLASSES

Stage 1 Adult
(Ages 17 years & up)
Monday 7:00 PM-7:45 PM
Tuesday 7:00 PM-7:45 PM
Thursday 9:00 AM-9:45 AM
Thursday 7:00 PM-7:45 PM
Member: $212 | Community: $318

Stage 2 Adult
(Ages 17 years & up)
Monday 7:45 PM-8:30 PM
Tuesday 7:45 PM-8:30 PM
Thursday 9:45 AM-10:30 AM
Thursday 7:45 PM-8:30 PM
Member: $212| Community: $318

Stage 3 & 4 Adult
(Ages 17 years & up)
Tuesday 9:00 AM-9:45 AM
Tuesday 7:15 PM-8:00 PM
Thursday 6:30 PM-7:15 PM
Member: $212 | Community: $318

Stage 5 & 6 Adult
(Ages 17 years & up)
Tuesday 9:45 AM-10:30 AM
Thursday 7:15 PM-8:00 PM
Member: $212 | Community: $318

MEMBER REGISTRATION BEGINS JUNE 7
COMMUNITY REGISTRATION BEGINS JUNE 14

CROSS ISLAND Y AQUATIC PROGRAMS
REGISTER ONLINE AT
YMCANYC.ORG/CROSSISLAND

Questions? Contact Dianne at ddiperi@ymcanyc.org

SCAN FOR COMPLETE SCHEDULE AND TO REGISTER