



# WARM UP YOUR SWIMMING SKILLS THIS WINTER!

**Session Dates:** 1.7.2024 – 3.16.2024 • **Registration Opens:** Tuesday, November 28th at 8:00am  
**Registration Closes:** 12.9.2023

An evaluation is required to register for all levels with the exception of our beginner levels:  
Skips, Pikes, Polliwog 1 and Intro to Swimming.

## Parent & Child Lessons – \$130.00 (6 months to 3 years old)

Class	Day	Time
Skips 1*	Saturday	9:35am – 10:05am
Skips 2*	Saturday	10:10am – 10:40am
Skips 1 & 2*	Tuesday	6:00pm – 6:30pm
Tadpoles	Saturday	9:00am – 9:30am

## PreSchool Lessons – \$130.00 (3 to 5 years old)

Class	Day	Time
Pikes*	Monday	4:00pm – 4:30pm
Pikes*	Monday	4:30pm – 5:00pm
Pikes*	Monday	5:10pm – 5:40pm
Pikes*	Tuesday	4:00pm – 4:30pm
Pikes*	Tuesday	5:45pm – 6:15pm
Pikes*	Wednesday	4:00pm – 4:30pm
Pikes*	Wednesday	5:00pm – 5:30pm
Pikes*	Saturday	8:50am – 9:20am
Pikes*	Saturday	10:00am – 10:30am
Eels	Monday	4:00pm – 4:30pm
Eels	Monday	4:30pm – 5:00pm
Eels	Monday	5:45pm – 6:15pm
Eels	Tuesday	4:00pm – 4:30pm
Eels	Wednesday	4:00pm – 4:30pm
Eels	Wednesday	5:00pm – 5:30pm
Eels	Thursday	4:00pm – 4:30pm
Eels	Thursday	6:00pm – 6:30pm
Eels	Saturday	10:45am – 11:15am
Rays/Starfish	Tuesday	4:35pm – 5:05pm
Rays/Starfish	Thursday	5:25pm – 5:55pm

## PreProgressive Lessons – \$130.00 (6 to 12 years old)

Class	Day	Time
Polliwog 1*	Monday	4:00pm – 4:30pm
Polliwog 1*	Monday	4:35pm – 5:05pm
Polliwog 1*	Tuesday	5:10pm – 5:40pm
Polliwog 1*	Wednesday	4:30pm – 5:00pm
Polliwog 1*	Thursday	4:00pm – 4:30pm
Polliwog 1*	Thursday	6:00pm – 6:30pm
Polliwog 1*	Saturday	8:15am – 8:45am
Polliwog 2	Monday	5:00pm – 5:30pm
Polliwog 2	Tuesday	4:35pm – 5:05pm
Polliwog 2	Wednesday	4:30pm – 5:00pm
Polliwog 2	Thursday	4:00pm – 4:30pm
Polliwog 2	Thursday	4:35pm – 5:05pm
Polliwog 2	Saturday	9:25am – 9:55am
Polliwog 2	Saturday	10:35am – 11:05am

## Progressive Lessons \$180.00 (6 to 12 years old)

Class	Day	Time
Guppy	Thursday	4:35pm – 5:20pm
Guppy	Saturday	8:10am – 8:55am
Guppy	Saturday	11:20am – 12:05pm
Minnow	Tuesday	5:10pm – 5:55pm
Minnow	Thursday	4:35pm – 5:20pm
Minnow	Saturday	11:05am – 11:50am
Fish/Flying Fish	Wednesday	4:15pm – 5:00pm
Fish/Flying Fish	Thursday	5:10pm – 5:55pm
Fish/Flying Fish	Saturday	12:00pm – 12:45pm
Stroke Clinic	Saturday	11:10am – 11:55am

## Adult & Teen Lessons: (Ages 13+)

Class	Day	Time	Price
Intro to Swimming*	Saturday	8:25am – 8:55am	\$130.00
Intro to Swimming*	Saturday	9:00am – 9:30am	\$130.00
Intro to Swimming*	Saturday	9:35am – 10:05am	\$130.00
Beginner	Saturday	10:10am – 10:40am	\$130.00
Intermediate	Saturday	10:45am – 11:30am	\$180.00
Advanced	Saturday	11:35am – 12:20pm	\$180.00

\*Beginner level. An evaluation is not necessary for this class.

For more information or to schedule a swim evaluation, please call 973-267-0704 ext. 115 or email [swim@morristownymca.org](mailto:swim@morristownymca.org). If you need help accessing your membership account, or need us to set you up with an online account, please reach out to the Member Services Desk at 973.267.0704 and we will be happy to help you.