Parent/Child Swim
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. Water diapers must be worn if not potty trained.

Stage Rates: M $72 NM $144
Stage A/Water Discovery: 6-18 mos
Sunday 8:00 – 8:30 am
Monday 11:00 – 11:30 am
Saturday 8:00 – 8:30 am
Stage B/Water Exploration: 18 mos-3yrs
Thursday 5:25 – 5:55 pm
Saturday 9:35 – 10:05 am

* We define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.

Stage Rates: M $72 NM $144
Stage 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.
Sunday 8:00 – 8:30 am
Monday 11:00 – 11:30 am
Saturday 8:00 – 8:30 am 10:30 – 11:00 am

Stage 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.
Sunday 8:35 – 9:05 am
Monday 12:00 – 12:30 pm
Wednesday 11:30 am – 12:00 pm
Saturday 8:00 – 8:30 am 11:05 – 11:35 am

Stage 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.
Sunday 9:45 – 10:15 am
Saturday 10:30 – 11:00 am

Stage 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.
Sunday 10:15 – 10:45 am
Wednesday 12:30 – 1:00 pm
Saturday 9:45 – 10:15 am

Stage 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.
Sunday 11:00 – 11:40 am
Tuesday 3:40 – 4:20 pm
Saturday 9:45 – 10:35 am

Stage 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.
Sunday 11:00 – 11:40 am
Tuesday 4:20 – 5:00 pm
Saturday 10:30 – 11:10 am

School Age
Stage Rates: M $72 NM $144
Stage 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.
Sunday 8:35 – 9:05 am 9:10 – 9:40 am

Stage 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.
Sunday 10:15 – 10:45 am
Tuesday 3:10 – 3:40 pm
Saturday 9:45 – 10:15 am

Swim Team
The Bayside Family YMCA Swim Team offers children and teens ages 5–18 an opportunity to work with coaches to improve swimming skills, endurance, build confidence, team–spirit, and promote a healthy lifestyle.

Register QR Code
Scan to for team levels, practice schedule, & program cost

Preschool
Stage Rates: M $72 NM $144
Stage 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.
Sunday 8:00 – 8:30 am
Monday 11:00 – 11:30 am
Saturday 8:00 – 8:30 am 10:30 – 11:00 am

Stage 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.
Sunday 8:35 – 9:05 am
Monday 12:00 – 12:30 pm
Wednesday 11:30 am – 12:00 pm
Saturday 8:00 – 8:30 am 11:05 – 11:35 am

Stage 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.
Sunday 9:45 – 10:15 am
Saturday 10:30 – 11:00 am

Stage 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.
Sunday 11:00 – 11:40 am
Tuesday 3:40 – 4:20 pm
Saturday 9:45 – 10:35 am

Stage 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.
Sunday 11:00 – 11:40 am
Tuesday 4:20 – 5:00 pm
Saturday 10:30 – 11:10 am

Teen Swim
Stage Rates: M $72 NM $144
Teen Beginner: 13-17 years TBD
Teen Intermediate: 13-17 years TBD

Adult Swim
Stage Rates: M $72 NM $144
Adult Beginner: 17+ years TBD
Adult Intermediate: 17+ years TBD
Masters Swim: 18+ years TBD

Scan to Register
Preschool

**Mini Kickers**
Give your child the step up they need to soar ahead of their peers in youth soccer. Small class sizes with a knowledgeable and enthusiastic instructor will make soccer fun and instructive.

Ages 3 - 6
Tuesdays • 10:00 – 10:45 am
$80 members • $100 non members

**Beginner Basketball**
Intended as a space for both beginners and budding fanatics. An experience instructor will teach your child the basics and grow their love of the game of basketball.

Ages 3 - 6
Wednesdays • 5:00 – 5:45 pm
$80 members • $100 non members

**Tumbling Tots**
Teach your preschooler the basics of gymnastics. Constantly engaged while developing their fine motor skills, and cognitive ability in a small group setting with their peers. Balance seems, kart wheels, and somersaults are only the start of what your young child will learn in this fun engaging class.

Ages 3 – 6
Wednesdays • 10:00 – 10:45 am
$80 members • $100 non members

**Sports Mania**
All of our best games rolled into one amazing class. Each week we will be staying active and having fun while learning skills like teamwork and sportsmanship. Whether it is playing with the parachute or sharks and minnows, we will challenge the little ones to develop important skills for school and life.

Ages 3 – 6
Fridays • 11:15 am – 12:00 pm
$80 members • $100 non members

Youth

**Youth Volleyball**
Learn the basics of Digging, Passing, and Setting in a fun class. Try out this fun sport in a short 45 minute class that will keep your child engaged and wanting more.

Mondays • 5:00 – 5:45 pm
$80 members • $100 non members

**Unified Basketball**
Experience the game of Basketball taught for kids of all abilities. Pairing kids to develop their skills and work together to insure this class is a fun experience for all.

Tuesdays • 5:00 – 5:45 pm
$80 members • $100 non members

**Archery**
A certified instructor will teach the fundamentals of archery. Safe and fun in a controlled setting. Participants will have the opportunity to hone their skills and progress through the different levels of archery.

Fridays • 5:00 – 5:45 pm
$80 members • $100 non members

**Youth Basketball League**
Developmental league, set-up to challenge the basketball fanatic, as well as teach beginners the amazing game of basketball.

Saturdays
$170 members • $225 non members

**Dungeons & Dragons**
Explore a world of imagination in this exciting tabletop gaming club. Whether you are brand new to the game or have braved dungeons before, this program is here for you. Defeat monsters, solve puzzles, find riches and become a great hero alongside your friends. Do you have what it takes to save the world?

Mondays • 5:45 – 7:15 pm
$120 members • $150 non members

**Nerf Dart Tag**
The classic game played in our gym with obstacles and different objectives each week to give the game a new and interesting twist. Learn the skills required to shoot, hide, and dodge in this fun game every child loves.

Thursdays • 5:00 – 5:45 pm
$80 members • $100 non members

**Youth Classes are FREE with a Family or Individual Plus Membership!**