



# SWIM LESSONS – JULY

July 6 – August 30 (8 weeks) / Swim Club runs for 4 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

**NORTHERN YORK COUNTY BRANCH:** 3 Pomerleau Street, Biddeford, ME 04005 | 207-283-0100

### 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.

NORTHERN YORK COUNTY BRANCH | 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 B (8 Weeks)</b> 1 Class per week Tuesdays <hr/> Parents required in water with participant.		<b>TUESDAYS</b> <hr/> <b>TIME:</b> <b>3:40pm – 4:10pm</b> (8 Weeks)					

<p><b>PRESCHOOL STAGE 1 (8 Weeks)</b></p> <p>1 Class per week Mondays OR Wednesdays</p>	<p><b>MONDAYS</b></p> <hr/> <p><b>TIME: 4:00pm - 4:30pm (8 Weeks)</b></p>		<p><b>WEDNESDAYS</b></p> <hr/> <p><b>TIME: 4:40pm - 5:10pm (8 Weeks)</b></p>				
<p><b>PRESCHOOL STAGE 2 (8 Weeks)</b></p> <p>1 Class per week Tuesdays, Wednesdays OR Thursdays</p>		<p><b>TUESDAYS</b></p> <hr/> <p><b>TIME: 4:20pm - 4:50pm (8 Weeks)</b></p>	<p><b>WEDNESDAYS</b></p> <hr/> <p><b>TIME: 4:40pm - 5:10pm (8 Weeks)</b></p>	<p><b>THURSDAYS</b></p> <hr/> <p><b>TIME: 4:00pm - 4:30pm (8 Weeks)</b></p>			
<p><b>PRESCHOOL STAGE 3 (8 Weeks)</b></p> <p>1 Class per week Mondays</p>	<p><b>MONDAYS</b></p> <hr/> <p><b>TIME: 5:20pm - 5:50pm (8 Weeks)</b></p>						
<p><b>SCHOOL AGE STAGE 1 (8 Weeks)</b></p> <p>1 Class per week Mondays, Wednesdays OR Thursdays</p>	<p><b>MONDAYS</b></p> <hr/> <p><b>TIME: 6:00pm - 6:30pm (8 Weeks)</b></p>		<p><b>WEDNESDAYS</b></p> <hr/> <p><b>TIME: 5:20pm - 5:50pm (8 Weeks)</b></p>	<p><b>THURSDAYS</b></p> <hr/> <p><b>TIME: 4:40pm - 5:10pm (8 Weeks)</b></p>			
<p><b>SCHOOL AGE STAGE 2 (8 Weeks)</b></p> <p>1 Class per week Mondays OR, Wednesdays (2 Class Options)</p>	<p><b>MONDAYS</b></p> <hr/> <p><b>TIME: 4:40pm - 5:10pm (8 Weeks)</b></p>		<p><b>WEDNESDAYS</b></p> <hr/> <p><b>TIME: 4:00pm - 4:30pm ..... 5:20pm-5:50pm (8 Weeks)</b></p>				

<p><b>SCHOOL AGE STAGE 3 (8 Weeks)</b></p> <p>1 Class per week Wednesdays OR Thursdays</p>			<p><u>WEDNESDAYS</u></p> <p>TIME: 4:00pm - 4:30pm (8 Weeks)</p>	<p><u>THURSDAYS</u></p> <p>TIME: 5:20pm - 5:50pm (8 Weeks)</p>			
<p><b>SCHOOL AGE STAGE 4 (8 Weeks)</b></p> <p>1 Class per week Mondays, OR Wednesdays</p>	<p><u>MONDAYS</u></p> <p>TIME: 4:00pm - 4:45pm (8 Weeks)</p>		<p><u>WEDNESDAYS</u></p> <p>TIME: 6:00pm - 6:45pm (8 Weeks)</p>				
<p><b>SCHOOL AGE STAGE 5 (8 Weeks)</b></p> <p>1 Class per week Mondays</p>	<p><u>MONDAYS</u></p> <p>TIME: 5:00pm - 5:45pm (8 Weeks)</p>						
<p><b>SCHOOL AGE STAGE 6 (8 Weeks)</b></p> <p>1 Class per week Mondays</p>	<p><u>MONDAYS</u></p> <p>TIME: 6:00pm - 6:45pm (8 Weeks)</p>						
<p><b>TEEN/ADULT STAGE 1 (8 Weeks)</b></p> <p>1 Class per week Tuesdays</p>		<p><u>TUESDAYS</u></p> <p>TIME: 5:00pm - 5:45pm (8 Weeks)</p>					
<p><b>SWIM CLUB (4 Weeks)</b></p> <p>2 Classes per week Mondays/Wednesdays</p>	<p><u>MONDAYS</u></p> <p>TIME: 6:30pm - 7:30pm (4 Weeks)</p>		<p><u>WEDNESDAYS</u></p> <p>TIME: 6:30pm - 7:30pm (4 Weeks)</p>				