

# 2024 FALL 1 SWIM LESSONS

REGISTRATION OPENS

MEMBERS \$190  
NON-MEMBERS \$245

\* Final sale at purchase

8/28 @ 5PM

ONLINE ONLY

Weekday Lessons

9/9/24 - 10/25/24

Saturday Lessons

9/14/24 - 11/2/24

\*No Class on September 21st

Join us for our Open House on 9/21

## PARENT / CHILD LESSONS

**STAGE A** (6 - 18 months)

**Saturdays:** \*

8:30 - 9:00 AM & 9:40 - 10:10 AM

**STAGE B** (18 months - 3 years)

**Saturdays:** \*

9:05 - 9:35 AM & 10:15 - 10:45 AM

## PRESCHOOL LESSONS

(3 - 5 years)

**STAGE C**

**Mondays:** 4:00 - 4:30 PM / 5:30 - 6:00 PM

**Wednesdays:** 4:00 - 4:30 PM / 5:30 - 6:00 PM / 6:30 - 7:00 PM

**Saturdays:** \* 8:30 - 9:00 AM / 10:15 - 10:45 AM / 11:35 - 12:05 PM

**STAGE D**

**Mondays:** 4:30 - 5:00 PM / 6:00 - 6:30 PM

**Tuesdays:** 4:00 - 4:30 PM / 6:30 - 7:00 PM

**Wednesdays:** 5:00 - 5:30 PM / 6:30 - 7:00 PM

**Saturdays:** \* 8:30 - 9:00 AM / 10:15 - 10:45 PM

**STAGE E**

**Tuesdays:** 5:00 - 5:30 PM

**Saturdays:** \* 9:05 - 9:35 AM



For More Information & Class Descriptions

call 201-955-5300 or visit [meadowlandsymca.org](http://meadowlandsymca.org)



Weekday Lessons 9/9/24 - 10/25/24

Saturday Lessons 9/14/24 - 11/2/24

\*No Class on September 21st



# YOUTH LESSONS

(6-14 years)



## STAGE 1

**Mondays:** 5:00 - 5:30 PM / 6:30 - 7:00 PM

**Tuesdays:** 4:30 - 5:00 PM

**Wednesdays:** 4:30 - 5:00 PM / 6:00 - 6:30 PM

**Saturdays:** \* 9:05 - 9:35 AM / 11:00 - 11:30 PM

## STAGE 2

**Mondays:** 7:00 - 7:30 PM

**Tuesdays:** 5:30 - 6:00 PM / 7:00 - 7:30 PM

**Wednesdays:** 7:00 - 7:30 PM

**Thursdays:** 4:30 - 5:00 PM / 6:30 - 7:00 PM

**Saturdays:** \* 9:40 - 10:10 AM / 11:00 - 11:30 AM

## STAGE 3

**Tuesdays:** 6:00 - 6:30 PM / 7:30 - 8:00 PM

**Thursday:** 5:30 - 6:00 PM / 7:00 - 7:30 PM

**Saturdays:** \* 9:40 - 10:10 AM / 11:35 - 12:05 PM

## STAGE 4

**Thursday:** 5:00 - 5:30 PM / 6:00 - 6:30 PM

**Saturdays:** \* 11:00 - 11:30 AM / 12:10 - 12:40 PM



## STAGE 5

**Thursday:**

7:30 - 8:00 PM

**Saturdays:** \*

11:35 - 12:05 PM

## STAGE 6

**Saturdays:** \*

12:10 - 12:40 PM



# ADULT LESSONS (15+)

(\$285/ \$365)



## BEGINNER

**Mondays:**

7:30 - 8:15 PM

## INTERMEDIATE

**Wednesdays:**

7:30 - 8:15 PM

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