



PROGRAM GUIDE

Fall/Winter 2025

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Register today!

Learn more and register at PiedmontYMCA.org



YMCA MEMBERSHIP

The Y is for all! Join our inclusive, welcoming, and FUN community at the Brooks Family YMCA in McIntire Park.



Brooks Family YMCA

Benefits

- No long-term contract
- State-of-the-art facility
- Two year-round indoor pools
- Variety of group exercise classes
- Stay & Play, on-site child care
- Priority registration and program discounts
- No join fee



Learn more and join at PiedmontYMCA.org/membership

Fees

- **Family membership**
\$105/mo
- **Adult membership**, Ages 30–64
\$67/mo
- **Senior membership**, 65+
\$60/mo

See website for more membership types and details.

Wellness Programs

Members Only

- **Personal Training**
Individual and small group
See website for rates.
- **Free Drop-In**
Lunch + Learn, Nutrition Series
- **Free for Aging Adults**
Mah Jong, Book Club, Monthly Social

Open to Non-members

- **Dance Classes**
Rumba, Tango, Bolero, and Swing
- **Healthy Living Programs**
LEAN (Lifelong Essentials for Activity and Nutrition)
Blood Pressure Self-Monitoring
Registration opens in fall 2025.
See website for more info.



Learn more and register at PiedmontYMCA.org/wellness-programs



SPECIAL EVENTS



Halloween Hustle

October 25 | 8–10 am

Celebrate the season, show off your costume and contribute to a great cause at our **Halloween Hustle 10k Run and Trick-or-Treat Family Walk!** Proceeds benefit our Y's financial assistance program.

Open to anyone.
Registration is required.



Parents Night Out

September 6 | 5–8 pm

November 15 | 5–8 pm

Parents Night Out treats children ages 3–10 to fun, safe activities while parents enjoy an evening to themselves.

YMCA members only.
Registration is required by 12 pm on event day. See website for additional dates.



Cookie Decorating at the Y

December 13 | 10 am–12 pm

Decorate cookies to take home and enjoy hot cocoa, crafts, and activities at this fun holiday event for Y member families.

YMCA members only.
No registration is required.

Learn more and register at PiedmontYMCA.org/special-events



SPORTS

YMCA Sports keep you moving, learning, and having fun! Our programs focus on team work, sportsmanship, health, and well-being for every age group.



Fall Youth Sports

Registration open now
Register by August 4

- **Fall Flag Football League**
Age 6-17 Starts Sept 2
- **Little Rushers**
Age 3-5 Starts Aug 23
- **Little Kickers**
Age 3-5 Starts Aug 23

Winter Youth Sports

Registration opens August 4
Register by October 10

- **Little Dribblers**
Age 3-5 Starts Oct 18
- **Winter Basketball League**
Age 6-14 Starts Nov 10
- **Winter Girls-Only Basketball League**
Age 6-14 Starts Nov 10
- **Winter Volleyball League**
Age 6-14 Starts Nov 10



Adult Volleyball League

Registration open now
Register by August 26

Age 18+ Starts Sept 2

All youth and adult YMCA sports are co-ed except where indicated.



Learn more and register at PiedmontYMCA.org/sports

CAVALIER AQUATICS



2025 YMCA National Champions

Cavalier Aquatics Swim Team

Cavalier Aquatics is Charlottesville's premier swim team. The Cavalier Aquatics process focuses on love for the sport, individual swimmers' growth, sense of team/family, and embracing the process through ownership, growth mindset, commitment, and resiliency. Notable accomplishments over the past year include:

- 2025 YMCA Team National Champions
- 2025 USA Swimming Gold Medal Club (Top 20 in Nation)

- Second place team finishes in Virginia Age Group and Senior Championship meets
- Four United States Olympic Trials Qualifiers and one Olympic Medalist in 2024

Interested in our swim team program?

Please contact Chris Taylor at ctaylor@piedmontymca.org.
Learn more about the team at swimcavs.org.

Cavalier Aquatics Programs

Full Program

- **Year-round** training for swimmers competing at local, regional, and national meets.
- **Short course** season from September – March.
- **Long course** season from April – August.
- Nine training groups to offer **individualized training** based on age and ability level.

Junior Hoos

- **Introductory programming** following swim lessons to increase young swimmers' skills and confidence prior to joining the full program. Offered in 8-week sessions.

Masters

- For experienced **adult swimmers** who wish to swim in a team setting.
- Up to 8 practices per week with a coach on deck.

YMCA membership and registration are required for all Cavalier Aquatics programs. See website for details.

Learn more and register at SwimCavs.org



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

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



SCHOOL-AGE PROGRAMS

YMCA After School and School's Out Camp programs are safe, fun, nurturing, and dependable.



School's Out Camp

School's Out Camp offers a day full of fun for your child on select CCS school days off. Kids will love swimming, playing games, and doing arts and crafts.

- Ages 5-12
- Located at the Brooks Family YMCA
- Daily fee: \$45 for members, \$55 for non-members

- Dates: 9/19, 10/17, 11/4, 1/5, 3/20; Winter Break Camp (M, T, F): 12/22-23, 12/26, 12/29-30, 1/2
- Registration closes one week before first day of camp

See website for further School's Out Camp details.

Learn more and register at PiedmontYMCA.org/schools-out-camp



After School Programs

After School enrichment programs feature indoor and outdoor play, STEM and craft projects, social-emotional learning, and music education.

Charlottesville City Schools Grades K-6

- Located on-site at all CCS elementary and upper elementary schools.

Greene County Public Schools Grades K-5

- Located on-site at Ruckersville Elementary School.
- Open to Nathanael Greene Primary, Nathanael Greene Elementary and Ruckersville Elementary School students.

Registration required. Sliding-sale pricing. Programs follow the school calendar.



For more details, please see PiedmontYMCA.org/after-school

TEEN PROGRAMS



Leaders Club

A teen-led program fostering leadership, community service, and personal growth.

- Grades 6–12
- Wednesdays 6:30–8 pm at Brooks, starts 9/10
- Fee for the year: \$90 members, \$120 non-members
- Registration is required. Financial assistance available.

Youth & Government

A program empowering youth to engage in civic leadership and debate, with a simulation of legislative and judicial proceedings.

- Grades 8–12
- Tuesdays 6:30–8 pm at Brooks, starts 9/9
- Fee for the year: \$90 members, \$120 non-members
- Registration is required. Financial assistance available.

Teen Night Out

A fun, safe monthly event at the Brooks Family YMCA for teens to connect, explore activities, and build friendships.

- Grades 6–12
- Dates: 8/23, 9/20, 10/18, 11/15
- 7–9:30 pm
Doors open @ 6:45 pm and close at 8pm
- \$5 for members, \$10 non-members.
- Walk-ins are welcome.

Learn more and register at PiedmontYMCA.org/teen-programs



EARLY LEARNING CENTERS

We offer quality full-day early learning for infants through preschoolers, enabling parents and family members to go to work knowing their children are in a safe, stimulating environment.



ELC at the Jefferson School

233 4th Street NW, Charlottesville, VA

Our ELC at the Jefferson School is currently one of only two nonprofit day-cares in Charlottesville, and we are the only nonprofit offering infant care locally.

- Ages 0-5
- 7 am – 5:30 pm
- Sliding scale rates

- Open to all, with priority given to currently-enrolled families
- Registration/re-registration in late July/early August

Questions?

Reach out to us at

childcare@piedmontymca.org.



ELC at Sentara Martha Jefferson

475 Martha Jefferson Drive, Charlottesville, VA

Under construction

This NEW YMCA Early Learning Center will open in 2026! The Center will be approximately 12,000 square feet with ten classrooms, a gross motor room, kitchen, caregiver room, and multiple playgrounds.

- Ages 0-5
- 6:30 am – 6 pm
- Sliding scale rates

- Priority will be given to Sentara Martha Jefferson employees, any additional spots will be open to the public.
- Registration opens in fall 2025. See website for more info.

Questions?

Reach out to us at

childcare@piedmontymca.org.



Learn more and join our email list at PiedmontYMCA.org/ELC

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



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

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





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**

