



SWIM LESSONS



Fall I Session | September 8 – November 1, 2026

as of 7.31.26

Need Financial Assistance? Just Ask.

CLASS NAME	LEVEL/ AGE RANGE	AGE GROUP	Ratio	DAY	START TIME	END TIME	MEMBER FEE	COMMUNITY FEE	ROOM
SWIM STARTERS PARENT/CHILD SWIM 6-36 MONTHS OLD									
Swim Starters	Stage A/Water Discovery	6-18 months	1:6	Saturday	9:15 AM	9:45 AM	\$208	\$294	Pool
Swim Starters	Stage A/Water Discovery	6-18 months	1:6	Sunday	9:15 AM	9:45 AM	\$208	\$294	Pool
Swim Starters	Stage B/ Water Exploration	18-36 months	1:6	Saturday	9:45 AM	10:15 AM	\$208	\$294	Pool
Swim Starters	Stage B/ Water Exploration	18-36 months	1:6	Sunday	9:45 AM	10:15 AM	\$208	\$294	Pool
PRESCHOOL SWIM 3-5 YEARS OLD									
Swim Basics	Stage 1/ Water Accl w/ parent	Ages 3-5	1:6	Saturday	10:15 AM	10:45 AM	\$208	\$294	Pool
Swim Basics	Stage 1/ Water Accl w/ parent	Ages 3-5	1:6	Sunday	10:15 AM	10:45 AM	\$208	\$294	Pool
Swim Basics	Stage 1/ Water Acclimation	Ages 3-5	1:6	Wednesday	3:00 PM	3:30 PM	\$208	\$294	Pool
Swim Basics	Stage 2/ Water Movement	Ages 3-5	1:6	Wednesday	3:30 PM	4:00 PM	\$208	\$294	Pool
Swim Basics	Stage 2/ Water Movement	Ages 3-5	1:6	Saturday	11:45 AM	12:15 PM	\$208	\$294	Pool
Swim Basics	Stage 2/ Water Movement	Ages 3-5	1:6	Sunday	11:45 AM	12:15 PM	\$208	\$294	Pool
Swim Basics	Stage 3/ Water Stamina	Ages 3-5	1:6	Saturday	12:15 PM	12:45 PM	\$208	\$294	Pool
Swim Basics	Stage 3/ Water Stamina	Ages 3-5	1:6	Sunday	12:15 PM	12:45 PM	\$208	\$294	Pool
YOUTH SWIM AGES 5-12									
Swim Basics	Stage 1/ Water Acclimation	Ages 5-12	1:6	Friday	3:00 PM	3:30 PM	\$208	\$294	Pool
Swim Basics	Stage 1/ Water Acclimation	Ages 5-12	1:6	Saturday	12:45 PM	1:15 PM	\$208	\$294	Pool
Swim Basics	Stage 2/ Water Movement	Ages 5-12	1:6	Wednesday	4:00 PM	4:30 PM	\$208	\$294	Pool
Swim Basics	Stage 2/ Water Movement	Ages 5-12	1:6	Friday	3:30 PM	4:00 PM	\$208	\$294	Pool
Swim Basics	Stage 2/ Water Movement	Ages 5-12	1:6	Sunday	12:45 PM	1:15 PM	\$208	\$294	Pool
Swim Basics	Stage 3/ Water Stamina	Ages 5-12	1:6	Friday	4:00 PM	4:30 PM	\$208	\$294	Pool
Swim Basics	Stage 3/ Water Stamina	Ages 5-12	1:6	Saturday	1:15 PM	1:45 PM	\$208	\$294	Pool
Swim Basics	Stage 3/ Water Stamina	Ages 5-12	1:6	Sunday	1:15 PM	1:45 PM	\$208	\$294	Pool
Swim Strokes	Stage 4/ Stroke Introduction & Stage 5/ Stroke Development	Ages 5-12	1:8	Wednesday	4:45 PM	5:30 PM	\$210	\$300	Pool
Swim Strokes	Stage 4/ Stroke Introduction	Ages 5-12	1:8	Saturday	2:00 PM	2:45 PM	\$210	\$300	Pool
Swim Strokes	Stage 5/ Stroke Development & Stage 6/ Stroke Mechanics	Ages 5-12	1:8	Sunday	2:00 PM	2:45 PM	\$210	\$300	Pool
TEEN SWIM AGES 13-17									
Swim Basics	Stage 1/ Water Acclimation & Stage 2/ Water Movement	Ages 13-17	1:10	Friday	4:45 PM	5:30 PM	\$210	\$300	Pool
TEEN LAP SWIM AGES 13-17									
Swim - Teen	Teens - Lap Swim	Ages 13-17		Monday	8:15 PM	9:00 PM	Free w/ Family Membership		Pool
Swim - Teen	Teens - Lap Swim	Ages 13-17		Tuesday	8:00 PM	9:00 PM	Free w/ Family Membership		Pool
Swim - Teen	Teens - Lap Swim	Ages 13-17		Wednesday	7:30 PM	9:00 PM	Free w/ Family Membership		Pool
Swim - Teen	Teens - Lap Swim	Ages 13-17		Thursday	7:30 PM	9:00 PM	Free w/ Family Membership		Pool
Swim - Teen	Teens - Lap Swim	Ages 13-17		Friday	7:30 PM	9:00 PM	Free w/ Family Membership		Pool
Swim - Teen	Teens - Lap Swim	Ages 13-17		Saturday	8:00 AM	9:00 AM	Free w/ Family Membership		Pool
Swim - Teen	Teens - Lap Swim	Ages 13-17		Saturday	5:30 PM	7:00 PM	Free w/ Family Membership		Pool
Swim - Teen	Teens - Lap Swim	Ages 13-17		Sunday	8:00 AM	9:00 AM	Free w/ Family Membership		Pool
Swim - Teen	Teens - Lap Swim	Ages 13-17		Sunday	6:00 PM	7:30 PM	Free w/ Family Membership		Pool
ADULT SWIM AGES 18+									
Swim Basics	Stage 1/ Water Acclimation	Ages 18+	1:10	Wednesday	5:30 PM	6:15 PM	\$210	\$300	Pool
Swim Basics	Stage 2/ Water Movement	Ages 18+	1:10	Wednesday	5:30 PM	6:15 PM	\$210	\$300	Pool
Swim Basics	Stage 3/ Water Stamina	Ages 18+	1:10	Friday	5:30 PM	6:15 PM	\$210	\$300	Pool
Swim Strokes	Stage 4/ Stroke Intro	Ages 18+	1:10	Friday	6:30 PM	7:15 PM	\$210	\$300	Pool
Swim Strokes	Stage 5/ Stroke Development	Ages 18+	1:10	Wednesday	6:30 PM	7:15 PM	\$210	\$300	Pool
Swim Strokes	Stage 6/ Stroke Mechanics	Ages 18+	1:10	Wednesday	6:30 PM	7:15 PM	\$210	\$300	Pool
* Please see POOL SCHEDULE for Adult Lap Swim Times									
FAMILY RECREATIONAL SWIM									
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		Thursday	3:30 PM	4:15 PM	Free w/ Family Membership		Pool
Swim - Family	Family Recreation Swim Time	All Ages		Thursday	4:15 PM	5:00 PM	Free w/ Family Membership		Pool
Swim - Family	Family Recreation Swim Time	All Ages		Saturday	10:45 AM	11:30 AM	Free w/ Family Membership		Pool
Swim - Family	Family Recreation Swim Time	All Ages		Saturday	3:30 PM	4:15 PM	Free w/ Family Membership		Pool
Swim - Family	Family Recreation Swim Time	All Ages		Saturday	4:15 PM	5:00 PM	Free w/ Family Membership		Pool
Swim - Family	Family Recreation Swim Time	All Ages		Sunday	10:45 AM	11:30 AM	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
PRIVATE & SEMI-PRIVATE LESSONS BY APPT									
Swim - Private	Private Lesson 1 on 1 - By appt	All Ages	1:1	Thursday	3:30 PM	4:00 PM	Fee-based -1, 4 or 6 sessions		Pool
Swim - Private	Private Lesson 1 on 1 - By appt	All Ages	1:1	Thursday	4:00 PM	4:30 PM	Fee-based -1, 4 or 6 sessions		Pool
Swim - Private	Private Lesson 1 on 1 - By appt	All Ages	1:1	Thursday	4:30 PM	5:00 PM	Fee-based -1, 4 or 6 sessions		Pool
Swim - Private	Private Lesson 1 on 1 - By appt	All Ages	1:1	Thursday	5:00 PM	5:30 PM	Fee-based -1, 4 or 6 sessions		Pool
Swim - Private	Private Lesson 1 on 1 - By appt	All Ages	1:1	Thursday	5:30 PM	6:00 PM	Fee-based -1, 4 or 6 sessions		Pool



Swim - Semi	Semi-Private Lesson - By appt	All Ages	1:1	Thursday	3:30 PM	4:00 PM	Fee-based - 1, 4 or 6 sessions	Pool
Swim - Semi	Semi-Private Lesson - By appt	All Ages	1:1	Thursday	4:00 PM	4:30 PM	Fee-based - 1, 4 or 6 sessions	Pool
Swim - Semi	Semi-Private Lesson - By appt	All Ages	1:1	Thursday	4:30 PM	5:00 PM	Fee-based - 1, 4 or 6 sessions	Pool
Swim - Semi	Semi-Private Lesson - By appt	All Ages	1:1	Thursday	5:00 PM	5:30 PM	Fee-based - 1, 4 or 6 sessions	Pool
Swim - Semi	Semi-Private Lesson - By appt	All Ages	1:1	Thursday	5:30 PM	6:00 PM	Fee-based - 1, 4 or 6 sessions	Pool

SWIM EVALUATIONS

Swim	Swim Evaluations	All Ages	Sundays	2:45 PM	3:15 PM	FREE	Walk-In	Pool
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(Swim evaluations are free. You must wear a swim suit, swim cap and bring a towel, water shoes, water bottle and goggles (optional))

POOL PARTIES

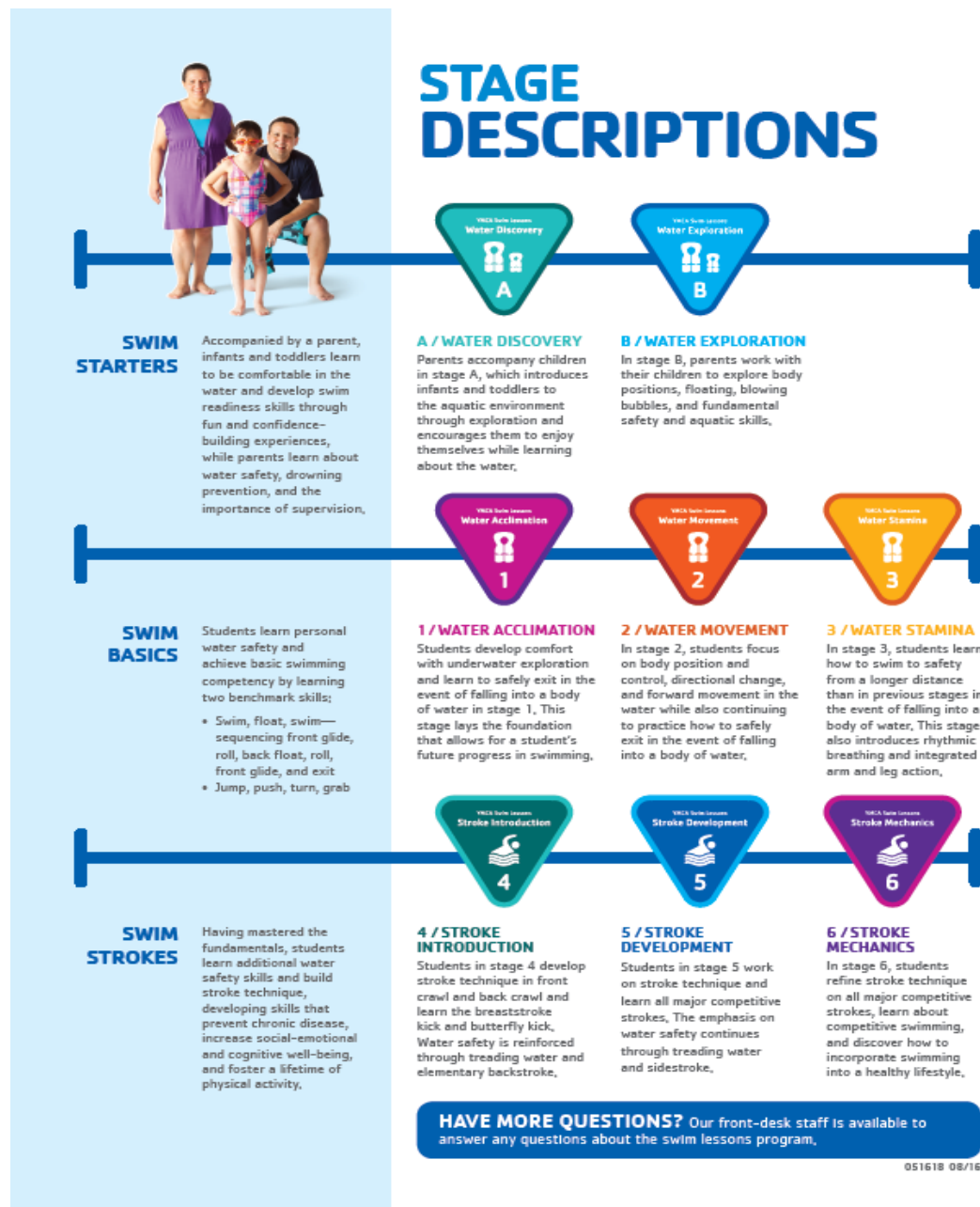
Pool Parties	Pool Party	Ages 3 & Up	Sundays	3:30 PM	4:30 PM	Fee-Based	By Reservation	Pool
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We offer a variety of birthday party options, including Pool Parties and Gym Parties! For more information, check out our flyer, visit us online, or stop by the front desk—we'd be happy to help you plan the perfect celebration.

GET SOCIAL: @GREENPOINTYMCA



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



Note:

- Everyone must shower before entering the pool.
- Swim caps are required to swim.
- Shoes are not allowed on the pool deck.
- Swimsuits are required in the pool.