

2022 FALL 2 SWIM LESSONS

Registration 10/26 @ 5PM online only
Classes are \$150 unless otherwise noted

Classes begin 11/7
Swim Lessons for Members only

There will be no classes on Thanksgiving (all Thursday classes will be 5 weeks and fees prorated)

PARENT/CHILD LESSONS

STAGE A 6-18 MONTHS Saturdays 8:30-9am & 9:40-10:10am

STAGE B 18 MONTHS - 3 YEARS Saturdays 9:05-9:35am & 10:15-10:45am

STARFISH 4+ YEARS Saturdays 11-11:30am

Starfish swim lessons are designed for children with moderate to severe neurological, physical, and social challenges. The program is supervised by hands-on instructors who will teach swimming and exercise to do with children in the water while accompanied by a parent/guardian.

PRESCHOOL LESSONS 3-5 YEARS

STAGE C

Mondays 5-5:30pm
Tuesdays 4-4:30pm
Wednesdays 5:30-6pm
Thursdays 5-5:30pm
Saturdays 8:30-9am & 11-11:30am
Sundays 8:30-9am

STAGE D

Mondays 5:30-6pm
Wednesdays 5-5:30pm
Thursdays 4-4:30pm
Saturdays 8:30-9am & 9:40-10:10am
Sundays 10:15-10:45am

STAGE E

Tuesdays 4:30-5pm
Sundays 9:40-10:10am



For more information and class descriptions
call 201-955-5300 or visit meadowlandsymca.org



YOUTH LESSONS 6-14 YEARS

STAGE 1

Mondays 4:30-5pm & 6:30-7pm
Tuesdays 6-6:30pm
Wednesdays 4:30-5pm
Thursdays 5:30-6pm
Saturdays 9:05-9:35am & 10:15-10:45am & 12:10-12:40pm
Sundays 9:05-9:35am

STAGE 2

Mondays 4-4:30pm & 7-7:30pm
Tuesdays 5:30-6pm
Wednesdays 6-6:30pm
Thursdays 4:30-5pm
Saturdays 9:05-9:35am & 10:15-10:45am & 11:35-12:05pm
Sundays 11-11:30am

STAGE 3

Mondays 6-6:30pm
Tuesdays 5-5:30pm & 6:30-7pm
Wednesdays 6:30-7pm
Saturdays 9:40-10:10am & 11-11:30am
Sundays 11:35-12:05pm

STAGE 4

Wednesdays 7-7:30pm
Thursdays 6-6:30pm
Saturdays 10:15-10:45am
Sundays 12:10-12:40pm

STAGE 5

Thursdays 6:30-7pm
Saturdays 11-11:30am

STAGE 6

Saturdays 11:35-12:05pm



ADULT LESSONS \$240 15+ YEARS

BEGINNER Tuesdays 7-7:45pm

INTERMEDIATE Thursdays 7-7:45pm