

# 2022 FALL 1 PROGRAMS

Registration Opens 9/7 @ 5PM online (5:30pm in person & over phone)  
Classes are 8 weeks unless otherwise noted

Classes begin 9/12  
Prices listed are member prices

\*Current class participants offered early registration date - ask your instructor for more information

## PLAYGROUP FREE

Wednesdays 11-11:45am ages 6MTHS-3 (parent/child)

## FAMILY YOGA FREE

Sundays 9-9:45am Families

## FUNCTIONAL FOUNDATIONS FREE

Mondays 5-5:45pm ages 10-14

## ZUMBA KIDS FREE

Sundays 10-10:45am ages 5-8

Free classes require registration and attendance



## PARENT & CHILD MARTIAL ARTS \$136

Sundays 11-11:45am ages 2-6 (parent/child)

## CHILDREN'S SELF DEFENSE \$136

Sundays 12-12:45pm ages 7-12

## RISING STARS \$136

Saturdays 9-9:45am ages 2-3 (parent/child)

## MINI ALL STARS \$125

Saturdays 10-10:45am ages 4-6

## MESSY ART \$130

Wednesdays 9-9:45am ages 1-4 (parent/child)

## PRESCHOOL PREP \$128

Wednesdays 10-10:45am ages 2-3



For more information and class descriptions  
call 201-955-5300 or visit [meadowlandsymca.org](http://meadowlandsymca.org)



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## GYMNASTICS \$136

Mondays 5:30-6:30pm ages 5-12 **\$166** (advanced coach approval)

6:30-7:15pm ages 5-12 (beginner)

Wednesdays 4:45-5:30pm ages 2-5 (tiny tumblers parent/child)

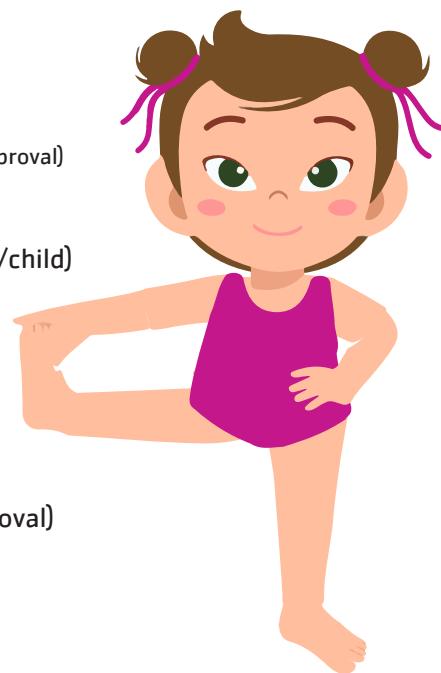
5:30-6:15pm ages 5-12 (beginner)

6:15-7pm ages 5-12 (beginner)

Saturdays 9:15-10am ages 2-5 (tiny tumblers parent/child)

10:15-11am ages 5-12 (beginner)

11-12pm ages 5-12 **\$166** (advanced coach approval)



## BASKETBALL SKILLS \$136

Mondays 5-5:45pm ages 6-9

6-6:45pm ages 10-12

Saturdays 11-11:45am ages 6-9

12-12:45pm ages 10-12

## SOCCER SKILLS \$136

Saturdays 9-9:45am ages 5-7

10-10:45am ages 8-10

## BASEBALL SKILLS \$136

Thursdays 5-5:55pm ages 6-8

6-6:55pm ages 9-12

## YOUTH SAQ \$136

Saturdays 11-11:45am ages 6-10

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