



# SWIM LESSONS – MARCH

March 9 – 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

**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: MARCH 9 – MAY 3 (8 WEEKS)					REGISTRATION CLOSES: MARCH 4, 2026		
CLASS/ DESCRIPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SCHOOL AGE STAGE 1 (8 Weeks) 1 Class per week Mondays OR Saturdays	MONDAYS TIME: 6:00pm – 6:30pm (8 Weeks)					SATURDAYS TIME: 9:00am – 9:30am (8 Weeks)	

<b>SCHOOL AGE STAGE 2</b> <b>(8 Weeks)</b> 1 Class per week Mondays OR Saturdays	<b>MONDAYS</b> TIME: <b>6:30pm – 7:00pm</b> <b>(8 Weeks)</b>					<b>SATURDAYS</b> TIME: <b>9:40am – 10:10am</b> <b>(8 Weeks)</b>	
<b>SCHOOL AGE STAGE 3</b> <b>(8 Weeks)</b> 1 Class per week Monday OR Wednesday	<b>MONDAYS</b> TIME: <b>5:30pm – 6:00pm</b> <b>(8 Weeks)</b>		<b>WEDNESDAYS</b> TIME: <b>5:30pm – 6:00pm</b> <b>(8 Weeks)</b>				
<b>SCHOOL AGE STAGE 4</b> <b>(8 Weeks)</b> 1 Class per week Monday OR Wednesdays	<b>MONDAYS</b> TIME: <b>4:00pm – 4:45pm</b> <b>(8 Weeks)</b>		<b>WEDNESDAYS</b> TIME: <b>4:00pm – 4:45pm</b> <b>(8 Weeks)</b>				
<b>SCHOOL AGE STAGE 5</b> <b>(8 Weeks)</b> 1 Class per week Monday OR Wednesdays	<b>MONDAYS</b> TIME: <b>5:00pm – 5:45pm</b> <b>(8 Weeks)</b>		<b>WEDNESDAYS</b> TIME: <b>5:00pm – 5:45pm</b> <b>(8 Weeks)</b>				
<b>SCHOOL AGE STAGE 6</b> <b>(8 Weeks)</b> 1 Class per week Monday OR Wednesdays	<b>MONDAYS</b> TIME: <b>6:00pm – 6:45pm</b> <b>(8 Weeks)</b>		<b>WEDNESDAYS</b> TIME: <b>6:00pm – 6:45pm</b> <b>(8 Weeks)</b>				
<b>SWIM CLUB</b> <b>(8 Weeks)</b> 2 Classes per week Tuesday/Thursday		<b>TUESDAYS</b> TIME: <b>4:30pm – 5:30pm</b> <b>(8 Weeks)</b>		<b>THURSDAYS</b> TIME: <b>4:30pm – 5:30pm</b> <b>(8 Weeks)</b>			

<b>TEEN/ADULT STAGE 1 (8 Weeks)</b> Mondays OR Wednesdays	<b>MONDAYS</b> <hr/> <b>TIME:</b> <b>4:30pm - 5:15pm</b> <b>(8 Weeks)</b>		<b>WEDNESDAYS</b> <hr/> <b>TIME:</b> <b>3:30pm - 4:15pm</b> <b>(8 Weeks)</b>				
<b>TEEN/ADULT STAGE 2 (8 Weeks)</b> 1 Class per week Wednesdays OR Saturdays			<b>WEDNESDAYS</b> <hr/> <b>TIME:</b> <b>4:30pm - 5:15pm</b> <b>(8 Weeks)</b>			<b>SATURDAYS</b> <hr/> <b>TIME:</b> <b>10:20am - 11:05am</b> <b>(8 Weeks)</b>	
<b>TEEN/ADULT STAGE 3 (8 Weeks)</b> 1 Class per week Mondays OR Saturdays	<b>MONDAYS</b> <hr/> <b>TIME:</b> <b>3:30pm - 4:15pm</b> <b>(8 Weeks)</b>					<b>SATURDAYS</b> <hr/> <b>TIME:</b> <b>11:15am - 12:00pm</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.