



YMCA OF MONTCLAIR PARK STREET SPRING 2 SESSION APRIL 22 - JUNE 23, 2024



SPRING INTO SAFETY AT THE YMCA

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

For more information on Park Street Aquatics Programs, please contact:
Anna Smith
 Park Street YMCA Aquatics Director
 Email: asmith@montclairymca.org
 Phone: (973) 415-6135

SCAN QR
CODE TO
REGISTER





YMCA OF MONTCLAIR
 PARK STREET AQUATICS
 SPRING 2 SESSION
 APRIL 22 – JUNE 23, 2024



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

SPRING 2: APRIL 22 – JUNE 23, 2024

- All classes meet once a week
- No group classes or private lessons on Memorial Day (Monday, 5/27)

Membership Type	MON (8 Classes)	TUES, THURS, FRI, SAT, SUN (9 Classes)
Family Members Registration: Monday, April 8	\$116	\$130
Individual Members Registration: Monday, April 15	\$146	\$164

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 refund.
- **A 75% 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.**
- **Swim Caps:** Class participants 5yrs and older must wear a swim cap at the Park Street Facility.
- **What to Bring:** must wear a swimsuit (no street clothes); a towel; pool deck shoes (flip-flops, slides, Crocs, etc.); goggles (optional for preschoolers); and a swim cap.

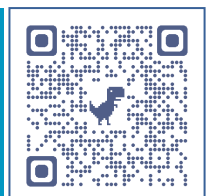
Swim evaluations:

- Swim stage evaluations are needed for new participants to enter Stage 3 or higher. Evaluations are not needed to enroll in Stages 1 or 2.
- 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 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 these times. If the times don't work for your schedule, please email Anna Smith asmith@montclairymca.org to schedule an evaluation at a different time.

Information about our program:

- Our Swim Program is **PROGRESSIVE!** Mastery of the skills in each stage takes time.
- Learning to swim and being confident in the water doesn't happen overnight.
- Participants may stay in their current stage for several sessions – especially once they are in the higher stages where skill and technique takes time to master.
- Preschool Stage 2 must complete a School Age Stage 2 at Park St. to advance to School Age Stage 3 at Park St.

Scan QR Code
to register for
Group Swim
Lessons





**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

WATER SAFETY BUILDS CONFIDENT SWIMMERS

**YMCA OF MONTCLAIR
GEYER FAMILY YMCA**



Spring 2: April 22–June 23, 2024

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



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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GEYER FAMILY YMCA AQUATICS SPRING 2 SESSION

Class Location
159 Glenridge Ave
Montclair, NJ 07042



Spring 2 Session
April 22–June 23, 2024
Classes meet 1 x a week

Membership Type	MON 8 classes	TUES - SUN 9 classes
Family Members Registration: Mon. April 8	\$116	\$130
All Members Registration: Mon, April 15	\$146	\$164

Summer 1 Session
June 24–July 19, 2024
M/W & TU/TH classes meet twice a week
Saturday classes meet weekly

Membership Type	M/W 8 classes	TU/TH 7 classes	SAT 8 classes
Family Members Registration: Mon. June 10	\$116	\$101	\$116
All Members Registration: Mon. June 17	\$146	\$128	\$146

Helpful Reminders:

- **Make-up classes are not available.** A system credit may be given for missed classes when a doctor's note is provided to the Aquatics Department within 7 days of missed class.
- **Refund Policy:** if it's necessary for us to cancel a class due to lack of registration, we'll issue a full 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.
- **Infants 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 any time.** Disposable swim diapers can be purchased at most retail stores.

Swim evaluations:

- A stage evaluation is not necessary for non-swimmers or beginner swimmers enrolling in stage 1. A swim lesson evaluation is required for entry into the Preschool and School Age swimming programs for Stages 2 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
Phone: (973)415-6123

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