



EMPOWER WITH EVERY STROKE

YMCA of Montclair's Group Swim Lessons at Park Street
Spring Session 1: March 3 – April 27, 2025



SPRING SESSION CLASSES

8 weeks: Monday – Thursday
7 weeks: Saturday & Sunday
No classes on April 19 & 20



PRICING

\$120/Family Members: Mon-Thurs classes
\$105/Family Members: Sat & Sun classes
\$150/Individual Members: Mon-Thurs classes
\$132/Individual Members: Sat & Sun classes
\$160/Family Members: Diverse Abilities Class
\$190/Individual Members: Diverse Abilities Class



REGISTRATION DATES

Mon, Feb 17: Family Members
Mon, Feb 24: 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!

For more information, please contact:

Tammy Como

Executive Director of Aquatics and Risk Management

✉ tcomo@montclairymca.org

☎ 973-559-9280

SCAN ME



SPRING 1 : ALL CLASSES MEET 1X PER WEEK

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

***PLEASE NOTE: The Diverse Abilities (Aquatics Inclusion Class) has a different pricing structure. See pricing details for more information.**



SWIM INTO SPRING AT GEYER

YMCA of Montclair's Group Swim Lessons at Geyer Family
Spring 1 2025: March 3-April 27, 2025



SPRING 1 SESSION CLASSES

8 WEEKS : MON-THURS

7 WEEKS: SAT-SUN (NO CLASSES 4/19-4/20)



PRICING

\$120/Family Members: Mon- Thurs classes

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For more information, please contact:

Claire LaMonica

Geyer Family YMCA Aquatics Coordinator

✉ clamonica@montclairymca.org

📞 973-415-6123

SCAN ME





GEYER FAMILY AQUATICS

SPRING 1 2025- MARCH 3- APRIL 27

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

SPRING 1 2025: ALL CLASSES MEET 1X PER WEEK

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
Preschool Stage 0	3 yrs	1:00-1:30p 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 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 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 1:40-2:10p	
School Age Stage 1 Water Acclimation	5-12 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	