



# 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
<b>PARENT &amp; CHILD STAGE B (8 Weeks)</b> 1 Class per week Saturdays						<u>SATURDAYS</u>  TIMES: 8:45am – 9:15am (8 Weeks)	

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