



# 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
<b>PARENT &amp; CHILD STAGE B (8 Weeks)</b> 1 Class per week Saturdays						<b>SATURDAYS</b>  TIMES: 8:45am – 9:15am (8 Weeks)	–

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

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

**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.