

# 2024 FALL 2 SWIM LESSONS

REGISTRATION OPENS

10/23 @ 5PM

ONLINE ONLY

MEMBERS \$190

NON-MEMBERS \$245

\* Final sale at purchase  
No Makeups

Session Dates

11/4/24 - 12/21/24

\*No Class on Thanksgiving

Thursdays - 6 Week Session

## 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

**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



Session Dates : 11/4/24 - 12/21/24

NO CLASS ON THANKSGIVING

## 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:** 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

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

**Thursdays:** \* 6:30 - 7:00 PM (\$165)

**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 (\$165)

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

### STAGE 4

**Thursday:** \* 5:00 - 5:30 PM / 6:00 - 6:30 PM (\$165)

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



### STAGE 5

**Thursday:** \*

7:30 - 8:00 PM (\$165)

**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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