



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)	

SCHOOL AGE STAGE 2 (8 Weeks) 1 Class per week Mondays OR Saturdays	MONDAYS TIME: 6:30pm – 7:00pm (8 Weeks)				SATURDAYS TIME: 9:40am – 10:10am (8 Weeks)
SCHOOL AGE STAGE 3 (8 Weeks) 1 Class per week Monday OR Wednesday	MONDAYS TIME: 5:30pm – 6:00pm (8 Weeks)		WEDNESDAYS TIME: 5:30pm – 6:00pm (8 Weeks)		
SCHOOL AGE STAGE 4 (8 Weeks) 1 Class per week Monday OR Wednesdays	MONDAYS TIME: 4:00pm – 4:45pm (8 Weeks)		WEDNESDAYS TIME: 4:00pm – 4:45pm (8 Weeks)		
SCHOOL AGE STAGE 5 (8 Weeks) 1 Class per week Monday OR Wednesdays	MONDAYS TIME: 5:00pm – 5:45pm (8 Weeks)		WEDNESDAYS TIME: 5:00pm – 5:45pm (8 Weeks)		
SCHOOL AGE STAGE 6 (8 Weeks) 1 Class per week Monday OR Wednesdays	MONDAYS TIME: 6:00pm – 6:45pm (8 Weeks)		WEDNESDAYS TIME: 6:00pm – 6:45pm (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)	

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