



# 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

**GREATER PORTLAND BRANCH:** 70 Forest Avenue, Portland, ME 04101 | 207-874-1111

### 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.

GREATER PORTLAND BRANCH | DATES: APRIL 7 – MAY 4, 2025

REGISTRATION CLOSES: APRIL 2, 2025

CLASS/ DESCRIPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>PRESCHOOL STAGE 2 (4 Weeks)</b> 2 Classes per week Tuesday/Thursday		<b>TUESDAYS</b> TIME: 4:30pm - 5:00pm		<b>THURSDAYS</b> TIME: 4:30pm - 5:00pm			

<p><b>SCHOOL AGE STAGE 1 (4 Weeks)</b> 2 Classes per week Tuesday/Thursday</p>		<p><b>TUESDAYS</b> TIME: 5:00pm - 5:45pm</p>		<p><b>THURSDAYS</b> TIME: 5:00pm - 5:45pm</p>			
<p><b>SCHOOL AGE STAGE 2 (4 Weeks)</b> 2 Classes per week Monday/Wednesday</p>	<p><b>MONDAYS</b> TIME: 6:00pm - 6:45pm</p>		<p><b>WEDNESDAYS</b> TIME: 6:00pm - 6:45pm</p>				
<p><b>SCHOOL AGE STAGE 3 (4 Weeks)</b> 2 Classes per week Tuesday/Thursday</p>		<p><b>TUESDAYS</b> TIME: 6:00pm - 6:45pm</p>		<p><b>THURSDAYS</b> TIME: 6:00pm - 6:45pm</p>			
<p><b>SCHOOL AGE STAGE 4 (4 Weeks)</b> 2 Classes per week Tuesday/Thursday</p>		<p><b>TUESDAYS</b> TIME: 4:30pm - 5:15pm</p>		<p><b>THURSDAYS</b> TIME: 4:30pm - 5:15pm</p>			
<p><b>SCHOOL AGE STAGE 5 (4 Weeks)</b> 2 Classes per week Monday/Wednesday</p>	<p><b>MONDAYS</b> TIME: 4:00pm - 4:45pm</p>		<p><b>WEDNESDAYS</b> TIME: 4:00pm - 4:45pm</p>				
<p><b>SCHOOL AGE STAGE 6 (4 Weeks)</b> 2 Classes per week Monday/Wednesday</p>	<p><b>MONDAYS</b> TIME: 5:00pm - 5:45pm</p>		<p><b>WEDNESDAYS</b> TIME: 5:00pm - 5:45pm</p>				
<p><b>TEEN &amp; ADULT STAGE 1 (4 Weeks)</b> 2 Classes per week Monday/Wednesday</p>	<p><b>MONDAYS</b> TIME: 6:00pm - 6:45pm</p>		<p><b>WEDNESDAYS</b> TIME: 6:00pm - 6:45pm</p>				

<p><b>TEEN &amp; ADULT STAGE 2 (4 Weeks)</b></p> <p>2 Classes per week Tuesday/Thursday</p>		<p><b>TUESDAYS</b></p> <hr/> <p><b>TIME:</b> 7:00pm - 7:45pm</p>		<p><b>THURSDAYS</b></p> <hr/> <p><b>TIME:</b> 7:00pm - 7:45pm</p>			
<p><b>TEEN &amp; ADULT STAGE 3 (4 Weeks)</b></p> <p>2 Classes per week Tuesday/Thursday</p>		<p><b>TUESDAYS</b></p> <hr/> <p><b>TIME:</b> 5:15pm - 6:00pm</p>		<p><b>THURSDAYS</b></p> <hr/> <p><b>TIME:</b> 5:15pm - 6:00pm</p>			
<p><b>TEEN &amp; ADULT STAGE 4 (4 Weeks)</b></p> <p>2 Classes per week Tuesday/Thursday</p>		<p><b>TUESDAYS</b></p> <hr/> <p><b>TIME:</b> 6:00pm - 6:45pm</p>		<p><b>THURSDAYS</b></p> <hr/> <p><b>TIME:</b> 6:00pm - 6:45pm</p>			