



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

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

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

**TEEN & ADULT STAGE 1  
(8 Weeks)**

1 Class per week  
Wednesdays

**TEEN & ADULT STAGE 4  
(8 Weeks)**

1 Class per week  
Tuesdays

**WEDNESDAYS**

**TIME:**  
**5:15pm - 6:00pm**  
(8 Weeks)

**TUESDAYS**

**TIME:**  
**6:00pm - 6:45pm**  
(8 Weeks)