

2023 FALL SWIM LESSONS

Registration 8/30@ 5PM online only
Members - \$180 Non Members - \$225

Classes begin 9/11
Swim Lessons final sale at purchase

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

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

STAGE D

Mondays 4:30-5pm, 6-6:30pm
Tuesdays 4:30-5pm
Wednesdays 5:30-6pm
Saturdays 8:30-9am, 9:40-10:10am

STAGE E

Thursdays 4-4:30pm



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



YOUTH LESSONS 6-14 YEARS

STAGE 1

Mondays 5-5:30pm & 6:30-7pm
Wednesdays 4-4:30pm
Thursdays 4:30-5pm
Saturdays 9:05-9:35am, 11:35am-12:05pm

STAGE 2

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

STAGE 3

Tuesdays 5-5:30pm, 6-6:30pm
Wednesdays 6:30-7pm
Thursdays 5:30-6pm
Saturdays 9:40-10:10am & 12:10-12:40pm

STAGE 4

Tuesdays 6:30-7pm
Thursdays 6-6:30pm
Saturdays 10:15-10:45am, 11-11:30am

STAGE 5

Thursdays 6:30-7pm
Saturdays 11:35am-12:05pm

STAGE 6

Saturdays 12:10-12:40pm

