



SWIM LESSONS – SEPTEMBER

September 8 – November 2 (8 weeks) / Swim Club runs 4 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

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: SEPTEMBER 8–NOVEMBER 2 (8 WEEKS)

REGISTRATION CLOSES: SEPTEMBER 2, 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 with participant.		TUESDAYS TIME: 4:20pm – 4:50pm (8 Weeks)					

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

SCHOOL AGE STAGE 3 (8 Weeks) 1 Class per week Tuesdays, Wednesdays OR Thursdays		TUESDAYS TIME: 3:40pm – 4:10pm (8 Weeks)	WEDNESDAYS TIME: 6:00pm – 6:30pm (8 Weeks)	THURSDAYS TIME: 4:00pm – 4:30pm (8 Weeks)			
SCHOOL AGE STAGE 4 (8 Weeks) 1 Class per week Mondays OR Tuesdays	MONDAYS TIME: 4:00pm – 4:45pm (8 Weeks)	TUESDAYS TIME: 6:00pm – 6:45pm (8 Weeks)					
SCHOOL AGE STAGE 5 (8 Weeks) 1 Class per week Mondays	MONDAYS TIME: 5:00pm – 5:45pm (8 Weeks)						
SCHOOL AGE STAGE 6 (8 Weeks) 1 Class per week Mondays	MONDAYS TIME: 6:00pm – 6:45pm (8 Weeks)						
TEEN/ADULT STAGE 1 (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)				