



SWIM LESSONS – MAY

May 11 – July 5 (8 weeks) / Swim Club runs 8 weeks

SIGN UP ONLINE AT: <https://www.ymcaofsouthernmaine.org/main/online-registration>
(No classes Monday, May 25 in observance of Memorial Day)

IMPORTANT NOTES:

- Registration required
- **Registration OPENS: APRIL 27, 2026**
- **Registration CLOSES: MAY 6 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: MAY 11 – JULY 5 (8 WKS)

REGISTRATION CLOSES: MAY 6, 2026

CLASS/ DESCRIPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
INFANT/TODDLER STAGE 1 (8 Weeks) 1 Class per week Saturdays						SATURDAYS TIME: 10:20am – 10:50am (8 Weeks)	

<p>PRESCHOOL STAGE 1 (8 Weeks) 1 Class per week Mondays</p>	<p>MONDAYS <hr/>TIME: 5:00pm - 5:30pm (8 Weeks)</p>						
<p>PRESCHOOL STAGE 3 (8 Weeks) 1 Class per week Saturdays</p>						<p>SATURDAYS <hr/>TIME: 9:40am - 10:10am (8 Weeks)</p>	
<p>SCHOOL AGE STAGE 1 (8 Weeks) 1 Class per week Thursdays OR Saturdays</p>				<p>THURSDAYS <hr/>TIME: 5:00pm - 5:30pm (8 Weeks)</p>		<p>SATURDAYS <hr/>TIME: 9:00am - 9:30am (8 Weeks)</p>	
<p>SCHOOL AGE STAGE 2 (8 Weeks) 1 Class per week Wednesdays</p>			<p>WEDNESDAYS <hr/>TIME: 5:50pm - 6:20pm (8 Weeks)</p>				
<p>SCHOOL AGE STAGE 3 (8 Weeks) 1 Class per week Monday OR Wednesday</p>	<p>MONDAYS <hr/>TIME: 5:40pm - 6:10pm (8 Weeks)</p>		<p>WEDNESDAYS <hr/>TIME: 6:30pm - 7:00pm (8 Weeks)</p>				
<p>SCHOOL AGE STAGE 4 (8 Weeks) 1 Class per week Wednesdays</p>			<p>WEDNESDAYS <hr/>TIME: 4:00pm - 4:45pm (8 Weeks)</p>				

<p>SCHOOL AGE STAGE 5 (8 Weeks) 1 Class per week Monday OR Wednesdays</p>	<p>MONDAYS TIME: 5:00pm - 5:45pm (8 Weeks)</p>		<p>WEDNESDAYS TIME: 5:00pm - 5:45pm (8 Weeks)</p>				
<p>SCHOOL AGE STAGE 6 (8 Weeks) 1 Class per week Monday OR Wednesdays</p>	<p>MONDAYS TIME: 6:00pm - 6:45pm (8 Weeks)</p>		<p>WEDNESDAYS TIME: 6:00pm - 6:45pm (8 Weeks)</p>				
<p>TEEN/ADULT STAGE 1 (8 Weeks) 1 Class per week Wednesdays OR Saturdays</p>			<p>WEDNESDAYS TIME: 4:00pm - 4:45pm (8 Weeks)</p>			<p>SATURDAYS TIME: 11:00am - 11:45am (8 Weeks)</p>	
<p>TEEN/ADULT STAGE 2 (8 Weeks) 1 Class per week Mondays OR Wednesdays</p>	<p>MONDAYS TIME: 4:00pm - 4:45pm (8 Weeks)</p>		<p>WEDNESDAYS TIME: 4:55pm - 5:40pm (8 Weeks)</p>				
<p>TEEN/ADULT STAGE 3 (8 Weeks) 1 Class per week Thursdays</p>				<p>THURSDAYS TIME: 5:40pm - 6:25pm (8 Weeks)</p>			
<p>TEEN/ADULT STAGE 4 (8 Weeks) 1 Class per week Mondays</p>	<p>MONDAYS TIME: 4:00pm - 4:45pm (8 Weeks)</p>						
<p>SWIM CLUB (8 Weeks) 2 Classes per week Tuesday/Thursday</p>		<p>TUESDAYS TIME: 4:30pm - 5:30pm (8 Weeks)</p>		<p>THURSDAYS TIME: 4:30pm - 5:30pm (8 Weeks)</p>			