



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
PRESCHOOL STAGE 1 (8 Weeks) 1 Class per week Saturdays						SATURDAYS TIMES: 10:00am – 10:30am (8 Weeks)	

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