



## **Lyman Parks and Rec**

### **Swim Lessons - Sanford Springvale YMCA**

#### **Registration Starts Monday June 5th**

#### **Lyman Residents Only**

(Bring proof of residence when registering)

**Start Week June 19th for 7 weeks.**

**Lesson times that are offered, pick the time that works best**

**Lesson Cost \$45.00**

#### **Parent Child class 6 months – 3 years old**

**Monday 5:00 – 5:30 pm**

**Tuesday 10:00-1030 am**

**Wednesday 5:00 – 5:30 pm**

**Thursday 10:00 – 10:30 am**

#### **Ages 3 – 13 Level 1,2 &3**

**Monday 5:40- 6:10 pm**

**Monday 6:20 – 6:50 pm**

**Wednesday 5:40 – 6:10 pm**

**Wednesday 6:20 – 6:50 pm**

**Thursday 10:40 – 11:10 am**

#### **Ages 3 – 13 Level 3**

**Monday 5:00 – 5:30 pm**

**Wednesday 5:00 – 5:30 pm**

#### **Ages 6- 13 Level 4,5, &6**

**Monday 5:00 -5:30 pm**

**Tuesday 10:00 – 10:30 am**

**Wednesday 5:00 – 5:30 pm**

**Thursday 10:00 – 10:30 am**

Please email [parksandrec@lyman-me.gov](mailto: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**