



SWIM LESSONS – MAY

May 11 – July 5 (8 weeks) / Swim Club runs for 4 weeks

SIGN UP ONLINE AT: <https://www.ymcaofsouthernmaine.org/main/online-registration>
 (No classes Monday, May 25 in observance of Memorial Day)

IMPORTANT NOTES:

- Registration required
- **Registration OPENS: APRIL 27, 2026**
- **Registration CLOSES: MAY 6 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: MAY 11 – JULY 5 (8 WEEKS)

REGISTRATION CLOSES: MAY 6, 2026

CLASS/ DESCRIPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
INFANT/TODDLER STAGE B (8 Weeks) 1 Class per week Tuesdays <hr/> Parents required in water with participant.		TUESDAYS <hr/> TIME: 3:10pm – 3:40pm (8 Weeks)					

<p>PRESCHOOL STAGE 1 (8 Weeks)</p> <p>1 Class per week Mondays, Tuesdays (2 Class Options), Wednesdays OR Thursdays</p>	<p>MONDAYS</p> <hr/> <p>TIME: 4:40pm - 5:10pm (8 Weeks)</p>	<p>TUESDAYS</p> <hr/> <p>TIME: 3:45pm - 4:15pm 5:20pm-5:50pm (8 Weeks)</p>	<p>WEDNESDAYS</p> <hr/> <p>TIME: 4:00pm - 4:30pm (8 Weeks)</p>	<p>THURSDAYS</p> <hr/> <p>TIME: 4:00pm - 4:30pm (8 Weeks)</p>			
<p>PRESCHOOL STAGE 2 (8 Weeks)</p> <p>1 Class per week Mondays, Tuesdays (2 Class Options), Wednesdays OR Thursdays</p>	<p>MONDAYS</p> <hr/> <p>TIME: 4:00pm - 4:30pm (8 Weeks)</p>	<p>TUESDAYS</p> <hr/> <p>TIME: 4:40pm - 5:10pm 5:20pm-5:50pm (8 Weeks)</p>	<p>WEDNESDAYS</p> <hr/> <p>TIME: 4:40pm - 5:10pm (8 Weeks)</p>	<p>THURSDAYS</p> <hr/> <p>TIME: 4:40pm - 5:10pm (8 Weeks)</p>			
<p>PRESCHOOL STAGE 3 (8 Weeks)</p> <p>1 Class per week Tuesdays, Wednesdays OR Thursdays</p>		<p>TUESDAYS</p> <hr/> <p>TIME: 4:00pm - 4:30pm (8 Weeks)</p>	<p>WEDNESDAYS</p> <hr/> <p>TIME: 5:20pm - 5:50pm (8 Weeks)</p>	<p>THURSDAYS</p> <hr/> <p>TIME: 4:00pm - 4:30pm (8 Weeks)</p>			
<p>SCHOOL AGE STAGE 1 (8 Weeks)</p> <p>1 Class per week Tuesdays OR Wednesdays</p>		<p>TUESDAYS</p> <hr/> <p>TIME: 4:40pm - 5:10pm (8 Weeks)</p>	<p>WEDNESDAYS</p> <hr/> <p>TIME: 6:00pm - 6:30pm (8 Weeks)</p>				
<p>SCHOOL AGE STAGE 2 (8 Weeks)</p> <p>1 Class per week Tuesdays (2 Class Options), Wednesdays OR Thursdays</p>		<p>TUESDAYS</p> <hr/> <p>TIME: 4:20pm - 4:50pm 6:00pm-6:30pm (8 Weeks)</p>	<p>WEDNESDAYS</p> <hr/> <p>TIME: 4:40pm - 5:10pm (8 Weeks)</p>	<p>THURSDAYS</p> <hr/> <p>TIME: 5:20pm - 5:50pm (8 Weeks)</p>			

<p>SCHOOL AGE STAGE 3 (8 Weeks)</p> <p>1 Class per week Mondays, Tuesdays (2 Class Options), Wednesdays OR Thursdays (2 Class Options)</p>	<p>MONDAYS</p> <p>TIME: 5:20pm - 5:50pm (8 Weeks)</p>	<p>TUESDAYS</p> <p>TIME: 4:00pm - 4:30pm 4:55pm-5:25pm (8 Weeks)</p>	<p>WEDNESDAYS</p> <p>TIME: 4:00pm - 4:30pm (8 Weeks)</p>	<p>THURSDAYS</p> <p>TIME: 4:40pm - 5:10pm 5:20pm - 5:50pm (8 Weeks)</p>			
<p>SCHOOL AGE STAGE 4 (8 Weeks)</p> <p>1 Class per week Mondays, OR Thursdays</p>	<p>MONDAYS</p> <p>TIME: 4:00pm - 4:45pm (8 Weeks)</p>			<p>THURSDAYS</p> <p>TIME: 6:00pm - 6:45pm (8 Weeks)</p>			
<p>SCHOOL AGE STAGE 5 (8 Weeks)</p> <p>1 Class per week Mondays</p>	<p>MONDAYS</p> <p>TIME: 5:00pm - 5:45pm (8 Weeks)</p>						
<p>SCHOOL AGE STAGE 6 (8 Weeks)</p> <p>1 Class per week Mondays</p>	<p>MONDAYS</p> <p>TIME: 6:00pm - 6:45pm (8 Weeks)</p>						
<p>TEEN/ADULT STAGE 1 (8 Weeks)</p> <p>1 Class per week Tuesdays</p>		<p>TUESDAYS</p> <p>TIME: 5:30pm - 6:15pm (8 Weeks)</p>					
<p>SWIM CLUB (4 Weeks)</p> <p>2 Classes per week Mondays/Wednesdays</p>	<p>MONDAYS</p> <p>TIME: 6:30pm - 7:30pm (4 Weeks)</p>		<p>WEDNESDAYS</p> <p>TIME: 6:30pm - 7:30pm (4 Weeks)</p>				