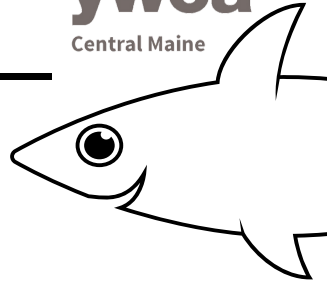
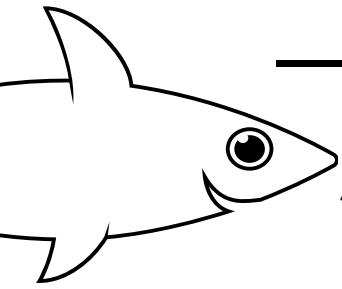


# YWCA CENTRAL MAINE



~ SUMMER SWIM LESSONS ~

## Session 2: July 26th - August 21st

### Registration dates:

Current Lesson Swimmers: July 12th

Open Registration: July 19th

Call the Front Desk (207) 795-4050 after registration opens to officially reserve your spot in our lesson program!

## SUMMER SESSION 2 CLASSES

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

### Parent + Child

with Beth  
25-30 minutes

**1 x week**

**Monday @ 5pm**

**Tuesday @ 5pm**

**Thursday @ 5:30pm**

**Monday @ 5:30pm with Emily**

**Tuesday @ 4:30pm with Emily**

**Wednesday @ 4:15 with Emily**

**Thursday @ 4:00 with Beth**

**Saturday @ 9am with Emily**

**Monday @ 4:15pm with Emily**

**Tuesday @ 5:30pm with Emily**

**Wednesday @ 5:00 with Emily**

**Saturday @ 9:15am with Lilah**

**Monday @ 3:30pm with Emily**

**Tuesday @ 5:30pm with Meg**

**Wednesday @ 3:30pm with Emily**

**Thursday @ 4:45pm with Beth**

**Saturday @ 9:45am with Emily**

### Swim Level 1

**new to the water**

30 minutes

**1 x week**

**Monday @ 4:15pm with Beth**

**Tuesday @ 3:30pm with Emily**

**Wednesday @ 4:45pm with Abby**

**Thursday @ 5:15pm with Meg**

**Saturday @ 10:15am with Meg**

### Swim Level 1

**advanced**

30 minutes

**1 x week**

**Monday @ 5:30pm with Beth**

**Tuesday @ 4:15pm with Beth**

**Wednesday @ 3:30pm with Abby**

**Thursday @ 4:45pm with Abby**

**Saturday @ 9am with Meg**

**Mon + Wed @ 4:15-4:45pm with Meg**

**Mon + Wed @ 5:30-6pm with Meg**

**Thursdays only @ 5:30-6pm with Abby**

**Saturday only @ 10:30 with Emily**

### Swim Level 2

30 minutes

**2 x week**

### Swim Level 3+4

45 minutes

**2 x week**

### Swim Level 5+6

60 minutes

**2 x week**

**Monday + Wednesday**

@ 5:00-5:45pm  
with Coach Don

**Tuesday + Thursday**

@ 4:15-5:00pm  
with Coach Meg

**Monday + Wednesday**

@ 4-5pm

with Coach Marc + Coach Don

### 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

Contact us anytime with questions  
or if you have private lesson interest email:  
[swimlessons@ywcamaine.org](mailto:swimlessons@ywcamaine.org)