



SWIM LESSONS – May

May 5 – June 1, 2025

SIGN UP ONLINE AT: <https://www.ymcaofsouthernmaine.org/main/online-registration>
(No classes Monday, May 26 in honor of Memorial Day)

IMPORTANT NOTES:

- Registration required
- **Registration OPENS: April 21, 2025**
- **Registration CLOSES: April 30, 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: MAY 5 – JUNE 1, 2025

REGISTRATION CLOSES: APRIL 30, 2025

CLASS/ DESCRIPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
INFANT/TODDLER STAGE B (4 Weeks) 2 Classes per week Tuesdays/Thursdays <hr/> Parents required in water with participant.		TUESDAYS <hr/> TIME: 4:00pm - 4:30pm		THURSDAYS <hr/> TIME: 4:00pm - 4:30pm			

<p>INFANT/TODDLER STAGE B (8 Weeks) 1 Class per week Saturdays</p> <hr/> <p>Parents required in water with participant.</p>						<p><u>SATURDAYS</u></p> <p>TIMES: 10:00am - 10:30am (8 Weeks)</p>	
<p>PRESCHOOL STAGE 1 (4 Weeks) 2 Classes per week Monday/Wednesday</p>	<p><u>MONDAYS</u></p> <p>TIME: 4:00pm - 4:30pm</p>		<p><u>WEDNESDAYS</u></p> <p>TIME: 4:00pm - 4:30pm</p>				
<p>PRESCHOOL STAGE 2 (4 Weeks) 2 Classes per week Tuesday/Thursday</p>		<p><u>TUESDAYS</u></p> <p>TIME: 4:30pm - 5:00pm</p>		<p><u>THURSDAYS</u></p> <p>TIME: 4:30pm - 5:00pm</p>			
<p>PRESCHOOL STAGE 3 (4 Weeks) 2 Classes per week Tuesday/Thursday</p>		<p><u>TUESDAYS</u></p> <p>TIME: 5:00pm - 5:30pm</p>		<p><u>THURSDAYS</u></p> <p>TIME: 5:00pm - 5:30pm</p>			
<p>PRESCHOOL STAGE 4 (4 Weeks) 2 Classes per week Tuesday/Thursday</p>		<p><u>TUESDAYS</u></p> <p>TIME: 5:30pm - 6:00pm</p>		<p><u>THURSDAYS</u></p> <p>TIME: 5:30pm - 6:00pm</p>			
<p>SCHOOL AGE STAGE 1 (4 Weeks) 2 Classes per week Monday/Wednesday</p>	<p><u>MONDAYS</u></p> <p>TIME: 4:30pm - 5:15pm</p>		<p><u>WEDNESDAYS</u></p> <p>TIME: 4:30pm - 5:15pm</p>				
<p>SCHOOL AGE STAGE 2 (4 Weeks) 2 Classes per week Monday/Wednesday</p>	<p><u>MONDAYS</u></p> <p>TIME: 5:30pm - 6:15pm</p>		<p><u>WEDNESDAYS</u></p> <p>TIME: 5:30pm - 6:15pm</p>				

<p>SCHOOL AGE STAGE 3 (4 Weeks)</p> <p>2 Classes per week Monday/Wednesday (2 options) OR Tuesday/Thursday</p>	<p><u>MONDAYS</u></p> <p>TIME: 4:00pm - 4:45pm 6:30pm - 7:15pm</p>	<p><u>TUESDAYS</u></p> <p>TIME: 4:00pm - 4:45pm</p>	<p><u>WEDNESDAYS</u></p> <p>TIME: 4:00pm - 4:45pm 6:30pm - 7:15pm</p>	<p><u>THURSDAYS</u></p> <p>TIME: 4:00pm - 4:45pm</p>			
<p>SCHOOL AGE STAGE 4 (4 Weeks)</p> <p>2 Classes per week Monday/Wednesday OR Tuesday/Thursday OR (8 Weeks) 1 Class per week Saturdays</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><u>SATURDAYS</u></p> <p>TIME: 10:30am - 11:15am (8 weeks)</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 1 (8 Weeks)</p> <p>1 Class per week Sunday</p>							<p><u>SUNDAYS</u></p> <p>TIME: 1:00pm - 1:45pm</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>			

TEEN & ADULT STAGE 3
(8 Weeks)

1 Class per week
Saturday

SATURDAYS

TIME:
9:00am - 9:45am