



EMPOWER WITH EVERY STROKE

YMCA of Montclair's Group Swim Lessons at Park Street
Winter Session: January 6 - March 2, 2025



WINTER SESSION CLASSES

8 weeks: Monday - Sunday



PRICING

\$120/Family Members: Mon-Wed classes
\$150/Family Members: Sat and Sun classes



REGISTRATION DATES

Mon, Dec 9: Family Members
Mon, Dec 16: 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



WINTER 2025: 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		9:55–10:25a				9:10–9:40a
Parent/Child B	19–36m		10:30–11:00a				8:35–9:05a 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	4:05–4:45p	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	4:00–4:40p 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	6:55–7:35p	5:35–6:15p	4:25–5:05p 5:55–6:35p	5:30–6:10p	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			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	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	
Adult Stroke Clinic Inter/Advanced	18 yrs+					8:10–8:50a	



BUILDING STRONG SWIMMERS

YMCA of Montclair's Group Swim Lessons at Geyer Family
Winter Session: January 6- March 2, 2025



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\$150/Individual Members: Mon- Sun classes



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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

Winter 2025: January 6– March 2

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

WINTER 2025: 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	