



SUMMER 2026



Register at BYPandFriends.com beginning May 15, 2026, at 9 AM.

Class sizes are limited, so don't wait!

Visit our website for full class descriptions.

Registration closes May 29, 2026, or once classes are full.

The Backyard
215 N. Long Beach Road
Rockville Centre, NY 11570

RVC Recreation Center
111 N. Oceanside Road
Rockville Centre, NY 11570

Pricing: \$240 per class

MONDAY

at The RVC Rec. Center

Hip Hop 6:00 - 7:00 PM
Dance Fitness 7:00 - 8:00 PM

June - 15, 22, 29
July - 6, 13, 20,

TUESDAY

in The Backyard

Game Time 6:00 - 7:00 PM
Music 7:00 - 8:00 PM

June - 16, 23, 30
July - 7, 14, 21

WEDNESDAY

at The RVC Rec. Center

Zumba 6:00 - 7:00 PM
Yoga 7:00 - 8:00 PM

June - 17, 24
July - 1, 8, 15, 22