



SWIM LESSONS – SEPTEMBER

September 8–November 2 (8 weeks) / Swim Club runs for 8 weeks

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

IMPORTANT NOTES:

- Registration required
- **Registration OPENS: AUGUST 24, 2026**
- **Registration CLOSES: SEPTEMBER 2, 2026**
- 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: SEPTEMBER 8–NOVEMBER 2 (8 WEEKS)

REGISTRATION CLOSES: SEPTEMBER 2, 2026

CLASS/ DESCRIPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PRESCHOOL STAGE 1 (8 Weeks) 1 Class per week Mondays OR Tuesdays	MONDAYS TIMES: 4:30pm – 5:00pm (8 Weeks)	TUESDAYS TIMES: 4:00pm – 4:30pm (8 Weeks)					

PRESCHOOL STAGE 2 (8 Weeks) 1 Class per week Mondays OR Tuesdays	MONDAYS TIMES: 5:15pm – 5:45pm (8 Weeks)	TUESDAYS TIMES: 4:45pm – 5:15pm (8 Weeks)					
PRESCHOOL STAGE 3 (8 Weeks) 1 Class per week Wednesdays OR Thursdays			WEDNESDAYS TIMES: 4:30pm – 5:00pm (8 Weeks)	THURSDAYS TIMES: 4:00pm – 4:30pm (8 Weeks)			
PRESCHOOL STAGE 4 (8 Weeks) 1 Class per week Wednesdays OR Thursdays			WEDNESDAYS TIMES: 5:15pm – 5:45pm (8 Weeks)	THURSDAYS TIMES: 4:45pm – 5:15pm (8 Weeks)			
SCHOOL AGE STAGE 1 (8 Weeks) 1 Class per week Mondays OR Tuesdays	MONDAYS TIMES: 6:00pm – 6:30pm (8 Weeks)	TUESDAYS TIMES: 5:30pm – 6:00pm (8 Weeks)					
SCHOOL AGE STAGE 2 (8 Weeks) 1 Class per week Mondays OR Tuesdays	MONDAYS TIMES: 6:45pm – 7:15pm (8 Weeks)	TUESDAYS TIMES: 6:15pm – 6:45pm (8 Weeks)					

SCHOOL AGE STAGE 3 (8 Weeks) 1 Class per week Wednesdays OR Thursdays			WEDNESDAYS TIMES: 6:00pm – 6:30pm (8 Weeks)	THURSDAYS TIMES: 6:30pm – 7:00pm (8 Weeks)			
SCHOOL AGE STAGE 4 (8 Weeks) 1 Class per week Wednesdays OR Thursdays			WEDNESDAYS TIMES: 6:45pm – 7:30pm (8 Weeks)	THURSDAYS TIMES: 5:30pm – 6:15pm (8 Weeks)			
SCHOOL AGE STAGE 5 (8 Weeks) 1 Class per week Tuesdays		TUESDAYS TIMES: 5:30pm – 6:15pm (8 Weeks)					
SCHOOL AGE STAGE 6 (8 Weeks) 1 Class per week Tuesdays		TUESDAYS TIMES: 6:30pm – 7:15pm (8 Weeks)					
SWIM CLUB (8 Weeks) 2 Classes per week Tuesday/Thursday		TUESDAYS TIME: 4:30pm – 5:30pm (8 Weeks)		THURSDAYS TIME: 4:30pm – 5:30pm (8 Weeks)			