



SWIM LESSONS – January 2026

January 5 – February 1 (4 weeks) or through March 1 (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

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: 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
INFANT/TODDLER STAGE B (8 Weeks) 1 Class per week Wednesdays Parents required in water with participant.			<u>WEDNESDAYS</u> TIME: 3:20pm – 3:50pm (8 Weeks)				

PRESCHOOL STAGE 1 (8 Weeks) 1 Class per week Mondays, Tuesdays, OR Wednesdays	MONDAYS TIME: 5:20pm – 5:50pm (8 Weeks)	TUESDAYS TIME: 5:20pm – 5:50pm (8 Weeks))	WEDNESDAYS TIME: 4:00pm – 4:30pm (8 Weeks)				
PRESCHOOL STAGE 2 (8 Weeks) 1 Class per week Mondays (2 Options) OR Wednesdays	MONDAYS TIME: 4:00pm – 4:30pm 6:00pm – 6:30pm (8 Weeks)		WEDNESDAYS TIME: 4:00pm – 4:30pm (8 Weeks)				
PRESCHOOL STAGE 3 (8 Weeks) 1 Class per week Mondays, Tuesdays, OR Thursdays	MONDAYS TIME: 4:40pm – 5:10pm (8 Weeks)	TUESDAYS TIME: 6:00pm – 6:30pm (8 Weeks)		THURSDAYS TIME: 4:00pm – 4:30pm (8 Weeks)			
PRESCHOOL STAGE 4 (8 Weeks) 1 Class per week Mondays	MONDAYS TIME: 6:40pm – 7:10pm (8 Weeks)						
SCHOOL AGE STAGE 1 (8 Weeks) 1 Class per week Mondays, Tuesdays, Wednesdays OR Thursdays	MONDAYS TIME: 4:00pm – 4:30pm (8 Weeks)	TUESDAYS TIME: 6:40pm – 7:10pm (8 Weeks)	WEDNESDAYS TIME: 4:40pm – 5:10pm (8 Weeks)	THURSDAYS TIME: 4:40pm – 5:10pm (8 Weeks)			

SCHOOL AGE STAGE 2 (8 Weeks) 1 Class per week Mondays, Tuesdays, Wednesdays OR Thursdays	MONDAYS TIME: 4:40pm – 5:10pm (8 Weeks)	TUESDAYS TIME: 4:00pm – 4:30pm (8 Weeks)	WEDNESDAYS TIME: 4:40pm – 5:10pm (8 Weeks)	THURSDAYS TIME: 5:20pm – 5:50pm (8 Weeks)			
SCHOOL AGE STAGE 3 (8 Weeks) 1 Class per week Mondays, Tuesdays, Wednesdays OR Thursdays	MONDAYS TIME: 5:20pm – 5:50pm (8 Weeks)	TUESDAYS TIME: 4:40pm – 5:10pm (8 Weeks)	WEDNESDAYS TIME: 5:20pm – 5:50pm (8 Weeks)	THURSDAYS TIME: 6:00pm – 6:30pm (8 Weeks)			
SCHOOL AGE STAGE 4 (8 Weeks) 1 Class per week Mondays, Tuesdays, OR Wednesdays	MONDAYS TIME: 6:00pm – 6:45pm (8 Weeks)	TUESDAYS TIME: 4:00pm – 4:45pm (8 Weeks)	WEDNESDAYS TIME: 6:00pm – 6:45pm (8 Weeks)				
SCHOOL AGE STAGE 5 (8 Weeks) 1 Class per week Tuesdays		TUESDAYS TIME: 5:00pm – 5:45pm (8 Weeks)					
SWIM CLUB (4 Weeks) 2 Classes per week Mondays/Wednesdays	MONDAYS TIME: 6:30pm – 7:30pm (4 Weeks)		WEDNESDAYS TIME: 6:30pm – 7:30pm (4 Weeks)				

<div>TEEN & ADULT STAGE 1</div> <div>(8 Weeks)</div> <div>1 Class per week</div> <div>Wednesdays</div>			<div>WEDNESDAYS</div> <div>TIME:</div> <div>5:15pm – 6:00pm</div> <div>(8 Weeks)</div>				
<div>TEEN & ADULT STAGE 4</div> <div>(8 Weeks)</div> <div>1 Class per week</div> <div>Tuesdays</div>		<div>TUESDAYS</div> <div>TIME:</div> <div>6:00pm – 6:45pm</div> <div>(8 Weeks)</div>					