

2023 SUMMER SWIM LESSONS

Registration 6/14 @5pm online only

Classes are \$200 unless otherwise noted

Classes begin 6/26 and end 7/21 no classes 7/4

Swim Lessons are for Members only

WEEKDAY CLASSES

classes are twice a week for 4 weeks
choose Mon/Wed or Tue/Thu option

PRESCHOOL LESSONS 3-5 YEARS

STAGE C

Mondays & Wednesdays:

9-9:30am, 9:30-10am, 10:30-11am, 11-11:30am

Tuesdays & Thursdays:

9-9:30am, 9:30-10am, 10:30-11am, 11-11:30am

STAGE D

Mondays & Wednesdays:

9-9:30am, 9:30-10am, 10:30-11am

Tuesdays & Thursdays:

9-9:30am, 9:30-10am, 10:30-11am, 11-11:30am



STAGE E

Mondays & Wednesdays:

11-11:30am

6-14 YEARS YOUTH LESSONS

STAGE 1

Mondays & Wednesdays:

10-10:30am, 11:30am-12pm, 1-1:30pm

Tuesdays & Thursdays:

10-10:30am, 11:30am-12pm, 2:30-3pm

STAGE 2

Mondays & Wednesdays:

10-10:30am, 11:30am-12pm, 1:30-2pm

Tuesdays & Thursdays:

10-10:30am, 11:30am-12pm, 2-2:30pm, 3-3:30pm

STAGE 3

Mondays & Wednesdays:

2-2:30pm

Tuesdays & Thursdays:

1:30-2pm, 3:30-4pm

STAGE 4

Mondays & Wednesdays:

2:30-3pm, 3:30-4pm

Tuesdays & Thursdays:

1-1:30pm

STAGE 5

Mondays & Wednesdays:

3-3:30pm

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



2023 SUMMER SWIM LESSONS

Registration 6/14 @5pm online only

Classes are \$200 unless otherwise noted

Classes begin 7/1 and end 8/20 no classes 7/4

Swim Lessons are for Members only

WEEKEND CLASSES

classes are once a week for 8 weeks
choose Sat or Sun

PARENT/CHILD LESSONS

STAGE A 6-18 MONTHS

Saturdays 8:30-9am & 9:05-9:35am

STAGE B 18 MONTHS - 3 YEARS

Saturdays 9:40-10:10am & 10:15-10:45am

PRESCHOOL LESSONS 3-5 YEARS

STAGE C

Saturday

8:30-9am, 11-11:30am

Sunday

8:30-9am

STAGE D

Saturday

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

Sunday

10:15-10:45am

STAGE E

Sunday

9:40-10:10am

YOUTH LESSONS 6-14 YEARS

STAGE 1

Saturday

9:05-9:35am, 11:35-12:05pm

Sunday

9:05-9:35am

STAGE 2

Saturday

9:05-9:35am, 10:15-10:45am, 11:35-12:05pm

Sunday

11-11:30am

STAGE 3

Saturday

9:40-10am, 11-11:30am, 12:10-12:40pm

Sunday

11:35am-12:05pm

STAGE 4

Saturday

10:15-10:45am, 11-11:30am

Sunday

12:10-12:40pm

STAGE 5

Saturday

11:35am-12:05pm

STAGE 6

Saturday

12:10-12:40pm



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



2023 SUMMER SWIM LESSONS

Registration 6/14 @5pm online only

Classes begin 6/27 and end 8/17 no classes 7/4

Swim Lessons are for Members only

ADULT LESSONS 15+ YEARS

BEGINNER \$280

Tuesdays 7-7:45pm



INTERMEDIATE \$320

Thursdays 7-7:45pm

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

