



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Register for classes and view  
schedules online at [piedmontymca.org](http://piedmontymca.org)

# BUILDING CONFIDENCE WITH EVERY STROKE

## SESSION DATES:

Winter Session: Week of January 7 – March 2 (8 Weeks)

Registration opens 12/3/18 and closes 1/2/19, unless classes fill prior to then.

## SWIM LESSON PRICING

Members – \$64 (8wk)

Non-members – \$88 (8wk)

### Infant/Toddler Swim Lessons

30 minute classes  
Parent & Child  
Ages 6 months–3 years old

#### Stage A /Water Discovery

Stage A introduces infants and toddlers to the aquatic environment.

#### Stage B /Water Exploration

In Stage B, parents work with their children to learn fundamental safety and aquatic skills.

**Tue** 9:00am; 6:15pm  
**Wed** 10:10am  
**Sat** 8:50am

### Preschool Swim Lessons

30 minute classes  
Ages 3–5

#### Stage 1 /Water Acclimation

Students develop comfort with underwater exploration and learn to safely exit the pool.

**Mon** 4:30pm  
**Tue** 9:35am; 5:40pm  
**Wed** 9:00am  
**Thu** 10:05am; 6:15pm  
**Sat** 9:25am

#### Stage 2 /Water Movement

Students focus on body position and control, directional change and forward movement in the water.

**Mon** 5:05pm  
**Tue** 10:10am; 4:30pm  
**Wed** 9:00am  
**Thu** 10:40am; 5:40pm  
**Sat** 10:00am

#### Stage 3 /Water Stamina

Students learn how to swim to safety from a longer distance. Rhythmic breathing and integrated arm and leg action are introduced.

**Mon** 5:40pm  
**Tue** 10:45am; 5:05pm  
**Wed** 9:35am  
**Thu** 9:30am; 5:05pm  
**Sat** 10:35am

#### Stage 4 /Stroke Introduction

Students develop stroke technique in front and back crawl and learn the breaststroke and butterfly kick.

**Mon** 6:15pm  
**Wed** 9:35am  
**Thu** 4:30pm

### Youth Swim Lessons

40 minute classes  
Ages 5–12

#### Stage 1 /Water Acclimation

Students develop comfort with underwater exploration and learn to safely exit the pool.

**Tue** 6:00pm  
**Thu** 12:45pm

#### Stage 2 /Water Movement

Students focus on body position and control, directional change and forward movement in the water.

**Mon** 4:25pm  
**Tue** 5:15pm  
**Thu** 12:45pm; 6:50pm  
**Sat** 10:10am

#### Stage 3 /Water Stamina

Students learn how to swim to safety from a longer distance. Rhythmic breathing and integrated arm and leg action are introduced.

**Mon** 5:10pm  
**Tue** 6:45pm  
**Thu** 1:30pm; 6:30pm  
**Sat** 10:55am

#### Stage 4 /Stroke Introduction

Students develop stroke technique in front and back crawl and learn the breaststroke and butterfly kick.

**Mon** 5:55pm  
**Tue** 4:30pm  
**Thu** 2:15pm; 4:20pm  
**Sat** 11:40 am

#### Stage 5 /Stroke Development

Students work on stroke technique and learn all major competitive strokes.

**Mon** 6:40pm  
**Thu** 5:05pm  
**Sat** 9:25am

#### Stage 6 /Stroke Mechanics

Students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

**Thu** 5:50pm  
**Sat** 9:25am

### Teen & Adult Swim Lessons

40 minute classes  
Ages 13 & Up

Instructors help to build skills, confidence and endurance in the pool. Beginner swimmers, not comfortable in the water, will learn the basics including putting their face in the water, floating on their back, and basic front and back crawl, with or without a flotation device. Intermediate swimmers will work on basic strokes and learning how to lap swim.

**Tue** 6:45pm  
**Thu** 12:00pm  
**Sat** 8:40am

### Diverse Abilities Swim Lessons

30 minute classes  
Ages 3 & Up

Aquatic exercise is highly recommended for children and adults with special needs. Most people are able to learn to swim with patient, caring swim instructors. This program is open to those with (but not limited to) Autism, Cerebral Palsy, MS, Down syndrome, and physical limitations. Parents or care givers work with the instructor to set goals and swimmers work one-on-one with an instructor over the course of 8 weeks to reach those goals.

Member Rate – \$64  
Non-Member Rate – \$88

### Private and Semi-Private Swim Lessons

30 minute classes  
Ages 3 & Up

Individualized instruction, 30 minute lessons with one of our instructors. Instructors will work with you to develop a personalized program for swimmers of any age or ability. Please complete a Private/Semi-Private Lesson request form at the front desk. Pricing is listed on the request form.

**QUESTIONS?  
CONTACT US AT:  
(434)974-9622**

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