



EMPOWER WITH EVERY STROKE

Clinics Spring 2026

Scan QR Code to Register:



Targeted Swim Clinics for participants on a swim team or aspiring to be on one. Clinics will be conducted by the YMCA of Montclair’s swim team coaches. These are clinics to IMPROVE strokes, NOT TEACH strokes.

Clinics will be held at:

YMCA of Montclair
 25 Park Street
 Montclair, NJ 07042
 (973) 744-3400

Enrollment open to:

- Swimmers must be able to swim 50 yards of each stroke
- Participates on a swim team
- Non swim team participants must swim proficiently at Stage 6 or higher:
 1. Front Crawl (Freestyle)
 2. Backstroke
 3. Butterfly
 4. Breaststroke

Registration Fee:

Member: \$75 per session
 Non-Member: \$85 per session

Contact:

Madison Lalli
 Assistant Director of Competitive Swimming
 E mlalli@montclairymca.org

Butterfly	March 31 and April 2 8-9 yrs: 4:15-5:30pm 10-12 yrs: 5:45-7:00pm
Racing Starts	April 1 6-8 yrs: 5:30-6:30pm 9-11 yrs: 4:15-5:15pm 12-14 yrs: 6:45-7:45pm
Racing Starts	April 3 6-8 yrs: 4:15-5:15pm 9-11 yrs: 5:30-6:30pm 15-18 yrs: 6:45-7:45pm
Freestyle	April 7 and April 9 8-9 yrs: 4:15-5:30pm 10-12 yrs: 5:45-7:00pm
Flip Turns	April 8 6-8 yrs: 5:30-6:30pm 9-11 yrs: 4:15-5:15pm 12-14 yrs: 6:45-7:45pm
Flip Turns	April 10 6-8 yrs: 4:15-5:15pm 9-11 yrs: 5:30-6:30pm 15-18 yrs: 6:45-7:45pm