



# SWIM LESSONS - January 2026

January 12 - March 8 (8 weeks)

SIGN UP ONLINE AT: <https://www.ymcaofsouthernmaine.org/main/online-registration>  
(No classes Monday, January 19 in honor of Martin Luther King Jr. Day)

## IMPORTANT NOTES:

- Registration required
- Registration OPENS: December 29, 2025
- Registration CLOSES: January 7, 2026
- Members may sign up for classes at any branch

**CASCO BAY BRANCH:** 14 Old South Freeport Road, Freeport, ME 04032 | 207-865-9600

## 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.

**CASCO BAY BRANCH (Freeport) | DATES: JANUARY 12 - MARCH 8 (8 WEEKS)**

**REGISTRATION CLOSES: JANUARY 7, 2026**

CLASS/ DESCRIPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>PRESCHOOL STAGE 1 (8 Weeks)</b> 1 Class per week Saturdays						<b>SATURDAYS</b>  <b>TIMES:</b> <b>10:00am - 10:30am</b> <b>(8 Weeks)</b>	

<b>PRESCHOOL STAGE 2 (8 Weeks)</b> 2 Class per week Saturdays (2 options)						<b>SATURDAYS</b>	
						<b>TIMES:</b> 10:35am - 11:05am ..... 11:10 - 11:40am (8 Weeks)	
<b>PRESCHOOL STAGE 3 (8 Weeks)</b> 1 Class per week Thursdays OR Saturdays					<b>THURSDAYS</b>		<b>SATURDAYS</b>
					<b>4:40pm - 5:10pm (8 Weeks)</b>		<b>TIMES:</b> 11:45am - 12:15pm (8 Weeks)
<b>PRESCHOOL STAGE 4 (8 Weeks)</b> 1 Class per week Saturdays							<b>SATURDAYS</b>
							<b>TIMES:</b> 12:20pm - 12:50pm (8 Weeks)
<b>SCHOOL AGE STAGE 2 (8 Weeks)</b> 1 Class per week Thursdays					<b>THURSDAYS</b>		
					<b>4:00pm - 4:30pm (8 Weeks)</b>		
<b>SCHOOL AGE STAGE 3 (8 Weeks)</b> 1 Class per week Thursdays					<b>THURSDAYS</b>		
					<b>5:20pm - 5:50pm (8 Weeks)</b>		
<b>SCHOOL AGE STAGE 4 (8 Weeks)</b> 1 Class per week Thursdays					<b>THURSDAYS</b>		
					<b>TIME:</b> 6:00pm - 6:45pm (8 Weeks)		