



SWIM LESSONS - MARCH

March 9 - April 5 (4 weeks) or May 3 (8 weeks)

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

IMPORTANT NOTES:

- Registration required
- **Registration OPENS: FEBRUARY 23, 2026**
- **Registration CLOSES: MARCH 4, 2026**
- Members may sign up for classes at any branch

CASCO BAY BRANCH: 14 Old South Freeport Road, Freeport, ME 04032 | 207-865-9600

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.

CASCO BAY BRANCH (Freeport) | DATES: MARCH 9-APR 5 (4 WKS) OR MAY 3 (8 WKS)

REGISTRATION CLOSES: MARCH 4, 2026

CLASS/ DESCRIPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PARENT & CHILD STAGE B (8 Weeks) 1 Class per week Saturdays						SATURDAYS TIMES: 8:45am - 9:15am (8 Weeks)	-

PRESCHOOL STAGE 1 (8 Weeks) 1 Class per week Mondays OR Saturdays (3 Class Options)	MONDAYS <hr/> TIMES: 4:30pm – 5:00pm (8 Weeks)				SATURDAYS <hr/> TIMES: 9:15am – 9:45am 10:00am – 10:30am 10:40am – 11:10am (8 Weeks)
PRESCHOOL STAGE 2 (8 Weeks) 1 Class per week Mondays OR Saturdays (3 Class Options)	MONDAYS <hr/> TIMES: 5:05pm – 5:35pm (8 Weeks)				SATURDAYS <hr/> TIMES: 11:20am – 11:50am 12:00pm – 12:30pm (8 Weeks)
PRESCHOOL STAGE 3 (8 Weeks) 1 Class per week Mondays OR Thursdays	MONDAYS <hr/> TIMES: 5:40pm – 6:10pm (8 Weeks)		THURSDAYS <hr/> TIMES: 4:30pm – 5:00pm (8 Weeks)		
SCHOOL AGE STAGE 1 (8 Weeks) 1 Class per week Mondays	MONDAYS <hr/> TIMES: 6:15pm – 6:45pm (8 Weeks)				
SCHOOL AGE STAGE 2 (8 Weeks) 1 Class per week Tuesdays OR Saturdays (2 Class Options Each Day)		TUESDAYS <hr/> TIMES: 4:30pm – 5:00pm 5:05pm – 5:35pm (8 Weeks)		SATURDAYS <hr/> TIMES: 8:35am – 9:05am 9:10am – 9:40am (8 Weeks)	

SCHOOL AGE STAGE 3 (8 Weeks) 1 Class per week Tuesdays (1 Option), Thursdays OR Saturdays (2 Class Options Each Day)		TUESDAYS TIMES: 5:40pm - 6:10pm (8 Weeks)		THURSDAY TIMES: 5:05pm - 5:35pm 5:40pm - 6:10pm (8 Weeks)		SATURDAYS TIMES: 9:45am - 10:15am 10:20am - 10:50am (8 Weeks)	
SCHOOL AGE STAGE 4 (8 Weeks) 1 Class per week Thursdays OR Saturdays		TUESDAYS TIMES: 6:15pm - 7:00pm (8 Weeks)				SATURDAYS TIMES: 11:00am - 11:45am (8 Weeks)	
SCHOOL AGE STAGE 5 (8 Weeks) 1 Class per week Thursdays				THURSDAY TIMES: 6:15pm - 7:00pm (8 Weeks)			
TEEN & ADULT STAGE 2 (8 Weeks) 1 Class per week Wednesday			WEDNESDAYS TIME: 7:00pm - 7:45pm (8 Weeks)				
SWIM CLUB (8 Weeks) 1 Class per week Tuesday/Thursday		TUESDAYS TIME: 4:30pm - 5:30pm (8 Weeks)		THURSDAYS TIME: 4:30pm - 5:30pm (8 Weeks)			

SWIM CLUB

Skills and strokes learned in Stage 6 are put to use in practices that simulate being on a swim team. Participants lap swim in larger groups, increasing stamina, while continuing to develop skills. Participants must have passed the Green Band Swim Test.