

# AQUATICS



## Swimming Lessons

### Parent/Child

**Ages 6mos–2 yrs • Stages A–B • 6-week sessions • Fri or Sat**

Sessions	Member registration opens	Non-member registration opens	Program starts
Sept–Oct	Aug 4	Aug 11	Sept 12–13
Oct/Nov–Dec	Oct 6	Oct 13	Oct 31–Nov 1
Jan–Feb	Dec 1	Dec 8	Jan 9–10

No class: Oct 4, Nov 29, Feb 6–7

### Preschool

**Ages 3–5 yrs • Stages 1–3 • 6-week sessions • M/W, T/Th or Sat**

Sessions	Member registration opens	Non-member registration opens	Program starts
Sept–Oct	Aug 4	Aug 11	Sept 8–13
Oct/Nov–Dec	Oct 6	Oct 13	Oct 27–Nov 1
Jan–Feb	Dec 1	Dec 8	Jan 5–10

No class: Oct 4, Nov 24–26, Nov 29, Feb 3–7

### School Age

**Ages 6–12 yrs • Stages 1–6 • 6-week sessions • M/W, T/Th or Sat**

Sessions	Member registration opens	Non-member registration opens	Program starts
Sept–Oct	Aug 4	Aug 11	Sept 8–13
Oct/Nov–Dec	Oct 6	Oct 13	Oct 27–Nov 1
Jan–Feb	Dec 1	Dec 8	Jan 5–10

No class: Oct 4, Nov 24–29, Feb 3–7

### Teen/Adult

**Age 13+ • Stages 1–3 • 6-week sessions • Fri or Sat**

Sessions	Member registration opens	Non-member registration opens	Program starts
Sept–Oct	Aug 4	Aug 11	Sept 12–13
Oct/Nov–Dec	Oct 6	Oct 13	Oct 31–Nov 1
Jan–Feb	Dec 1	Dec 8	Jan 9–10

No class: Oct 4, Nov 29, Feb 6–7

See website for class dates and times. Sessions are generally 6 weeks long, with some variation. Classes may be added depending on demand and availability.



Learn more and register at [PiedmontYMCA.org/swim-lessons](https://PiedmontYMCA.org/swim-lessons)

# AQUATICS



## What Swim Lesson Stage Should I Select?

Can the student respond to verbal cues and jump on land?

☐ NOT YET > **A** | **Water discovery**

Is the student comfortable working with an instructor without a parent or guardian in the water?

☐ NOT YET > **B** | **Water exploration**

Will the student go underwater voluntarily?

☐ NOT YET > **1** | **Water acclimation**

Can the student do a front and back float on their own?

☐ NOT YET > **2** | **Water movement**

Can the student swim 10–15 yards on his or her front and back?

☐ NOT YET > **3** | **Water stamina**

Can the student swim 15 yards of front and back crawl?

☐ NOT YET > **4** | **Stroke introduction**

Can the student swim front crawl, back crawl, and breaststroke across the pool?

☐ NOT YET > **5** | **Stroke development**

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

☐ NOT YET > **6** | **Stroke mechanics**

## American Red Cross Certification Programs



- **Babysitter's Training**
- **Adult & Pediatrics First Aid/CPR/AED**
- **Lifeguard**
- **Lifeguard Recertification**

Learn more and register at [PiedmontYMCA.org/red-cross-trainings](https://PiedmontYMCA.org/red-cross-trainings)



# HOW TO REGISTER

## Questions

Call the Y at 434 974 9622

## In Person

151 McIntire Park Drive, Charlottesville, VA 22902

Online. . . Register at [PiedmontYMCA.org/program-registration](https://PiedmontYMCA.org/program-registration)



# FINANCIAL ASSISTANCE

## Income-based membership

If your annual household income is less than \$80,000, you may qualify for a membership discount.

Learn more at [PiedmontYMCA.org/income-based-membership](https://PiedmontYMCA.org/income-based-membership)

## Financial Assistance for Programs

As a nonprofit, it's part of our Y's mission to make sure access isn't out of reach. The YMCA offers financial assistance and sliding-scale fees for our programs to help make them accessible to families at many different income levels.

Learn more at [PiedmontYMCA.org/financial-assistance](https://PiedmontYMCA.org/financial-assistance)





## Piedmont Family YMCA

Brooks Family YMCA | Early Learning | Youth Development | Aquatics  
151 McIntire Park Drive  
Charlottesville, VA 22902



## The Y is for All

At the Y, strengthening community is our cause. As a nonprofit, we believe that positive, lasting personal and social change can only come about when we all work together to invest in our kids, our health and our neighbors.

Your gift of financial support ensures that nobody is turned away for inability to pay and that our doors are open and our programs are accessible to ALL!

All donations to the Piedmont Family YMCA stay local and have a direct impact in our community. **Thank you for your support!**

Learn more and give today at **[PiedmontYMCA.org](https://PiedmontYMCA.org)**

