



Lyman Parks and Rec

## Swim Lessons - Sanford Springvale YMCA

### Swim Registration has started

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

**Start Week of October 28<sup>th</sup> through December 14<sup>th</sup>**  
**Lesson times that are offered, pick the time that works best**  
**Lesson Cost \$50**

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

Monday 5:00-5:30pm  
Tuesday 10:00-10:30 am  
Wednesday 5:00 – 5:30 pm

#### Ages 3-13 Level 1 & 2

Tuesday 10:35 -11:05 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  
Saturday 10:00 – 10:30 am  
Saturday 10:35 – 11:05 am

#### 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- 5:30pm**  
**Wednesday 5:00 – 5:30 pm**  
**Saturday 11:10 – 11:40 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**