



DIVE INTO FALL WITH CONFIDENCE

**YMCA of Montclair's Group Swim Lessons at Park Street
Fall Session 2: Oct 28 – Dec 22**



FALL SESSION CLASSES

8 weeks: Mon, Tue, & Wed
7 weeks: Sat & Sun (no classes Nov 30 & Dec 1)
6 weeks: Thu (no classes Oct 31 & Nov 28)



PRICING

\$116/Family Members: Mon-Wed classes
\$101/Family Members: Sat and Sun classes
\$87/Family Members: Thu classes
\$146/Individual Members: Mon-Wed classes
\$128/Individual Members: Sat and Sun classes
\$109/Individual Members: Thu classes



REGISTRATION DATES

Mon, Oct 14: Family Members
Mon, Oct 21: All Members



LEARN MORE

Visit montclairymca.org/aquatics/group-swim-lessons/ to learn more about program information, swim evaluations, and pool policies.

We offer Private Swim Lessons too!

For more information, please contact:
Tammy Como
Executive Director of Aquatics and Risk Management
✉ tcomo@montclairymca.org
☎ 973-559-9280



FALL 2024: ALL CLASSES MEET 1X PER WEEK – MON, TUE, WED, THU, SAT, & SUN

CLASS	AGE	MON	TUE	WED	THU	SAT	SUN
Parent/Child A	6-24m						9:10-9:40a
Parent/Child B	19-36m						9:50-10:20a
School Age Stage 1	6-12 yrs		5:35-6:15p	5:55-6:35p		10:30-11:10a 11:15-11:55a	
School Age Stage 2	6-12 yrs	6:10-6:50p	4:50-5:30p	5:10-5:50p	6:15-6:55p	9:45-10:25a 11:15-11:55a 12:00-12:40p	
School Age Stage 3	6-14 yrs	5:25-6:05p 6:10-6:50p 6:55-7:35p	4:50-5:30p	5:10-5:50p 5:55-6:35p 6:40-7:20p	4:00-4:40p 4:45-5:25p 5:30-6:10p 6:15-6:55p	9:45-10:25a 10:30-11:10a 11:15-11:55a 12:00-12:40p	
School Age Stage 4	6-14 yrs	5:25-6:05p 6:10-6:50p 6:55-7:35p	4:05-4:45p 4:50-5:30p 5:35-6:15p	5:10-5:50p 6:40-7:20p	4:45-5:25p 5:30-6:10p	9:45-10:25a 10:30-11:10a 11:15-11:55a 12:00-12:40p	
School Age Stage 5	8-14 yrs	6:55-7:35p	5:35-6:15p	5:55-6:35p	4:00-4:40p 5:30-6:10p 6:15-6:55p	9:45-10:25a 10:30-11:10a 11:15-11:55a	
School Age Stage 6	8-14 yrs	5:25-6:05p	4:05-4:45p	6:40-7:20p	4:00-4:40p	10:30-11:10a 12:00-12:40p	
School Age Stage 7A (Endurance, Sports & Games)	10-16 yrs successful completion of stage 6				4:45-5:25p		
School Age Stage 7B (Aquatics Conditioning)	10-16 yrs successful completion of stage 6					12:00-12:40p	
Diverse Abilities (Aquatics Inclusion Class)	6 yrs+			7:25-7:55p			
NEW! Adult/Teen Building Aquatics Trust (Stage 1)	13 yrs+	7:40-8:20p	6:20-7:00p			9:00-9:40a	
Adult/Teen Beginners (Stages 2-3)	13 yrs+	7:40-8:20p	9:10-9:50a 6:20-7:00p			9:00-9:40a	
Adult/Teen Int/Adv (Stages 4-6)	13 yrs+	7:40-8:20p	9:10-9:50a 6:20-7:00p			9:00-9:40a	
NEW! Pre-Swim Team	8-12 yrs					9:45-10:25a	
NEW! Adult Stroke Clinic Int/Adv	18 yrs+					8:10-8:50a	



FLOAT INTO FALL WITH CONFIDENCE

**YMCA of Montclair’s Group Swim Lessons at Geyer Family
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For more information, please contact:
Claire LaMonica
Geyer Family YMCA Aquatics Coordinator
✉ clamonica@montclairymca.org
☎ 973-415-6123





GEYER FAMILY AQUATICS

Fall Session 2: October 28– December 22

Register at montclairymca.org/aquatics/group-swim-lessons/

FALL 2024: ALL CLASSES MEET 1X PER WEEK – MON, TUE, WED, THU, SAT, & SUN

CLASS	AGE	MON	TUE	WED	THU	SAT	SUN
Parent /Child Stage A Water Discovery	6–24m	2:45–3:15p 5:15–5:45p			10:00–10:30a	8:15–8:45a 8:50–9:20a	10:25–10:55a
Parent /Child Stage B Water Exploration	19–36m	5:50–6:20p				9:25– 9:55a 10:00–10:30a	11:00–11:30a 11:35a–12:05p
Preschool Stage 0	3 yrs	1:00–1:30p 2:10–2:40p 4:40–5:10p	4:00–4:30p		4:00–4:30p	10:35–11:05a 11:10–11:40a	
Preschool Stage 1 Water Acclimation	3–5 yrs	1:00–1:30p 1:35–2:05p 2:10–2:40p 4:05–4:35p 4:40–5:10p 6:25–6:55p	4:00–4:30p 4:35–5:05p 5:55–6:25p	4:00–4:30p 5:20–5:50p 7:15–7:45p	4:00–4:30p 4:35–5:05p	10:35–11:05a 11:10–11:40a 11:45a–12:15p 1:05–1:35p	9:50–10:20a
Preschool Stage 2 Water Movement	3 –5 yrs	1:35–2:05p 4:05–4:35p 4:40–5:10p 6:25–6:55p	4:00–4:30p 4:35–5:05p 5:55–6:25p	4:00–4:30p 5:20–5:50p 5:55–6:25p 7:15–7:45p	4:00–4:30p 4:35–5:05p 5:10–5:40p	10:35–11:05a 11:10–11:40a 11:45am–12:15p 1:05–1:35p	9:50–10:20a
Preschool Stage 3 Water Stamina	3–5 yrs	2:45–3:15p 4:05–4:35p	4:35–5:05p 5:55–6:25p	5:20–5:50p 5:55–6:25p	5:10–5:40p	10:35–11:05a 11:45–12:15p 1:05–1:35p	
Preschool Stage 4 Stroke Introduction	4–5 yrs	6:25–6:55p		5:55–6:25p	5:10–5:40p	10:00–10:30a	
School Age Stage 1 Water Acclimation	6–12 yrs	7:00–7:40p	5:10–5:50p	4:35–5:15p 6:30–7:10p	5:45–6:25p	12:20–1:00p 1:40–2:20p	
School Age Stage 2 Water Movement	6–12 yrs	7:00–7:40p	5:10–5:50p	4:35–5:15p 6:30–7:10p	5:45–6:25p	12:20–1:00p 1:40–2:20p	10:30–11:10a
School Age Stage 3 Water Stamina	6–12 yrs	5:20–6:00p 7:00–7:40p	5:10–5:50p	4:35–5:15p 6:30–7:10p	5:45–6:25p	9:15–9:55a 12:20–1:00p	