



# SPLASH INTO FALL WITH CONFIDENCE

YMCA OF MONTCLAIR  
PARK STREET  
FALL 1 SESSION  
SEPT 5 - OCT 29, 2023



CLASS	AGE	MON	TUE	WED	THURS	SAT	SUN
<b>Parent/Child Stage A:</b> Water Discovery	6mo to 24mo						9:10-9:40am
<b>Parent/Child Stage B:</b> Water Exploration	19mo to 36mo				9:15-9:45am		8:35-9:05am 9:50-10:20am
<b>Preschool Stage 1:</b> Water Acclimation	3yrs to 5yrs		5:35-6:05pm	6:10-6:40pm			
<b>Preschool Stage 2:</b> Water Movement	3yrs to 5yrs		5:35-6:05pm	6:10-6:40pm			
<b>Preschool Stage 3:</b> Water Stamina	4yrs to 5yrs		5:35-6:05pm	6:10-6:40pm			
<b>School Age Stage 1:</b> Water Acclimation	6yrs to 12yrs			5:25-6:05pm		11:15-11:55am	
<b>School Age Stage 2:</b> Water Movement	6yrs to 12yrs	5:15-5:50pm 5:55-6:35pm 6:40-7:25pm	4:50-5:30pm	3:55-4:35pm 4:40-5:20pm 6:45-7:25pm	4:00-4:40pm 5:30-6:10pm 6:15-6:55pm	9:45-10:25am 10:30-11:10am 12:00-12:40pm	
<b>School Age Stage 3:</b> Water Stamina	6yrs to 12yrs	5:15-5:50pm 5:55-6:35pm 6:40-7:25pm	4:50-5:30pm	3:55-4:35pm 4:40-5:20pm 5:25-6:05pm 6:45-7:25pm	4:00-4:40pm 4:45-5:25pm 5:30-6:10pm 6:15-6:55pm	9:45-10:25am 10:30-11:10am 11:15-11:55am 12:00-12:40pm	
<b>School Age Stage 4:</b> Water Stroke Introduction	6yrs to 14yrs	5:55-6:35pm	4:50-5:30pm	3:55-4:35pm 5:25-6:05pm	4:45-5:25pm 5:30-6:10pm	9:45-10:25am 10:30-11:10am 11:15-11:55am 12:00-12:40pm	
<b>School Age Stage 5:</b> Stroke Development	8yrs to 14yrs	6:40-7:25pm		6:45-7:25pm	6:15-6:55pm	9:45-10:25am 11:15-11:55am	
<b>School Age Stage 6:</b> Stroke Mechanics	8yrs to 14yrs	5:15-5:50pm		4:40-5:20pm	4:00-4:40pm	10:30-11:10am	
<b>School Age Stage 7A:</b> Endurance, Sports & Games	10yrs to 16yrs				4:45-5:25pm		
<b>School Age Stage 7B:</b> Aquatics Conditioning	10yrs to 16yrs		4:05-4:45pm			12:00-12:40pm	
<b>Diverse Abilities:</b> Aquatics Inclusion Group Class	6yrs & up			7:30-8:10pm			
<b>Adult &amp; Teen (Stages 1-3)</b> Beginners	13yrs & up	7:30-8:10pm	9:10-9:50am 6:15-6:55pm			9:00-9:40am	
<b>Adult &amp; Teen (Stages 4-6)</b> Intermediate/Advanced	14yrs & up	7:30-8:10pm	9:10-9:50am 6:15-6:55pm			9:00-9:40am	

To register for Stage 3 or higher: participants must have successfully passed their last stage. Current participants receive certificates at the end of the session and will have the stage checked off that they should register for. Our lessons are progressive, so a participant may spend several sessions in the same stage. This is normal as they continue to learn and build skill and endurance. Session and registration information is located on back of this flyer.



# YMCA OF MONTCLAIR PARK STREET AQUATICS FALL 1 2023 SESSION

Scan QR Code  
to register for  
Group Swim  
Lessons



Park Street Aquatics Programs are held at 25 Park Street, Montclair, NJ 07042

## FALL 1 SESSION: SEPT 5 - OCT 29, 2023

- All classes meet once a week
- No classes on Monday, Sept. 4th
- The Y is closed on Mon, Sept 4 (Labor Day)

Membership Type	MON (7 Classes)	TUES - THURS, SAT, SUN (8 Classes)
Family Members Registration: Mon, Aug 14	\$97	\$110
Individual Members Registration: Mon, Aug 21	\$121	\$138

## FALL 2 SESSION: OCT 30 - DEC 19, 2023

- All classes meet once a week
- No classes on Tues, Oct 31 (Halloween)
- No classes Thanksgiving Weekend (Nov 23, 24, 25, 26)

Membership Type	MON (8 Classes)	TUES (7 Classes)	THURS, FRI, SAT, SUN (6 Classes)
Family Members Registration: Mon, Oct 16	\$110	\$97	\$83
Individual Members Registration: Mon, Oct 23	\$138	\$121	\$104

## Helpful Reminders:

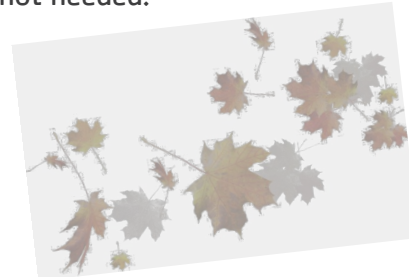
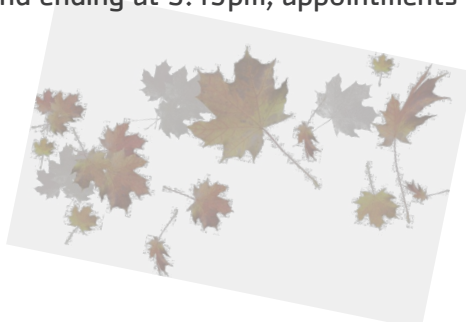
- **Make-Up classes are not available.** A system credit may be provided for missed classes provided a doctor's note is provided to the Aquatics Department **within 7 days of the missed class.**
- **Refund Policy:** if it's necessary for us to cancel a class due to lack of registration, we'll issue a full program fee refund. A 75% program fee refund will be made if you give notice one week prior to the start of a program. **No refunds are given once a program has started.**
- **Infant and Toddlers:** a reusable swim diaper or a disposable swim diaper with a plastic pant covering is required for all program participants who are not potty-trained. **Diapers are not permitted in the pools at anytime.** Amazon has many options for reusable swim diapers. A possible option can be viewed on Amazon with following link: <https://a.co/d/2jl357i>
- **Swim Caps:** Class participants 5yrs and up must wear a swim cap at our Park Street Branch.

## Swim Evaluations:

- A stage evaluation is not necessary for non-swimmers or beginner swimmers enrolling in Stage 1 or Stage 2. A swim lesson evaluation is required for entry into the Preschool and School Age swimming programs for Stages 3 and up.
- Swim Lesson Evaluations are free to YMCA of Montclair members and \$35 for non-members (fee must be paid before evaluation (membership status is determined at the time of the evaluation)).
- Any participant who is new or hasn't attended a lesson in 6 months and wants to enroll in a Stage 3 or higher class needs an evaluation before registering. Swim Lesson evaluations are held at the Park Street Branch's Small Pool, Monday through Thursday starting at 3pm and ending at 3:45pm, appointments are not needed.

## For more information, please contact:

Anna Smith  
Park Street YMCA Aquatics Director  
Email: [asmith@montclairymca.org](mailto:asmith@montclairymca.org)  
Phone: (973) 415-6135





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FOR SOCIAL RESPONSIBILITY**

# FALL INTO AUTUMN SWIMMING LESSONS AT THE Y!

**YMCA OF MONTCLAIR  
GEYER FAMILY YMCA AQUATICS**



## Fall 2 Class Schedule: October 30– December 19, 2023

CLASS	AGE	Monday	Tuesday	Wednesday	Thursday	Saturday
Parent/Child Stage A Water Discovery	6–24mo		5:45–6:15pm			8:15–8:45am 8:50–9:20am
Parent /Child Stage B Water Exploration	19–36mo		6:30–7:00pm			9:25– 9:55am 10:00–10:30am
Preschool Stage 0	3 yrs				4:00–4:30pm	10:35–11:05am 11:10–11:40am
Preschool Stage 1 Water Acclimation	3 to 5yrs	4:00–4:30pm 4:35–5:05pm 5:10–5:40pm	4:00–4:30pm 4:35–5:05pm 5:55–6:25pm	4:00–4:30pm 4:35–5:05pm 5:10–5:40pm	4:00–4:30pm 4:35–5:05pm 5:55–6:25pm	10:35–11:05am 11:10–11:40am 11:45–12:15pm 1:05–1:35pm
Preschool Stage 2 Water Movement	3 to 5yrs	4:00–4:30pm 4:35–5:05pm 5:10–5:40pm	4:00–4:30pm 4:35–5:05pm 5:55–6:25pm	4:00–4:30pm 4:35–5:05pm 5:10–5:40pm	4:00–4:30pm 4:35–5:05pm 5:55–6:25pm	10:35–11:05am 11:10–11:40am 11:45–12:15pm 1:05–1:35pm
Preschool Stage 3 Water Stamina	3 to 5yrs	5:10–5:40pm	5:55–6:25pm	5:10–5:40pm	5:55–6:25pm	10:35–11:05am 11:45–12:15pm 1:05–1:35pm
Preschool Stage 4 Stroke Introduction	4 to 5yrs	6:30–7:00pm		6:30–7:00pm		10:00–10:30am
School Age Stage 1 Water Acclimation	6 to 12yrs	5:45–6:25pm 7:05–7:45pm	5:10–5:50pm	5:45–6:25pm 7:05–7:45pm	5:10–5:50pm	12:20–1:00pm 1:40–2:20pm
School Age Stage 2 Water Movement	6 to 12yrs	7:05–7:45pm	5:10–5:50pm	7:05–7:45pm	5:10–5:50pm	9:15–9:55am 12:20–1:00pm 1:40–2:20pm





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## **YMCA OF MONTCLAIR GEYER FAMILY YMCA Fall 2 October 30– December 19**

**Class Location:  
159 Glenridge Ave  
Montclair, NJ 07042**



**Fall 2: October 30– December 19**

**Classes are not schedule on Tuesday, October 31 (Halloween) &  
Thursday, November 23 & Saturday, November 25 (Thanksgiving Holiday)**

<b>Membership Type</b>	<b>Monday (8 Classes)</b>	<b>Tuesday (7 Classes)</b>	<b>Thurs and Sat (6 Classes)</b>
<b>Family Members</b> Registration: Mon, October 16	<b>\$110</b>	<b>\$97</b>	<b>\$83</b>
<b>Individual Members</b> Registration: Mon, October 23	<b>\$138</b>	<b>\$121</b>	<b>\$104</b>

### **Helpful Reminders:**

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### **Swim evaluations:**

- A stage evaluation is not necessary for non- swimmers or beginner swimmers enrolling in Stage 1 or Stage 2. A swim lesson evaluation is required for entry into the Preschool and School Age swimming programs for Stages 3 and up.
- Swim Lesson Evaluations are free to YMCA of Montclair members and \$35 for non- members (fee must be paid before evaluation (membership status is determined at the time of the evaluation).
- Any participant who is new or hasn't attended a lesson in 6 months and wants to enroll in a stage 3 or higher class needs an evaluation before registering. Swim Lessons evaluation are held at Geyer Branch on Saturday's 2:30-3:30pm.

### **For more information, contact:**

**Claire LaMonica**  
Geyer Family YMCA Aquatics Coordinator  
Email: [clamonica@montclairymca.org](mailto:clamonica@montclairymca.org)  
Phone: (973)744-3400 ex 211

