

Teen/Adult Swim Lessons

Summer 2024 | Brooks Family YMCA

1 choose a session

2 select a class

3 pick a method



Friday

4 weeks	Jun 1 – Jun 29, no class 6/28	Registration opens 5/13 member, 5/20 non-member
Stage	45 minute class	Member/nonmember
1 & 2	7:30 – 8:15 am	\$40/\$52

Saturday

4 weeks	Jun 14 – Jul 12	Registration opens 5/13 member, 5/20 non-member
Stage	45 minute class	Member/nonmember
1 & 2	12 – 12:45 pm	\$40/\$52

Friday

4 weeks	Jul 19 – Aug 16	Registration opens 6/24 member, 7/1 non-member
Stage	45 minute class	Member/nonmember
1 & 2	7:30 – 8:15 am	\$40/\$52

Saturday

4 weeks	Jul 13 – Aug 10	Registration opens 6/24 member, 7/1 non-member
Stage	45 minute class	Member/nonmember
1 & 2	12 – 12:45 pm	\$40/\$52

Teen/adult | age 13+ Stages

Stage 1 Basic Water Skills. Students acclimate to putting face in the water, learn how to float, and basic front and back crawl.

Stage 2 Intro to Stroke Mechanics. Students continue to develop front and back crawl, learn breast stroke and butterfly, and work on developing endurance.

Stage 3 Swimming for Fitness. Participants work on stroke mechanics, competitive starts and turns, and swimming for a healthy lifestyle.

Online | PiedmontYMCA.org | **Phone** 434.974.9622 | **In person** 151 McIntire Park Drive
Charlottesville, VA 22902

➤ Financial assistance is available



STRONG SWIMMERS

CONFIDENT KIDS



School age Swim Lessons

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Saturday

4 weeks

Jun 1 – Jun 29, no class 6/28

Registration opens

5/13 member, 5/20 non-member

Stage	45 minute class	Member/nonmember
1	9 – 9:45 am	\$40/\$52
2	9:50 – 10:35 am	\$40/\$52
3	10:40 – 11:25 am	\$40/\$52
4	11:30 – 12:15 pm	\$40/\$52

Monday to Thursday

2 weeks

Jun 10 – Jun 20

Registration opens

5/13 member, 5/20 non-member

Stage	45 minute class	Member/nonmember
1	4:20 – 5:05 pm	\$80/\$104
2	5:05 – 5:55 pm	\$80/\$104
3	4:20 – 5:05 pm	\$80/\$104
4	5:05 – 5:55 pm	\$80/\$104

Mon–Fri & Mon–Weds

2 weeks

Jun 24 – Jul 3

Registration opens

6/10 member, 6/17 non-member

Stage	45 minute class	Member/nonmember
1	4:20 – 5:05 pm	\$80/\$104
2	5:05 – 5:55 pm	\$80/\$104
3	4:20 – 5:05 pm	\$80/\$104
4	5:05 – 5:55 pm	\$80/\$104

Saturday

4 weeks

Jul 13 – Aug 10, no class 7/26

Registration opens

6/24 member, 7/1 non-member

Stage	45 minute class	Member/nonmember
1	9 – 9:45 am	\$40/\$52
2	9:50 – 10:35 am	\$40/\$52
3	10:40 – 11:25 am	\$40/\$52
4	11:30 – 12:15 pm	\$40/\$52

School age | 6–12 years

Stages

Stage 1 Water Acclimation. Students develop comfort with underwater exploration and learn to safely exit the pool.

Stage 2 Water Movement. Students focus on body position and control, directional change and forward movement in the water.

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.

Stage 4 Stroke Introduction. Students develop stroke technique in front and back crawl and learn breaststroke and butterfly kicks. Treading water and elementary backstroke reinforce water safety.

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Monday to Thursday

4 weeks

Jul 8 – Jul 18

Registration opens

6/24 member, 7/1 non-member

Stage	45 minute class	Member/nonmember
1	4:20 – 5:05 pm	\$80/\$104
2	5:05 – 5:55 pm	\$80/\$104
3	4:20 – 5:05 pm	\$80/\$104
4	5:05 – 5:55 pm	\$80/\$104

Monday to Thursday

2 weeks

Jul 22 – Aug 1

Registration opens

7/8 member, 7/15 non-member

Stage	45 minute class	Member/nonmember
1	4:20 – 5:05 pm	\$80/\$104
2	5:05 – 5:55 pm	\$80/\$104
3	4:20 – 5:05 pm	\$80/\$104
4	5:05 – 5:55 pm	\$80/\$104

Monday to Thursday

2 weeks

Aug 19 – Aug 29

Registration opens

8/5 member, 8/12 non-member

Stage	45 minute class	Member/nonmember
1	4:20 – 5:05 pm	\$80/\$104
2	5:05 – 5:55 pm	\$80/\$104
3	4:20 – 5:05 pm	\$80/\$104

School age | 6–12 years

Stages

Stage 1 Water Acclimation. Students develop comfort with underwater exploration and learn to safely exit the pool.

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Preschool Swim Lessons

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Saturday

4 weeks	Jun 1 – Jun 29, no class 6/8	Registration opens
Stage	30 minute class	Member/nonmember
1	9 – 9:30 am	\$36/\$48
2	9:35 – 10:05 am	\$36/\$48
3	10:10 – 10:40 am	\$36/\$48

Monday to Thursday

2 weeks	Jun 10 – Jun 20	Registration opens
Stage	30 minute class	Member/nonmember
1	8:30 – 9 am	\$72/\$96
2	9:05 – 9:35 am	\$72/\$96
3	9:40 – 10:10 am	\$72/\$96

Mon–Fri & Mon–Weds

2 weeks	Jun 24 –Jul 3	Registration opens
Stage	30 minute class	Member/nonmember
1	8:30 – 9 am	\$72/\$96
2	9:05 – 9:35 am	\$72/\$96
3	9:40 – 10:10 am	\$72/\$96

Saturday

4 weeks	Jul 13 – Aug 10, no class 7/27	Registration opens
Stage	30 minute class	Member/nonmember
1	9 – 9:30 am	\$36/\$48
2	9:35 – 10:05 am	\$36/\$48
3	10:10 – 10:40 am	\$36/\$48

Preschool age
3–5 years

Stages

Stage 1 Water Acclimation. Students develop comfort with underwater exploration and learn to safely exit the pool.

Stage 2 Water Movement. Students focus on body position and control, directional change and forward movement in the water.

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.

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Preschool Swim Lessons

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Monday to Thursday

2 weeks

Jul 8 – Jul 18

Registration opens

6/24 member, 7/1 non-member

Stage	30 minute class	Member/nonmember
1	8:30 – 9 am	\$72/\$96
2	9:05 – 9:35 am	\$72/\$96
3	9:40 – 10:10 am	\$72/\$96

Monday to Thursday

2 weeks

Jul 22 – Aug 1

Registration opens

7/8 member, 7/15 non-member

Stage	30 minute class	Member/nonmember
1	8:30 – 9 am	\$72/\$96
2	9:05 – 9:35 am	\$72/\$96
3	9:40 – 10:10 am	\$72/\$96

Monday to Thursday

2 weeks

Aug 19 – Aug 29

Registration opens

8/5 member, 8/12 non-member

Stage	30 minute class	Member/nonmember
1	4:30 – 5 pm	\$72/\$96
2	5:05 – 5:35 pm	\$72/\$96
3	5:40 – 6:10 pm	\$72/\$96

Preschool age
3–5 years

Stages

Stage 1 Water Acclimation. Students develop comfort with underwater exploration and learn to safely exit the pool.

Stage 2 Water Movement. Students focus on body position and control, directional change and forward movement in the water.

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.

Registration

3 pick a method

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Parent & Child Swim Lessons

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Friday

4 weeks

Jun 14 – Jul 12, no class 7/5

Registration opens

5/13 member, 5/20 non-member

Stage 30 minute class Member/nonmember

A & B 8:30–9 am \$36/\$48

Saturday

4 weeks

Jun 1 – Jun 29

Registration opens

5/13 member, 5/20 non-member

Stage 30 minute class Member/nonmember

A 10:50 – 11:20 am \$36/\$48

B 11:30 – 12 pm \$36/\$48

Friday

4 weeks

Jul 19 – Aug 16, no class 7/26

Registration opens

6/24 member, 7/1 non-member

Stage 30 minute class Member/nonmember

A & B 8:30–9 am \$36/\$48

Saturday

4 weeks

Jul 13 – Aug 10, no class 7/27

Registration opens

6/24 member, 7/1 non-member

Stage 30 minute class Member/nonmember

A 10:50 – 11:20 am \$36/\$48

B 11:30 – 12 pm \$36/\$48

Parent & Child

Stage A, 6–8 months

Stage B, 18 months–2 years

Stages

Stages A & B Water Discovery & Exploration.

Parents work with their children to explore different body positions, floating, and blowing bubbles, and learn fundamental safety and aquatic skills.

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