



# SWIM LESSONS – JULY

July 6 – August 2 (4 weeks) / Swim Club runs 8 weeks

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

No classes Friday July 3 & Saturday July 4 (July 4th Holiday)

## IMPORTANT DATES:

- Registration Required
- **Registration OPENS:** June 22, 2026
- **Registration CLOSES:** July 1, 2026
- 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: JULY 6 – AUGUST 2 (4 WEEKS)

REGISTRATION CLOSES: JULY 1, 2026

CLASS/ DESCRIPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>TEEN/ADULT STAGE 1 (4 Weeks)</b> 2 Classes per week Tuesday/Thursday OR Wednesdays /Saturdays		<b>TUESDAYS</b> TIME: 3:30pm – 4:15pm (4 Weeks)	<b>WEDNESDAYS</b> TIME: 4:00pm – 4:45pm (4 Weeks)	<b>THURSDAYS</b> TIME: 3:30pm – 4:15pm (4 Weeks)		<b>SATURDAYS</b> TIME: 9:00am – 9:45am (4 Weeks)	

<p><b>TEEN/ADULT STAGE 2 (4 Weeks)</b></p> <p>2 Classes per week Mondays/Wednesdays OR Wednesdays/Saturdays</p>	<p><b>MONDAYS</b></p> <hr/> <p>TIME: 5:00pm - 5:45pm (4 Weeks)</p>		<p><b>WEDNESDAYS</b></p> <hr/> <p>TIME: 5:00pm - 5:45pm ..... 10:00am - 10:45am (4 Weeks)</p>			<p><b>SATURDAYS</b></p> <hr/> <p>TIME: 10:00am - 10:45am (4 Weeks)</p>	
<p><b>TEEN/ADULT STAGE 3 (4 Weeks)</b></p> <p>2 Classes per week Wednesdays/Saturdays</p>			<p><b>WEDNESDAYS</b></p> <hr/> <p>TIME: 6:00pm - 6:45pm (4 Weeks)</p>			<p><b>SATURDAYS</b></p> <hr/> <p>TIME: 11:00am - 11:45am (4 Weeks)</p>	
<p><b>TEEN/ADULT STAGE 4 (4 Weeks)</b></p> <p>2 Classes per week Mondays/Wednesdays</p>	<p><b>MONDAYS</b></p> <hr/> <p>TIME: 4:00pm - 4:45pm (4 Weeks)</p>		<p><b>WEDNESDAYS</b></p> <hr/> <p>TIME: 4:00pm - 4:45pm (4 Weeks)</p>				
<p><b>SWIM CLUB (8 Weeks)</b></p> <p>2 Classes per week Tuesday OR Thursday</p>		<p><b>TUESDAYS</b></p> <hr/> <p>TIME: 4:30pm - 5:30pm (8 Weeks)</p>		<p><b>THURSDAYS</b></p> <hr/> <p>TIME: 4:30pm - 5:30pm (8 Weeks)</p>			