

2026 FALL II SWIM LESSON SCHEDULE

OCTOBER 26 – DECEMBER 20

WINTER SESSION: JANUARY 4 – FEBRUARY 14, 2027

WEEKLY FALL CLASSES | 7 WEEKS*

*No classes the week of Thanksgiving.

Your child may qualify for
FREE SWIM LESSONS!

Our Y is able to provide this amazing opportunity due to funding we received from the 2026 Y-USA Swim Lesson Grant.

APPLY ONLINE NOW!



Lifting People. Strengthening Community.

17 Second Street, Bangor, ME 04401 • 207-941-2808 • bangory.org

INFANT & TODDLER LESSONS

6 MONTHS – 3 YEARS

PRICING & TIMES FOR SWIM STARTERS

30 MINUTE CLASSES

Stage	Mon.	Tues.	Wed.	Sat.	Sun.
A WATER DISCOVERY & EXPLORATION	9:00a	9:00a	10:00a	8:00a 8:35a	8:00a 8:35a
TOTAL COST: MEMBER/NON-MEMBERS	\$64/\$104				

PRESCHOOL LESSONS

AGES 3 – 5 YEARS

PRICING & TIMES FOR SWIM BASICS

30 MINUTE CLASSES

Stage	Mon.	Tues.	Wed.	Thurs.	Sat.	Sun.
1 WATER ACCLIMATION	9:30a 1:00p 4:10p 4:45p	9:30a 1:00p 3:30p	10:30a 1:00p 4:10p 4:45p	3:30p	11:25a 12:00p	9:10a 12:00p
2 WATER MOVEMENT	9:30a 4:10p 4:45p	9:30a 3:30p	10:30a 4:10p 4:45p	3:30p	11:25a 12:00p	
3 WATER STAMINA	4:10p 4:45p	3:30p	4:10p 4:45p	3:30p	11:25a 12:00p	9:10a 12:00p
TOTAL COST: MEMBER/NON-MEMBERS	\$64/\$104					

SCHOOL AGE LESSONS

AGES 6 – 12 YEARS

PRICING & TIMES FOR SWIM BASICS & SWIM STROKES

40 MINUTE CLASSES

Stage	Mon.	Tues.	Wed.	Thurs.	Sat.	Sun.
1 WATER ACCLIMATION		4:50p	3:25p	4:50p	9:55a 10:40a	11:15a
2 WATER MOVEMENT	3:25p	4:05p	5:20p	4:05p	9:10a 10:40a	9:45a
3 WATER STAMINA	3:25p 5:20p	4:05p	3:25p	4:05p 4:50p	9:10a 9:55a	10:30a
4 STROKE INTRODUCTION	5:20p	4:05p 4:50p	3:25p 5:20p	4:50p	10:40a	10:30a
5 STROKE DEVELOPMENT	5:20p		5:20p	4:05p	9:55a	9:45a
6 STROKE MECHANICS	3:25p	4:50p			9:10a	11:15a
TOTAL COST: MEMBER/NON-MEMBERS	\$74/\$117					



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REGISTER
TODAY!

