

2023 SPRING 1 SWIM LESSONS

Registration Opens 2/15 @ 5PM

Classes are \$200 for 8 weeks unless otherwise noted
Sunday classes \$175 for 7 weeks (closed Easter Sunday)

Classes begin 2/20

Schedule subject to change.
Swim evaluations needed for Stage D and above

Parent/Child 6mths-3yrs

STAGE A 6-18MTHS

Saturdays 8:30-9am, 9:40-10:10am

STAGE B 18MTHS-3YRS

Saturdays 9:05-9:35am, 10:15-10:45am

Preschool 3-5yrs

STAGE C

Mondays 5-5:30pm

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

Thursdays 4-4:30pm

Saturdays 8:30-9am, 9:40-10:10am

Sundays 10:15am-10:45am

STAGE E

Tuesdays 4:30-5pm

Sundays 9:40-10:10am

Adult 15+ yrs \$320

BEGINNER

Tuesdays 7-7:45pm

INTERMEDIATE

Thursdays 7-7:45pm



For more information call 201-955-5300 or meadowlandsymca.org

2023 SPRING 1 SWIM LESSONS

Youth 6-14 yrs

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, 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, 11:35am-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, 11:35am-12:05pm, 12:10-12:40pm
Sundays 11:35am-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 11:35am-12:05pm

STAGE 6

Saturdays 12:10pm-12:40pm



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