



SWIM LESSONS – April

April 7 – May 4, 2025

SIGN UP ONLINE AT: <https://www.ymcaofsouthernmaine.org/main/online-registration>

IMPORTANT NOTES:

- Registration required
- **Registration OPENS: MARCH 24, 2025**
- **Registration CLOSES: APRIL 2, 2025**
- Members may sign up for classes at any branch

NORTHERN YORK COUNTY BRANCH: 3 Pomerleau Street, Biddeford, ME 04005 | 207-283-0100

STEP 1: What age group does the student fall into?



6 months–3 years
PARENT* & CHILD:
STAGES A–B



3 years–5 years
PRESCHOOL:
STAGES 1–4



5 years–12 years
SCHOOL AGE:
STAGES 1–6



12+ years
TEEN & ADULT:
STAGES 1–6

STEP 2: See our Lesson Selector to choose the appropriate level.

NORTHERN YORK COUNTY BRANCH | DATES: APRIL 7 – MAY 4, 2025

REGISTRATION CLOSING: APRIL 2, 2025

CLASS/ DESCRIPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PRESCHOOL STAGE 1 (4 Weeks) 2 Classes per week Tuesday/Thursday		TUESDAYS <hr/> TIME: 4:00pm - 4:30pm		THURSDAYS <hr/> TIME: 4:00pm - 4:30pm			

<p>PRESCHOOL STAGE 2 (4 Weeks) 2 Classes per week Tuesday/Thursday</p>		<p><u>TUESDAYS</u> TIME: 4:30pm - 5:00pm</p>		<p><u>THURSDAYS</u> TIME: 4:30pm - 5:00pm</p>			
<p>PRESCHOOL STAGE 3 (4 Weeks) 2 Classes per week Tuesday/Thursday</p>		<p><u>TUESDAYS</u> TIME: 5:00pm - 5:30pm</p>		<p><u>THURSDAYS</u> TIME: 5:00pm - 5:30pm</p>			
<p>PRESCHOOL STAGE 4 (4 Weeks) 2 Classes per week Tuesday/Thursday</p>		<p><u>TUESDAYS</u> TIME: 5:30pm - 6:00pm</p>		<p><u>THURSDAYS</u> TIME: 5:30pm - 6:00pm</p>			
<p>SCHOOL AGE STAGE 1 (4 Weeks) 2 Classes per week Monday/Wednesday</p>	<p><u>MONDAYS</u> TIME: 4:00pm - 4:45pm</p>		<p><u>WEDNESDAYS</u> TIME: 4:00pm - 4:45pm</p>				
<p>SCHOOL AGE STAGE 2 (4 Weeks) 2 Classes per week Monday/Wednesday</p>	<p><u>MONDAYS</u> TIME: 5:00pm - 5:45pm</p>		<p><u>WEDNESDAYS</u> TIME: 5:00pm - 5:45pm</p>				
<p>SCHOOL AGE STAGE 3 (4 Weeks) 2 Classes per week Monday/Wednesday (2 options) OR Tuesday/Thursday</p>	<p><u>MONDAYS</u> TIME: 4:00pm - 4:45pm 6:00pm - 6:45pm</p>	<p><u>TUESDAYS</u> TIME: 4:00pm - 4:45pm</p>	<p><u>WEDNESDAYS</u> TIME: 4:00pm - 4:45pm 6:00pm - 6:45pm</p>	<p><u>THURSDAYS</u> TIME: 4:00pm - 4:45pm</p>			

<p>SCHOOL AGE STAGE 4 (4 Weeks)</p> <p>2 Classes per week Monday/Wednesday OR Tuesday/Thursday</p>	<p><u>MONDAYS</u></p> <p>TIME: 5:00pm - 5:45pm</p>	<p><u>TUESDAYS</u></p> <p>TIME: 5:00pm - 5:45pm</p>	<p><u>WEDNESDAYS</u></p> <p>TIME: 5:00pm - 5:45pm</p>	<p><u>THURSDAYS</u></p> <p>TIME: 5:00pm - 5:45pm</p>			
<p>SCHOOL AGE STAGE 5 (4 Weeks)</p> <p>2 Classes per week Monday/Wednesday</p>	<p><u>MONDAYS</u></p> <p>TIME: 6:00pm - 6:45pm</p>		<p><u>WEDNESDAYS</u></p> <p>TIME: 6:00pm - 6:45pm</p>				
<p>SCHOOL AGE STAGE 6 (4 Weeks)</p> <p>2 Classes per week Tuesday/Thursday</p>		<p><u>TUESDAYS</u></p> <p>TIME: 6:00pm - 6:45pm</p>		<p><u>THURSDAYS</u></p> <p>TIME: 6:00pm - 6:45pm</p>			
<p>TEEN & ADULT STAGE 2 (4 Weeks)</p> <p>2 Classes per week Tuesday/Thursday</p>		<p><u>TUESDAYS</u></p> <p>TIME: 6:00pm - 6:45pm</p>		<p><u>THURSDAYS</u></p> <p>TIME: 6:00pm - 6:45pm</p>			