



# SWIM LESSONS – JULY

July 6 – August 30 (8 weeks)

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

No classes Friday July 3 & Saturday July 4 (July 4th Holiday)

## IMPORTANT DATES:

- Registration Required
- **Registration OPENS:** June 22, 2026
- **Registration CLOSES:** July 1, 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: JULY 6 – AUGUST 30 (8 WEEKS)

REGISTRATION CLOSES: JULY 1, 2026

CLASS/ DESCRIPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>INFANT/TODDLER STAGE A</b> <b>(8 Weeks)</b> 1 Class per week Tuesdays OR Saturdays		<b>TUESDAYS</b>  <b>TIMES:</b> 9:00am - 9:30am (8 Weeks)				<b>SATURDAYS</b>  <b>TIMES:</b> 8:35am - 9:05am (8 Weeks)	

<p><b>INFANT/TODDLER STAGE B (8 Weeks)</b> 1 Class per week Thursdays OR Saturdays</p>				<p><u><b>THURSDAYS</b></u>  TIMES: 9:00am - 9:30am (8 Weeks)</p>		<p><u><b>SATURDAYS</b></u>  TIMES: 9:10am - 9:40am (8 Weeks)</p>	
<p><b>PRESCHOOL STAGE 1 (8 Weeks)</b> 1 Class per week Mondays , Tuesdays (2 Class Options), OR Thursdays</p>	<p><u><b>MONDAYS</b></u>  TIMES: 5:15pm - 5:45pm (8 Weeks)</p>	<p><u><b>TUESDAYS</b></u>  TIMES: 9:30am - 10:00am ..... 4:30pm - 5:00pm (8 Weeks)</p>		<p><u><b>THURSDAYS</b></u>  TIMES: 9:30am - 10:00am (8 Weeks)</p>			
<p><b>PRESCHOOL STAGE 2 (8 Weeks)</b> 1 Class per week Mondays, Tuesdays, OR Thursdays</p>	<p><u><b>MONDAYS</b></u>  TIMES: 5:50pm - 6:20pm (8 Weeks)</p>	<p><u><b>TUESDAYS</b></u>  TIMES: 5:05pm - 5:35pm (8 Weeks)</p>		<p><u><b>THURSDAYS</b></u>  TIMES: 5:05pm - 5:35pm (8 Weeks)</p>			
<p><b>PRESCHOOL STAGE 3 (8 Weeks)</b> 1 Class per week Mondays, Tuesdays, OR Saturdays</p>	<p><u><b>MONDAYS</b></u>  TIMES: 6:25pm - 6:55pm (8 Weeks)</p>	<p><u><b>TUESDAYS</b></u>  TIMES: 5:40pm - 6:10pm (8 Weeks)</p>				<p><u><b>SATURDAYS</b></u>  TIMES: 9:45am - 10:15pm (8 Weeks)</p>	
<p><b>SCHOOL AGE STAGE 1 (8 Weeks)</b> 1 Class per week Thursday (2 Class Options) OR Saturdays</p>				<p><u><b>THURSDAYS</b></u>  TIMES: 4:30pm - 5:00pm ..... 6:15pm - 6:45pm (8 Weeks)</p>		<p><u><b>SATURDAYS</b></u>  TIMES: 10:20am - 10:50am (8 Weeks)</p>	

<p><b>SCHOOL AGE STAGE 2 (8 Weeks)</b></p> <p>1 Class per week Thursdays, Or Saturdays</p>				<p><b><u>THURSDAYS</u></b></p> <p>TIMES: 5:05pm - 5:35pm (8 Weeks)</p>		<p><b><u>SATURDAYS</u></b></p> <p>TIMES: 10:55am - 11:25am (8 Weeks)</p>	
<p><b>SCHOOL AGE STAGE 3 (8 Weeks)</b></p> <p>1 Class per week Tuesdays OR Thursdays</p>		<p><b><u>TUESDAYS</u></b></p> <p>TIMES: 4:30pm - 5:00pm (8 Weeks)</p>		<p><b><u>THURSDAYS</u></b></p> <p>TIMES: 5:40pm - 6:10pm (8 Weeks)</p>			
<p><b>SCHOOL AGE STAGE 4 (8 Weeks)</b></p> <p>1 Class per week Tuesdays (2 Class Options), OR Saturdays</p>		<p><b><u>TUESDAYS</u></b></p> <p>TIMES: 5:05pm - 5:35pm ..... 6:15pm - 6:45pm (8 Weeks)</p>				<p><b><u>SATURDAYS</u></b></p> <p>TIMES: 11:30am - 12:15pm (8 Weeks)</p>	
<p><b>SCHOOL AGE STAGE 5 (8 Weeks)</b></p> <p>1 Class per week Tuesdays OR Thursdays</p>		<p><b><u>TUESDAYS</u></b></p> <p>TIMES: 5:40pm - 6:25pm (8 Weeks)</p>		<p><b><u>THURSDAYS</u></b></p> <p>TIMES: 6:15pm - 7:00pm (8 Weeks)</p>			

<p><b>SCHOOL AGE STAGE 6 (8 Weeks)</b> 1 Class per week Tuesdays</p>		<p><b><u>TUESDAYS</u></b></p> <p><b>TIMES: 6:30pm - 7:15pm (8 Weeks)</b></p>					
<p><b>TEEN &amp; ADULT STAGE 2 (8 Weeks)</b> 1 Class per week Wednesday</p>			<p><b><u>WEDNESDAYS</u></b></p> <p><b>TIME: 7:00pm - 7:45pm (8 Weeks)</b></p>				