

2025 WINTER SWIM LESSONS

MEMBERS \$217 NON-MEMBERS \$280

Final sale at purchase and no makeups

SESSION DATES

1/6/25 - 3/2/25

ONLINE REGISTRATION OPENS 12/18 @ 5PM

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

STAGE C

(3-5 years)

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



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 AM

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

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



**For More Information &
Class Descriptions**

call 201-955-5300

or

visit meadowlandsymca.org

\$326 members \$417 non-member

ADULT LESSONS

BEGINNER **Mondays:** 7:30 - 8:15 PM

INTERMEDIATE **Wednesdays:** 7:30 - 8:15 PM

(15+)



the
Meadowlands YMCA