

FALL 1 2025 AQUATIC CLASS OFFERINGS

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

Sunday 10:30 AM-11:00 AM

Sunday 11:10 AM-11:40 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 4:50 PM-5:20 PM

Monday 6:10 PM-6:40 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

Sunday 11:10 AM-11:40 AM

Sunday 11:50 AM-12:20 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 11:40 AM-12:10 PM

Sunday 11:50 AM-12:20 PM

Member: \$176 | Community: \$264

Stage 3 Youth

(Ages 5.5-12 Years)

Monday 4:50 PM-5:20 PM

Monday 5:30 PM-6:00 PM

Monday 6:10 PM-6:40 PM

Tuesday 4:50 PM-5:20 PM

Tuesday 5:30 PM-6:00 PM

Tuesday 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

Thursday 4:50 PM-5:20 PM

Thursday 5:30 PM-6:00 PM

Thursday 6:10 PM-6:40 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

Sunday 10:30 AM- 11:00 AM

Member: \$176 | Community: \$264

YOUTH AQUATIC CLASSES CON'T

Stage 4 Youth

(Ages 5.5-12 Years)

Tuesday 4:00 PM - 4:45 PM (held in JK Pool)

Wednesday 3:30 PM - 4:15 PM

Thursday 4:00 PM - 4:45 PM (held in JK Pool)

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)

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)

Monday 3:30 PM-4:00 PM

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

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 AUGUST 9
COMMUNITY REGISTRATION BEGINS AUGUST 16

CROSS ISLAND Y AQUATIC PROGRAMS

REGISTER ONLINE AT

YMCANYC.ORG/CROSSISLAND

Questions? Contact Dianne at ddiperi@ymcanyc.org
Lisa at llosh@ymcanyc.org

**SCAN FOR COMPLETE
SCHEDULE AND TO
REGISTER**

