



SWIM LESSONS - January 2026

January 5 - March 1, 2026 (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 22, 2025
- Registration CLOSES: December 31, 2025
- 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: JAN 5 – FEB 1 (4 WKS) OR MARCH 1 (8 WKS)

REGISTRATION CLOSES: DECEMBER 31, 2025

CLASS/ DESCRIPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PARENT & CHILD STAGE B (8 Weeks) 1 Class per week Saturdays						SATURDAYS TIMES: 8:45am - 9:15am (8 Weeks)	

PRESCHOOL STAGE 1 (8 Weeks) 1 Class per week Mondays OR Saturdays	MONDAYS TIMES: 4:30pm – 5:00pm (8 Weeks)				SATURDAYS TIMES: 9:15am – 9:45am (8 Weeks)	
PRESCHOOL STAGE 2 (8 Weeks) 1 Class per week Mondays	MONDAYS TIMES: 5:00pm – 5:30pm (8 Weeks)					
PRESCHOOL STAGE 3 (8 Weeks) 1 Class per week Mondays	MONDAYS TIMES: 5:30pm – 6:00pm (8 Weeks)					
SCHOOL AGE STAGE 1 (8 Weeks) 1 Class per week Mondays	MONDAYS TIMES: 6:00pm – 6:30pm (8 Weeks)					
TEEN & ADULT STAGE 2 (8 Weeks) 1 Class per week Wednesday			WEDNESDAYS	 TIME: 7:00pm – 7:45pm (8 Weeks)		
SWIM CLUB (8 Weeks) 2 Class per week Tuesday/Thursday		TUESDAYS TIME: 4:30pm – 5:30pm (8 Weeks)		THURSDAYS TIME: 4:30pm – 5:30pm (8 Weeks)		