

2022 FALL 2 PROGRAMS

Registration 10/26 @ 5PM online only
Classes are 6 weeks unless otherwise noted

Classes begin 11/7
Prices listed are Member pricing

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

FREE CLASSES Free classes require registration and attendance

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

FAMILY YOGA Sundays 9-9:45am families

FUNCTIONAL FOUNDATIONS Mondays 5-5:45pm ages 10-14

ZUMBA KIDS Sundays 10-10:45am ages 5-8



Paid classes are \$100 unless otherwise noted **PAID CLASSES**

MESSY ART Wednesdays 9-9:45am ages 1-4

PRESCHOOL PREP Wednesdays 10-10:45am ages 2-3

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

SELF DEFENSE Sundays 12-12:45pm ages 7-12

RISING STARS Saturdays 9-9:45pm ages 2-3

MINI ALL STARS Saturdays 10-10:45am ages 4-6

YOUTH SAQ Saturdays 11-11:45am ages 6-10



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

SPORTS CLASSES

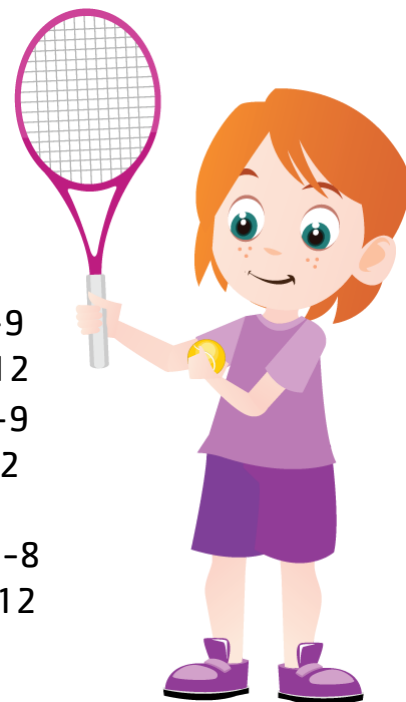
Sports classes are \$100 unless otherwise noted

TENNIS Sundays 9-9:45am ages 5-8
10-10:45am ages 9-12

SOCCER SKILLS Saturdays 9-9:45am ages 5-7
10-10:45am ages 8-10

BASKETBALL SKILLS 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

BASEBALL SKILLS \$84 Thursdays 5-6pm ages 6-8
6-7pm ages 9-12
No class Thanksgiving, class is 5 weeks



Classes are \$100 unless otherwise noted GYMNASTICS CLASSES



TINY TUMBLERS Wednesdays 4:45-5:30pm ages 2-5
Saturdays 9:15-10am ages 2-5

BEGINNER GYMNASTICS Mondays 6-6:45pm ages 5-12
Wednesdays 5:30-6:15pm ages 5-12
6:15-7pm ages 5-12
Saturdays 10:15-11am ages 5-12

ADVANCED GYMNASTICS \$125 Mondays 5-6pm ages 5-12
Saturdays 11-12pm ages 5-12



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