

# YWCA CENTRAL MAINE

## ~ SUMMER SWIM LESSONS ~

Session 1: June 21 - July 17

Current Swim Lesson Go-ers:

**REGISTRATION OPENS JUNE 9TH!**

Registration open for all: June 14th!

Please email [swimlessons@ywcamaine.org](mailto:swimlessons@ywcamaine.org) for a swim lesson feedback survey.

We want to hear how the Spring session went from your point of view so we can improve!

## SUMMER SESSION 1 CLASSES

Check out our new class descriptions by visiting our website: <https://ywcamaine.org/what-we-do/aquatics/>

### Parent + Child

with Des  
25-30 minutes

1 x week

Monday @ 5pm

Tuesday @ 9:30am

Tuesday @ 4:15pm

Thursday @ 4pm

Saturday @ 9:30am

Monday @ 4:30pm with Meg

Tuesday @ 3:30pm with Des

Wednesday @ 3:30 with Emily

Thursday @ 4:15 with Emily

Saturday @ 9am with Emily

Monday @ 4:30pm with Emily

Tuesday @ 4:15pm with Emily

Wednesday @ 4:15 with Emily

Thursday @ 3:30 with Des

Saturday @ 9:45am with Meg

Monday @ 5:15pm with Emily

Tuesday @ 3:30pm with Emily

Wednesday @ 3:30pm with Abby

Thursday @ 4:45pm with Abby

Saturday @ 9:45am with Emily

Monday @ 3:45pm with Emily

Tuesday @ 5:30pm with Meg

Wednesday @ 5:00pm with Emily

Thursday @ 3:30pm with Emily

Thursday @ 5pm with Meg

Saturday @ 10:30am with Meg

Monday @ 4:45pm with Beth

Tuesday @ 4:45pm with Meg

Wednesday @ 4:45pm with Beth

Thursday @ 5:30pm with Abby

Saturday @ 9am with Meg

### Monday + Wednesday

@ 5:30-6pm

with Beth

### Swim Level 2

30 minutes

2 x week

### Tuesdays + Thursday

@ 5-5:30pm

with Emily

### Pre-K 1

30 minutes

1 x week

### Pre-K 2

30 minutes

1 x week

### Pre-K 3

30 minutes

1 x week

### Swim Level 3+4

45 minutes

2 x week

### Monday + Wednesday

@ 5:15-6pm

with Coach Meg

### Swim Level 5+6

60 minutes

2 x week

### Monday + Wednesday

@ 4-5pm

with Coach Marc + Coach Don

### Swim Level 1

new to the water

30 minutes

1 x week

### Swim Level 1

advanced

30 minutes

1 x week

### Pricing for 4-week session

All 1 x week for 30 min lessons	\$50
Swim level 2 (2x week for 30 min)	\$85
Swim level 3+4 (2x week for 45 min)	\$95
Swim level 5+6 (2x week for 60 min)	\$100

Thank you so much for your interest in our summer swim lesson program!

Contact us anytime with questions or comments:  
[swimlessons@ywcamaine.org](mailto:swimlessons@ywcamaine.org)