

SPLASHING WITH CONFIDENCE



YMCA OF MONTCLAIR PARK STREET SUMMER 2024

SUMMER 1
JUNE 24–JULY 19
CLASSES MEET 2X A WEEK
MON/WED & TU/TH
NO CLASS JULY 4

SUMMER SATURDAY
JUNE 29 – AUGUST 17
CLASSES MEET 1X A WEEK

SUMMER 2
JULY 22–AUGUST 15
CLASSES MEET 2X A WEEK
MON/WED & TU/TH

Class Name	AGE	MON/WED (8 Classes)	TUE/TH (7*/8 Classes)	SAT (8 Classes)
Preschool Stage 1	3-5 yrs	5:30-6:00pm		
Preschool Stage 2	3-5 yrs	5:30-6:00pm		
Preschool Stage 3	4-5 yrs	5:30-6:00pm		
School Age Stage 1	6-12 yrs	4:45-5:25pm	4:00-4:40pm	11:15-11:55am
School Age Stage 2	6-12 yrs	4:00-4:40pm 6:05-6:45pm 6:50-7:30pm	4:45-5:25pm 5:30-6:10pm	9:45-10:25am 10:30-11:10am 12:00-12:40pm
School Age Stage 3	6-12 yrs	4:00-4:40pm 4:45-5:25pm 6:05-6:45pm 6:50-7:30pm	4:00-4:40pm 4:45-5:25pm 5:30-6:10pm	9:45-10:25am 10:30-11:10am 11:15-11:55am 12:00-12:40pm
School Age Stage 4	6-14 yrs	4:00-4:40pm 4:45-5:25pm 6:05-6:45pm 6:50-7:30pm	4:00-4:40pm 4:45-5:25pm 5:30-6:10pm	9:45-10:25am 10:30-11:10am 11:15-11:55am 12:00-12:40pm
School Age Stage 5	8-14 yrs	4:00-4:40pm 6:05-6:45pm	5:30-6:10pm	9:45-10:25am 11:15-11:55am
School Age Stage 6	8-14 yrs	4:45-5:25pm	4:45-5:25pm	10:30-11:10am
School Age Stage 7A Endurance, Sports & Games (Successfully complete Stage 6)	10-16 yrs		4:00-4:40pm	
School Age Stage 7B Aquatics Conditioning (Successfully complete Stage 6)	10-16 yrs	6:50-7:30pm		12:00-12:40pm
Adult/Teen Beginners (Stages 1-3)	13 & up	7:35-8:15pm	9:10-9:50am 6:15-6:55pm	9:00-9:40am
Adult/Teen Intermediate & Advanced (Stages 4-6)	14 & up	7:35-8:15pm	9:10-9:50am 6:15-6:55pm	9:00-9:40am

Registration

Summer 1 and Saturday:
Family Membership: 6/10
 Mon/Wed: \$116
 Sat: \$116
 Tue/Thurs: \$101
Individual Membership: 6/17
 Mon/Wed: \$146
 Sat: \$146
 Tue/Thurs: \$128
 * Fee is prorated as no classes on
 Thursday, July 4th

Summer 2:
Family Membership: 7/8
 Mon/Wed: \$116
 Tue/Thurs: \$116
Individual Membership: 7/15
 Mon/Wed: \$146
 Tue/Thurs: \$146



For more info, please contact:
 Anna Smith
 Aquatics Director – Park Street
asmith@montclairymca.org
 (973) 415-6135

YMCA OF MONTCLAIR – PARK STREET



SWIM LESSON PROGRAM INFO



WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months – 3 years
PARENT/CHILD:
STAGES A & B
GEYER ONLY FOR SUMMER



3-5 years
PRESCHOOL:
STAGES 1-3



6 years and up
SCHOOL AGE:
STAGES 1-7



13 years and up
ADULT & TEEN
BEGINNER

All age groups are taught the same skills but divided according to their developmental milestones.



Anna Smith
Aquatics Director – Park Street
asmith@montclairymca.org
(973) 415-6135

WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?	Is the student comfortable working with an instructor without a parent in the water?	Will the student go underwater voluntarily?	Can the student do a front and back float on his or her own?	Can the student swim 10-15 yards on his or her front and back?	Can the student swim 15 yards of front and back crawl?	Can the student swim front crawl, back crawl, and breaststroke across the pool?	Can the student swim front crawl, back crawl, and breaststroke across the pool and back?
NOT YET	NOT YET	NOT YET	NOT YET	NOT YET	NOT YET	NOT YET	NOT YET
A / WATER DISCOVERY	B / WATER EXPLORATION	1 / WATER ACCLIMATION	2 / WATER MOVEMENT	3 / WATER STAMINA	4 / STROKE INTRODUCTION	5 / STROKE DEVELOPMENT	6 / STROKE MECHANICS
A	B	1	2	3	4	5	6

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.**
- **Swim Caps:** Class participants 5yrs and up must wear a swim cap at our Park Street Facility.
- **What to Bring:** must wear a swimsuit (no street clothes); a towel; pool deck shoes (flip-flops, slides, Crocs, etc.); goggles; and a swim cap.
- **Summer Weather:** pools must be cleared of all activities during a thunderstorm. Lessons will continue on deck and instructors switch to Water Safety "dry land" activities until pools are open again.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FLOAT, GLIDE, SOAR INTO LESSONS AT GEYER

YMCA OF MONTCLAIR
GEYER FAMILY BRANCH



Summer 2024

Weekday lessons meet 2x's a week - MON/WED or TU/TH

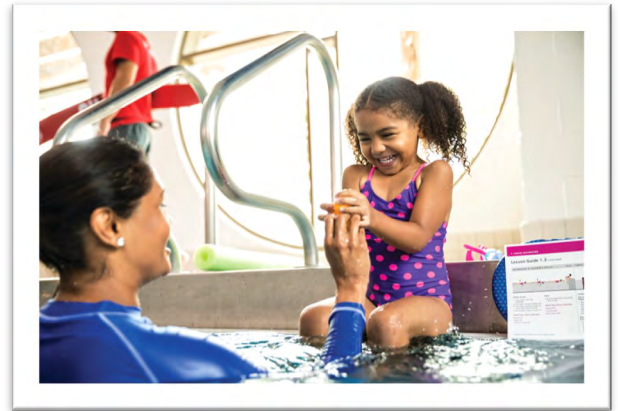
CLASS	AGE	MON/WED	TU/TH	SATURDAY
Parent /Child Stage A Water Discovery	6-24m	2:45-3:15pm 5:15-5:45pm	9:50-10:20am	8:15-8:45am 8:50-9:20am
Parent /Child Stage B Water Exploration	19-36m	5:50-6:20pm		9:25- 9:55am 10:00- 10:30am
Preschool Stage 0	3yrs	4:40-5:10pm	4:00-4:30pm	10:35-11:05am 11:10-11:40am
Preschool Stage 1 Water Acclimation	3 to 5yrs	4:05-4:35pm 4:40-5:10pm 6:25-6:55pm	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	4:05-4:35pm 4:40-5:10pm 6:25-6:55pm	4:00-4:30pm 4:35-5:05pm 5:55-6:25pm 7:15-7:45pm	10:35-11:05am 11:10-11:40am 11:45-12:15pm 1:05-1:35pm
Preschool Stage 3 Water Stamina	3 to 5yrs	4:05-4:35pm	4:35-5:05pm 5:55-6:25pm 7:15-7:45pm	10:35-11:05am 11:45-12:15pm 1:05-1:35pm
Preschool Stage 4 Stroke Introduction	4-5yrs	6:25-6:55pm		10:00-10:30am
School Age Stage 1 Water Acclimation	6 to 12yrs	7:00-7:40pm	5:10-5:50pm 6:30-7:10pm	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 6:30-7:10pm	12:20-1:00pm 1:40-2:20pm
School Age Stage 3 Water Stamina	6 to 12yrs	5:20-6:00pm 7:00-7:40pm	5:10-5:50pm 6:30-7:10pm	9:15-9:55am 12:20-1:00pm 1:40-2:20pm



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GEYER FAMILY YMCA AQUATICS SUMMER 2024

Class Location:
159 Glenridge Ave
Montclair, NJ 07042



Summer 1- June 24-July 19		
Summer Saturday's- June 29- August 17		
	M/W & SAT (8 Classes)	TU & TH (7 Classes)
Family Members Registration: Mon, June 10	\$116	\$101
Individual Members Registration: Mon, June 17	\$146	\$128

Summer 1—Geyer Closed no classes Thursday, July 4
Saturday classes meet once a week.

Summer 2		
July 22-August 16		
	M/W (8 Classes)	TU & TH (8 Classes)
Family Members Registration: Mon, July 8	\$116	\$116
Individual Members Registration: Mon, July 15	\$146	\$146

Summer 2: Classes are 2 times a week either Mon/Wed
or Tu/Th.

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 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.
- **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.

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, please contact:

Claire LaMonica
Geyer Family YMCA Aquatics Coordinator
Email: clamonica@montclairymca.org
Phone: (973) 415-6123

