



SWIM LESSONS – SEPTEMBER

September 8 – November 2 (8 weeks)

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

IMPORTANT NOTES:

- Registration required
- **Registration OPENS: AUGUST 24, 2026**
- **Registration CLOSES: SEPTEMBER 2, 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: SEPTEMBER 8–NOVEMBER 2 (8 WEEKS)

REGISTRATION CLOSES: SEPTEMBER 2, 2026

CLASS/ DESCRIPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
INFANT/TODDLER STAGE A (8 Weeks) 1 Class per week Saturdays Parents required in water with participant						SATURDAYS TIME: 9:50am – 10:20am (8 Weeks)	

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 Mondays	MONDAYS TIME: 3:50pm – 4:20pm (8 Weeks)						
SCHOOL AGE STAGE 1 (8 Weeks) 1 Class per week Saturdays (2 Class offerings)						SATURDAYS TIME: 9:10am – 9:40am 12:45pm–1:15pm (8 Weeks)	
SCHOOL AGE STAGE 2 (8 Weeks) 1 Class per week Mondays OR Saturdays	MONDAYS TIME: 4:30pm – 5:00pm (8 Weeks)					SATURDAYS TIME: 1:25pm–1:55pm (8 Weeks)	
SCHOOL AGE STAGE 3 (8 Weeks) 1 Class per week Mondays OR Saturdays	MONDAYS TIME: 5:10pm – 5:40pm (8 Weeks)					SATURDAYS TIME: 2:05pm – 2:35pm (8 Weeks)	
SCHOOL AGE STAGE 4 (8 Weeks) 1 Class per week Mondays	MONDAYS TIME: 4:00pm – 4:45pm (8 Weeks)						

SCHOOL AGE STAGE 5 (8 Weeks) 1 Class per week Mondays	MONDAYS TIME: 5:00pm - 5:45pm (8 Weeks)						
SCHOOL AGE STAGE 6 (8 Weeks) 1 Class per week Mondays	MONDAYS TIME: 6:00pm - 6:45pm (8 Weeks)						
TEEN/ADULT STAGE 1 (8 Weeks) 1 Class per week Mondays OR Saturdays	MONDAYS TIME: 5:50pm - 6:35pm (8 Weeks)					SATURDAYS TIME: 11:10am - 11:55am (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: 8:15am - 9:00am (8 Weeks)	
TEEN/ADULT STAGE 4 (8 Weeks) 1 Class per week Mondays	MONDAYS TIME: 7:00pm - 7:45pm (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)			