



# SWIM LESSONS – JULY

**August 3 – 30, 2026** (Swim Club runs for 4 weeks)

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

## IMPORTANT DATES:

- Registration Required
- **Registration OPENS:** July 20, 2026
- **Registration CLOSES:** July 29, 2026
- 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: AUGUST 3 – 30 (4 WEEKS)**

**REGISTRATION CLOSES: JULY 29, 2026**

| CLASS/<br>DESCRIPTION                                                     | MONDAY                                                  | TUESDAY | WEDNESDAY                                                  | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------------------------------------------------------------------|---------------------------------------------------------|---------|------------------------------------------------------------|----------|--------|----------|--------|
| <b>SWIM CLUB</b><br>(4 Weeks)<br>2 Classes per week<br>Mondays/Wednesdays | <u>MONDAYS</u><br>TIME:<br>6:30pm – 7:30pm<br>(4 Weeks) |         | <u>WEDNESDAYS</u><br>TIME:<br>6:30pm – 7:30pm<br>(4 Weeks) |          |        |          |        |