



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