



SWIM LESSONS – NOVEMBER

November 9 – January 3, 2027 (8 weeks)

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

(No classes: November 25, Closing at 12:00pm; November 26 & 27, Closed – Thanksgiving Break)

IMPORTANT NOTES:

- Registration required
- **Registration OPENS: OCTOBER 26**
- **Registration CLOSES: NOVEMBER 4**
- 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: NOVEMBER 9 – JANUARY 3, 2027

REGISTRATION CLOSES: NOVEMBER 4, 2026

**CLASS/
DESCRIPTION**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

INFANT/TODDLER STAGE B (8 Weeks) 1 Class per week Saturdays Parents required in water with participant						SATURDAYS TIME: 10:30am-11:00am (8 Weeks)	
PRESCHOOL STAGE 1 (8 Weeks) 1 Class per week Saturdays						SATURDAYS TIME: 9:55am-10:25am (8 Weeks)	
SCHOOL AGE STAGE 1 (8 Weeks) 1 Class per week Monday OR Saturdays	MONDAYS TIME: 4:10pm - 4:40pm (8 Weeks)					SATURDAYS TIME: 9:20am - 9:50am (8 Weeks)	
SCHOOL AGE STAGE 2 (8 Weeks) 1 Class per week Mondays	MONDAYS TIME: 4:45pm - 5:15pm (8 Weeks)						
SCHOOL AGE STAGE 3 (8 Weeks) 1 Class per week Mondays OR Saturdays	MONDAYS TIME: 5:20pm - 5:50pm (8 Weeks)					SATURDAYS TIME: 2:00pm - 2:30pm (8 Weeks)	
SCHOOL AGE STAGE 4 (8 Weeks) 1 Class per week Mondays OR Saturdays	MONDAYS TIME: 6:00pm - 6:45pm (8 Weeks)					SATURDAYS TIME: 1:00pm - 1:45pm (8 Weeks)	

TEEN/ADULT STAGE 1 (8 Weeks) 1 Class per week Mondays OR Saturdays	MONDAYS TIME: 5:55pm - 6:40pm (8 Weeks)					SATURDAYS TIME: 11:05am - 11:50am (8 Weeks)	
TEEN/ADULT STAGE 2 (8 Weeks) 1 Class per week Mondays OR Saturdays	MONDAYS TIME: 6:45pm - 7:30pm (8 Weeks)					SATURDAYS TIME: 2:45pm - 3:30pm (8 Weeks)	
TEEN/ADULT STAGE 3 (8 Weeks) 1 Class per week Saturdays						SATURDAYS TIME: 8:30am - 9:15am (8 Weeks)	
TEEN/ADULT STAGE 4 (8 Weeks) 1 Class per week Mondays OR Saturdays	MONDAYS TIME: 7:00pm - 7:45pm (8 Weeks)					SATURDAYS TIME: 12:00pm - 12:45pm (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)			