



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

NORTHERN YORK COUNTY BRANCH: 3 Pomerleau Street, Biddeford, ME 04005 | 207-283-0100

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.

NORTHERN YORK COUNTY BRANCH | **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

INFANT/TODDLER STAGE B (8 Weeks)

1 Class per week
Tuesdays

Parents required in water
with participant.

TUESDAYS

TIME:
3:20pm – 3:50pm
(8 Weeks)

PRESCHOOL STAGE 1 (8 Weeks) 1 Class per week Mondays, Tuesdays, OR Wednesdays	MONDAYS TIME: 5:20pm – 5:50pm (8 Weeks)	TUESDAYS TIME: 3:55pm – 4:25pm (8 Weeks)	WEDNESDAYS TIME: 4:00pm – 4:30pm (8 Weeks)				
PRESCHOOL STAGE 2 (8 Weeks) 1 Class per week Mondays, Tuesdays OR Wednesdays	MONDAYS TIME: 4:00pm – 4:30pm (8 Weeks)	TUESDAYS TIME: 5:20pm – 5:50pm (8 Weeks))	WEDNESDAYS TIME: 4:40pm – 5:10pm (8 Weeks)				
PRESCHOOL STAGE 3 (8 Weeks) 1 Class per week Tuesdays, Wednesdays OR Thursdays		TUESDAYS TIME: 5:05pm – 5:35pm (8 Weeks)	WEDNESDAYS TIME: 5:20pm – 5:50pm (8 Weeks)	THURSDAYS TIME: 4:00pm – 4:30pm (8 Weeks)			
SCHOOL AGE STAGE 1 (8 Weeks) 1 Class per week Tuesdays OR Wednesdays		TUESDAYS TIME: 4:40pm – 5:10pm (8 Weeks)	WEDNESDAYS TIME: 5:55pm – 6:25pm (8 Weeks)				
SCHOOL AGE STAGE 2 (8 Weeks) 1 Class per week Mondays, Tuesdays, Wednesdays OR Thursdays	MONDAYS TIME: 4:40pm – 5:10pm (8 Weeks)	TUESDAYS TIME: 4:30pm – 5:00pm (8 Weeks)	WEDNESDAYS TIME: 6:30pm – 7:00pm (8 Weeks)	THURSDAYS TIME: 5:20pm – 5:50pm (8 Weeks)			
SCHOOL AGE STAGE 3 (8 Weeks) 1 Class per week Mondays, Tuesdays (2 Class Options), Wednesdays OR Thursdays	MONDAYS TIME: 6:00pm – 6:30pm (8 Weeks)	TUESDAYS TIME: 4:00pm – 4:30pm 5:40pm–6:10pm (8 Weeks)	WEDNESDAYS TIME: 4:15pm – 4:45pm (8 Weeks)	THURSDAYS TIME: 4:40pm – 5:10pm (8 Weeks)			

SCHOOL AGE STAGE 4 (8 Weeks) 1 Class per week Mondays, OR Wednesdays	MONDAYS <hr/> TIME: 4:00pm - 4:45pm (8 Weeks)		WEDNESDAYS <hr/> TIME: 5:00pm - 5:45pm (8 Weeks)				
SCHOOL AGE STAGE 5 (8 Weeks) 1 Class per week Mondays	MONDAYS <hr/> TIME: 5:00pm - 5:45pm (8 Weeks)						
SWIM CLUB (4 Weeks) 2 Classes per week Mondays/Wednesdays	MONDAYS <hr/> TIME: 6:30pm - 7:30pm (4 Weeks)		WEDNESDAYS <hr/> TIME: 6:30pm - 7:30pm (4 Weeks)				
MASTER SWIM CLUB (8 Weeks) 2 Classes per week Tuesdays/Thursdays		TUESDAYS <hr/> TIME: 6:00pm - 7:00pm (8 Weeks)		THURSDAYS <hr/> TIME: 6:00pm - 7:00pm (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.