



# SWIM LESSONS – April

## April 7 – May 4, 2025

SIGN UP ONLINE AT: <https://www.ymcaofsouthernmaine.org/main/online-registration>

### IMPORTANT NOTES:

- Registration required
- **Registration OPENS: MARCH 24, 2025**
- **Registration CLOSES: APRIL 2, 2025**
- Members may sign up for classes at any branch

**CASCO BAY BRANCH:** 14 Old South Freeport Road, Freeport, ME 04032 | 207-865-9600

### STEP 1: What age group does the student fall into?



6 months–3 years  
**PARENT\* & CHILD:**  
STAGES A–B



3 years–5 years  
**PRESCHOOL:**  
STAGES 1–4



5 years–12 years  
**SCHOOL AGE:**  
STAGES 1–6



12+ years  
**TEEN & ADULT:**  
STAGES 1–6

### STEP 2: See our Lesson Selector to choose the appropriate level.

CASCO BAY BRANCH (Freeport) | DATES: APRIL 7 – MAY 4, 2025

REGISTRATION CLOSES: APRIL 2, 2025

CLASS/ DESCRIPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>PRESCHOOL STAGE 1</b> <b>(4 Weeks)</b> 2 Classes per week Monday/Wednesday OR <b>(8 Weeks)</b> 1 Class per week Saturdays	<b>MONDAYS</b> <hr/> <b>TIMES:</b> 5:30pm – 6:00p		<b>WEDNESDAYS</b> <hr/> <b>TIMES:</b> 5:30pm – 6:00pm			<b>SATURDAYS</b> <hr/> <b>TIME:</b> 9:15am – 9:45am (8 Weeks)	

<p><b>PRESCHOOL STAGE 2 (4 Weeks)</b> 2 Classes per week (2 options) Monday/Wednesday</p>	<p><u><b>MONDAYS</b></u> TIMES: 4:15pm – 4:45pm ..... 5:30pm – 6:00pm</p>		<p><u><b>WEDNESDAYS</b></u> TIMES: 4:15pm – 4:45pm ..... 5:30pm – 6:00pm</p>				
<p><b>PRESCHOOL STAGE 3 (4 Weeks)</b> 2 Classes per week Monday/Wednesday</p>	<p><u><b>MONDAYS</b></u> TIMES: 5:30pm–6:00pm</p>		<p><u><b>WEDNESDAYS</b></u> TIMES: 5:30pm–6:00pm</p>				
<p><b>SCHOOL AGE STAGE 1 (4 Weeks)</b> 2 Classes per week (2 options) Monday/Wednesday</p>	<p><u><b>MONDAYS</b></u> TIMES: 4:00pm – 4:45pm ..... 4:45pm–5:30pm</p>		<p><u><b>WEDNESDAYS</b></u> TIMES: 4:00pm – 4:45pm ..... 4:45pm–5:30pm</p>				
<p><b>SCHOOL AGE STAGE 2 (4 Weeks)</b> 2 Classes per week Monday/Wednesday OR Tuesday/Thursday</p>	<p><u><b>MONDAYS</b></u> TIME: 6:00pm – 6:45pm</p>	<p><u><b>TUESDAYS</b></u> TIME: 4:00pm – 4:45pm</p>	<p><u><b>WEDNESDAYS</b></u> TIMES: 6:00pm – 6:45pm</p>	<p><u><b>THURSDAYS</b></u> TIME: 4:00pm – 4:45pm</p>			
<p><b>SCHOOL AGE STAGE 3 (4 Weeks)</b> 2 Classes per week Monday/Wednesday</p>	<p><u><b>MONDAYS</b></u> TIME: 4:45pm – 5:30pm</p>		<p><u><b>WEDNESDAYS</b></u> TIMES: 4:45pm – 5:30pm</p>				

<b>SCHOOL AGE STAGE 4 (4 Weeks)</b> 2 Classes per week Tuesday/Thursday		<u><b>TUESDAYS</b></u>  <b>TIME:</b> <b>5:00pm - 5:45pm</b>		<u><b>THURSDAYS</b></u>  <b>TIME:</b> <b>5:00pm - 5:45pm</b>			
<b>SCHOOL AGE STAGE 5 (4 Weeks)</b> 2 Class per week Tuesday/Thursday		<u><b>TUESDAYS</b></u>  <b>TIME:</b> <b>5:45pm - 6:30pm</b>		<u><b>THURSDAYS</b></u>  <b>TIME:</b> <b>5:45pm - 6:30pm</b>			
<b>TEEN &amp; ADULT STAGE 2 (4 Weeks)</b> 2 Classes per week Monday/Wednesday	<u><b>MONDAYS</b></u>  <b>TIME:</b> <b>7:00pm - 7:45pm</b>		<u><b>WEDNESDAYS</b></u>  <b>TIME:</b> <b>7:00pm - 7:45pm</b>				
<b>SWIM CLUB A, B, C (8 Weeks)</b> 1 Classes per week Monday, Tuesday or Thursday	<u><b>SWIM CLUB A</b></u> <u><b>MONDAYS</b></u>  <b>TIME:</b> <b>4:00pm - 5:00pm</b>	<u><b>SWIM CLUB C</b></u> <u><b>TUESDAYS</b></u>  <b>TIME:</b> <b>4:00pm - 5:00pm</b>		<u><b>SWIM CLUB B</b></u> <u><b>THURSDAYS</b></u>  <b>TIME:</b> <b>4:00pm - 5:00pm</b>			

### SWIM CLUB A

Skills and strokes learned in Stage 6 are put to use in practices that simulate being on a swim team. Participants lap swim in larger groups, increasing stamina, while continuing to develop skills.

### SWIM CLUB B

Participants continue developing higher level stroke skills and stamina, as intensity increases in this part of the Swim Club. Flip turns are integrated into every practice.

### SWIM CLUB C

This highest level of the Swim Club allows swimmers to prepare for joining a competitive swim team. All four strokes are practiced every session, with focuses on turns and starts off the block.