



SWIM LESSONS - January 2026

January 5 - March 1 (8 weeks)

SIGN UP ONLINE AT: <https://www.ymcaofsouthernmaine.org/main/online-registration>
(No classes Monday, January 19 in honor of Martin Luther King Jr. Day)

IMPORTANT NOTES:

- Registration required
- **Registration OPENS: December 22, 2025**
- **Registration CLOSES: December 31, 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: JAN 5 - FEB 1 (4 WKS) OR MARCH 1 (8 WKS)

REGISTRATION CLOSES: DECEMBER 31, 2025

CLASS/ DESCRIPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SCHOOL AGE STAGE 1 (8 Weeks) 1 Class per week Monday (2 Options) OR Tuesday	MONDAYS TIME: 4:00pm - 4:30pm 6:00pm - 6:30pm (8 Weeks)	TUESDAYS TIME: 6:00pm - 6:30pm (8 Weeks)					

SCHOOL AGE STAGE 2 (8 Weeks) 1 Class per week Monday (2 Options) OR Tuesday	MONDAYS TIME: 4:45pm-5:15pm 6:30pm - 7:00pm (8 Weeks)	TUESDAYS TIME: 6:30pm - 7:00pm (8 Weeks)				
SCHOOL AGE STAGE 3 (8 Weeks) 1 Class per week Monday OR Tuesday	MONDAYS TIME: 5:30pm - 6:00pm (8 Weeks)	TUESDAYS TIME: 5:30pm - 6:00pm (8 Weeks)				
SCHOOL AGE STAGE 4 (8 Weeks) 1 Class per week Monday OR Tuesday	MONDAYS TIME: 4:00pm - 4:45pm (8 Weeks)	TUESDAYS TIME: 4:00pm - 4:45pm (8 Weeks)				
SCHOOL AGE STAGE 5 (8 Weeks) 1 Class per week Monday OR Tuesday	MONDAYS TIME: 5:00pm - 5:45pm (8 Weeks)	TUESDAYS TIME: 5:00pm - 5:45pm (8 Weeks)				
SCHOOL AGE STAGE 6 (8 Weeks) 1 Class per week Monday OR Tuesday	MONDAYS TIME: 6:00pm - 6:45pm (8 Weeks)	TUESDAYS TIME: 6:00pm - 6:45pm (8 Weeks)				
SWIM CLUB (8 Weeks) 2 Classes per week Tuesday/Thursday		TUESDAYS TIME: 4:30pm - 5:30pm (8 Weeks)		THURSDAYS TIME: 4:30pm - 5:30pm (8 Weeks)		

TEEN/ADULT STAGE 1 (8 Weeks) Tuesdays OR Saturdays		TUESDAYS <hr/> TIME: 3:30pm - 4:15pm (8 Weeks)			SATURDAYS <hr/> TIME: 9:00am - 9:45am (8 Weeks)	
TEEN/ADULT STAGE 2 (8 Weeks) 1 Class per week Tuesdays OR Saturdays		TUESDAYS <hr/> TIME: 4 :30pm - 5:15pm (8 Weeks)			SATURDAYS <hr/> TIME: 10:00am - 10:45am (8 Weeks)	
TEEN/ADULT STAGE 3 (8 Weeks) 1 Class per week Saturdays					SATURDAYS <hr/> TIME: 11:00am - 11:45am (8 Weeks)	