



Lyman Parks and Rec

Swim Lessons - Sanford Springvale YMCA

Start Week of January 2nd – February 18th

Registration starts Monday December 19th - Classes fill up very fast

Cost - \$45.00 per child once a week for 7 weeks

Lesson times that are offered, pick the time that works best for you

Parent Child class 6 months – 3 years old

Monday 5:00 – 5:30 pm

Wednesday 10:00 – 10:30 am

Wednesday: 5:00 – 5:30pm

Ages 3 – 13 Swim Basics Level 1 & 2

Tuesday 10:35 – 11:05 am

Ages 3 – 13 Level 1,2 &3

Monday 5:40- 6:10pm

Monday 6:20 – 6:50 pm

Wednesday 5:40 – 6:10pm

Wednesday 6:20 – 6:50 pm

Ages 3 – 13 Level 3

Monday 5:00 – 5:30pm

Wednesday 5:00 – 5:30pm

Ages 6- 13 Level 4,5, &6

Monday 5:00 -5:30 pm

Wednesday 5:00 – 5:30 pm

Swim Team Prep – Cost is \$110.00

Tuesday & Thursday 5:30 – 6:30 pm

Please email parksandrec@lyman-me.gov for application, once you have the application you will drop it off
with payment to:

Sanford Springvale YMCA
1 Emile Levasseur Drive, Sanford, Maine