



SWIM LESSONS – NOVEMBER

November 9 – January 3, 2027 (8 weeks) / Swim Club runs 8 weeks

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

(No classes: November 25, Closing at 12:00pm; November 26 & 27, Closed – Thanksgiving Break)

IMPORTANT NOTES:

- Registration required
- **Registration OPENS: OCTOBER 26**
- **Registration CLOSES: NOVEMBER 4**
- 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: NOVEMBER 9 – JANUARY 3, 2027

REGISTRATION CLOSES: NOVEMBER 4, 2026

CLASS/ DESCRIPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
INFANT/TODDLER STAGE B (8 Weeks) 1 Class per week Tuesdays Parents required in water		TUESDAYS TIMES: 4:00pm – 4:30pm (8 Weeks)					

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

SCHOOL AGE STAGE 2 (8 Weeks) 1 Class per week Mondays, Tuesdays OR Wednesdays	MONDAYS TIMES: 6:00pm – 6:30pm (8 Weeks)	TUESDAYS TIMES: 6:40pm – 7:10pm (8 Weeks)	WEDNESDAYS TIMES: 5:40pm – 6:10pm (8 Weeks)				
SCHOOL AGE STAGE 3 (8 Weeks) 1 Class per week Mondays, Tuesdays OR Wednesdays	MONDAYS TIMES: 5:20pm – 5:50pm (8 Weeks)	TUESDAYS TIMES: 6:00pm – 6:30pm (8 Weeks)	WEDNESDAYS TIMES: 4:00pm – 4:30pm 6:20pm – 6:50pm (8 Weeks)				
SCHOOL AGE STAGE 4 (8 Weeks) 1 Class per week Mondays, Tuesdays OR Wednesdays	MONDAYS TIMES: 6:00pm – 6:45pm (8 Weeks)	TUESDAYS TIMES: 4:00pm – 4:45pm (8 Weeks)	WEDNESDAYS TIMES: 6:00pm – 6:45pm (8 Weeks)				
SCHOOL AGE STAGE 5 (8 Weeks) 1 Class per week Tuesdays OR Wednesdays		TUESDAYS TIMES: 6:15pm – 7:00pm (8 Weeks)	WEDNESDAYS TIMES: 4:00pm – 4:45pm (8 Weeks)				
TEEN/ADULT STAGE 1 (8 Weeks) 1 Class per week Wednesdays			WEDNESDAYS TIMES: 7:00pm – 7:45pm (8 Weeks)				
SWIM CLUB (8 Weeks) 2 Classes per week Mondays & Tuesday	MONDAYS TIME: 5:00pm – 6:00pm (8 Weeks)	TUESDAYS TIME: 5:00pm – 6:00pm (8 Weeks)					