

# FALL 1 PROGRAMS

REGISTRATION OPENS 08/28 @ 5PM

## Join us for our open house on 9/21



9/16/2024 - 11/2/2024

\*No Class 9/21

### PLAYGROUP FREE!

WEDNESDAYS 11 - 11:45 AM (AGES 1-3)

### FAMILY YOGA FREE!

SATURDAYS 9 - 10:00 AM (FAMILY)

### ZUMBA KIDS FREE!

SUNDAYS 10:30 - 11:15 AM (AGES 5-8)



### MINI ALL STARS \$128

SATURDAYS 10 - 10:45 AM (AGES 4-6)

### MESSY ART \$149

WEDNESDAYS 9 - 9:45 AM (AGES 2-5)

### PRESCHOOL PREP \$149

WEDNESDAYS 10 - 10:45 AM (AGES 3-5)

### YOUTH S.A.Q \$149

SATURDAYS 11 - 11:45 AM (AGES 10-14)

### RISING STARS \$128

SATURDAYS 9 - 9:45 AM (AGES 2-3)



### GYMNASTICS \$149

MONDAYS 5 - 6 PM **ADVANCED** (AGES 5-12) **\$175**

6 - 6:45 PM **BEGINNER** (AGES 5-12)

WEDNESDAYS 4:45 - 5:30 PM **TINY TUMBLERS** (AGES 2-4)

5:30 - 6:15 PM **BEGINNER** (AGES 5-12)

6:15 - 7:00 PM **BEGINNER** (AGES 5-12)

SATURDAYS 9:15 - 10 AM **TINY TUMBLERS** (AGES 2-4) **\$128**

10:15 - 11 AM **BEGINNER** (AGES 5-12) **\$128**

11:00 - 12:00 PM **ADVANCED** (AGES 5-12) **\$150**

For More Information Email [psstern@meadowlandsymca.org](mailto:psstern@meadowlandsymca.org)



# Fall 1 PROGRAMS

REGISTRATION OPENS 08/28 @ 5PM

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\*No Class 9/21

## **SOCCER SKILLS \$149**

**WEDNESDAYS** 5 - 5:45 PM (AGES 5-8)  
6 - 6:45 PM (AGES 9-12)

## **SOCCER SKILLS \$128**

**SATURDAYS** 9 - 9:45 AM (AGES 5-8)  
10 - 10:45 AM (AGES 9-12)

## **BASKETBALL SKILLS \$149**

**MONDAYS** 5 - 5:45 PM (AGES 5-8)  
6 - 6:45 PM (AGES 9-12)

## **BASKETBALL SKILLS \$128**

**SATURDAYS** 11 - 11:45 AM (AGES 5-8)  
12 - 12:45 AM (AGES 9-12)

# INTRODUCING NEW CLASSES!

## **VOLLEYBALL SKILLS \$149**

**THURSDAYS** 5:30 - 6:30 PM (AGES 9-12)  
6:45 - 7:45 PM (AGES 13-17)

## **MARTIAL ARTS KIDS \$128**

**SATURDAYS** 10 - 10:45 AM (AGES 5-8)  
11 - 11:45 AM (AGES 9-12)  
\*Class held in Sensory Room

## **ADULT SELF DEFENSE \$149**

**WEDNESDAYS** 6:45 - 7:45 PM (AGES 18+)  
\*Class held in Sensory Room



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