



Lyman Parks and Rec

## Swim Lessons - Sanford Springvale YMCA

**Registration Starts Monday August 21**

**Lyman Residents Only  
(Bring proof of residence when registering)**

**Start Week September 5th 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

Saturday 10:00 – 10:30 am

**Ages 3-15 Level 1 & 2**

Tuesday 10:35 – 11:05 am

**Ages 3 – 13 Level 1 &2**

Monday 5:00 – 5:30 pm

Monday 5:40- 6:10 pm

Monday 6:20 – 6:50 pm

Wednesday 5:00 – 5:30 pm

Wednesday 5:40 – 6:10 pm

Wednesday 6:20 – 6:50 pm

Saturday 10:00 – 10:30 am

**Ages 3 – 13 Level 3**

Monday 5:00 – 5:30 pm

Wednesday 5:00 – 5:30 pm

Saturday 10:00-10:30 am

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

Monday 5:00 – 5:30 pm

Monday 5:40- 6:10 pm

Monday 6:20 – 6:50 pm

Wednesday 5:00 – 5:30 pm

Wednesday 5:40 – 6:10 pm

Wednesday 6:20 – 6:50 pm

Saturday 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

