

2023 FALL PROGRAMS

Registration 8/30 @ 5PM online only
Classes are 7 weeks unless otherwise noted

Classes begin 9/11
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 Saturdays 9-10am families

ZUMBA KIDS Sundays 10:15-11am ages 5-8



GYMNASTICS CLASSES

WEEKDAYS 7 WEEKS Classes are \$119 unless otherwise noted

TINY TUMBLERS Wednesdays 4:45-5:30pm ages 2-4

BEGINNER GYMNASTICS Mondays 6-6:45pm ages 5-12
Wednesdays 5:30-6:15pm & 6:15-7pm ages 5-12

ADVANCED GYMNASTICS \$147 Mondays 5-6pm ages 5-12

WEEKENDS 6 WEEKS

TINY TUMBLERS \$102 Saturdays 9:15-10am ages 2-4

BEGINNER GYMNASTICS \$102 Saturdays 10:15-11am ages 5-12

ADVANCED GYMNASTICS \$126 Saturdays 11-12pm ages 5-12

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



SPORTS & PRESCHOOL CLASSES

WEEKDAYS 7 WEEKS classes are \$119 unless otherwise noted

BASKETBALL SKILLS Mondays 5-5:45pm ages 5-8
6-6:45pm ages 9-12

SOCCER SKILLS Wednesdays 5-5:45pm ages 5-8
6-6:45pm ages 9-12

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

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

HIP HOP Mondays 3:30-4:10pm ages 5-8
4:15-4:55pm ages 9-12
Thursdays 3:30-4:10pm ages 5-8
4:15-4:55pm ages 9-12



WEEKENDS 6 WEEKS classes are \$102 unless otherwise noted

BASKETBALL SKILLS Saturdays 11-11:45am ages 5-8
12-12:45pm ages 9-12

SOCCER SKILLS Saturdays 9-9:45am ages 5-8
10-10:45am ages 9-12

RISING STARS Saturdays 9-9:45pm ages 2-3 (parent/child)

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

YOUTH SAQ Saturdays 11-11:45am ages 10-14

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



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