



PROGRAM GUIDE

Spring/Summer 2026

Spring/Summer 2026



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 join fee or 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

Membership

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

See website for more membership types and financial aid.

Free Summer Teen Membership

- **Registration opens May 18**
New members ages 13–18 get **FREE** access to the YMCA in June, July, and August!

• **See details, p. 12**



Learn more and join at PiedmontYMCA.org/membership

Wellness Programs

Members Only

- **Personal Training**
Individual and small group
See website for rates.
- **Included with Membership**
Lunch + Learn, Nutrition Series
- **Included with Membership 55+**
Mah Jong, Book Club, Social Activities
- **Fitness Challenges**

Open to EVERYONE

- **Cooking Classes**
- **Dance Classes**
Swing, Salsa, Tango, Line Dancing
- **Healthy Living Programs**
LEAN (Lifelong Essentials for Activity and Nutrition)
Blood Pressure Self-Monitoring

See website for more info.



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



SPECIAL EVENTS



Members Only Parents Night Out

- January 10, March 21, June 13, & July 11 | 5–8 pm

Parents Night Out treats children ages 3–10 to pizza, games, and crafts while parents enjoy an evening to themselves.

\$25 per child

Child must be potty trained.

Registration is required by 12 pm on event day.



Public Events Snow Ball

February 7 | 5–7pm

Kids ages 3–12, grab your grown up, get dressed up and come have fun at the Y's Snow Ball Dance!

\$25 per child/adult pair
+\$5 per additional child

Open to the public.

Registration required by February 5.

Healthy Kids Day

April 18 | 12–2 pm

Join us for an afternoon of **FREE** family fun at the Brooks Family YMCA!

Healthy Kids Day is all about getting kids and families moving, playing, and thriving together.

Free and open to the public.

No registration required.

Day of Prayer

May 1 | 8–9:30 am

Join us for fellowship and a light continental breakfast to honor the National Day of Prayer.

Free and open to the public.

No registration required.

Touch-a-Truck

May 16 | 10 am–1 pm

A **FREE** outdoor event for families to have a hands-on experience with different types of trucks—tow trucks, fire trucks, and more!

Free and open to the public.

No registration required.

Juneteenth Celebration

June 17 | 6–8 pm

Join us at the Brooks Family YMCA for an evening of freedom, family, and fun!

Free and open to the public.

No registration required.



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

SPRING 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.



Ages 6–17 Flag Football

- Register by February 20
- March 9 – May 9
- \$150 for YMCA members
\$190 for non-members

A \$25 late fee will be added for late registration.



Ages 3–5 Little Rushers + Little Kickers

- Register by March 6
- March 21 – April 25

Ages 6–11 Introductory Basketball Clinic

- Rolling deadline
- Mondays/Wednesdays
- March 30 – April 30

Littles and Clinic Fees

- \$80 for YMCA members
\$100 for non-members

A \$25 late fee will be added for late registration.



All YMCA sports are co-ed except if indicated. Please see website for details

- **Summer Sports Camps**
See Summer Camps, p. 7
- **Adaptive Sports**
See Adaptive programs, p. 14



Learn more and register at PiedmontYMCA.org/sports

Summer Camps

CHARLOTTESVILLE

Summer fun with swimming, games, crafts, STEM, outdoor activities, and field trips!



School-Age Camps

- Monday–Friday, 7:30 am – 5:30 pm
- \$235/week YMCA members
\$280/week non-members

Hours & fees are the same for both camps below. A non-refundable \$50 registration fee is required for each camper for the summer. A non-refundable \$25/week reservation deposit is required.

Camp registration closes Tuesday and CampDoc paperwork is due Thursday for the upcoming week. See website for registration, location, and field trip details.

Exploration Day Camp | Ages 5–9

Week	Dates	Theme	Register by
1	June 8–12	Ready, Set, Summer	June 2
2	June 15–18*	Under Construction	June 9
3	June 22–26	Superhero	June 16
4	June 29–July 3	Party in the USA	June 23
5	July 6–10	Music Makers	June 30
6	July 13–17	Around the World	July 7
7	July 20–24	Animal Planet	July 14
8	July 27–31	Disneymania	July 21
9	August 3–7	Tropical Paradise	July 28

* No camp: 6/19

Tween Experience Camp | Ages 10–12

Week	Dates	Theme	Register by
1	June 8–12	Ready, Set, Summer	June 2
2	June 15–18*	Engineering Zone	June 9
3	June 22–26	Marvel World	June 16
4	June 29–July 3	Party in the USA	June 23
5	July 6–10	Music Fest	June 30
6	July 13–17	Traveling Abroad	July 7
7	July 20–24	Zootopia	July 14
8	July 27–31	Disneymania	July 21
9	August 3–7	Tropical Paradise	July 28

* No camp: 6/19

Summer camps continued on p. 6

Learn more and register at PiedmontYMCA.org/summer-camps



Summer Camps

CHARLOTTESVILLE



Teen Summer Camps

- Monday–Friday, 7:30 am – 5:30 pm
- \$175/week YMCA members
\$200/week non-members

Hours & fees are the same for both camps below. A non-refundable \$50 registration fee is required for each camper for the summer. A non-refundable \$25/week reservation deposit is required.

Teen Extreme Camp | Ages 13–15

A classic summer camp experience for teens.

Week	Dates	Theme	Register by
1	June 8–12	Top Chef 101	June 2
2	June 15–18*	Art Basel	June 9
3	June 22–26	Esports: Game On	June 16
4	June 29–July 3	The Challenge 2.0	June 23
5	July 6–10	Y'lympics	June 30
6	July 13–17	Zombie X	July 7
7	July 20–24	Space X	July 14
8	July 27–31	International Top Chef	July 21
9	August 3–7	Summer Remix	July 28

* No camp: 6/19



For more details, please see PiedmontYMCA.org/summer-camps

Counselors-in-Training | Ages 13–15

A leadership-oriented summer teen program.

Participants are required to attend a week of camp counselor training June 1–5, at no cost to the participant. Teens can register for any number of weeks and will be paired with a lead counselor for each week they attend.

Week	Dates	Theme	Register by
1	June 8–12	Ready, Set, Summer	June 2
2	June 15–18*	Under Construction	June 9
3	June 22–26	Superhero	June 16
4	June 29–July 3	Party in the USA	June 23
5	July 6–10	Music Makers	June 30
6	July 13–17	Around the World	July 7
7	July 20–24	Animal Planet	July 14
8	July 27–31	Disneymania	July 21
9	August 3–7	Tropical Paradise	July 28

* No camp: 6/19

Summer Camps

CHARLOTTESVILLE



Sports Camp | Rising grades 1–6

YMCA sports camp is a half-day recreational, play-based program focusing on fundamentals, not competition.

Week	Dates	Theme	Register by
1	June 15–18	Basketball Camp Session 1	June 9
2	June 22–25	Flag Football Camp Session 1	June 16
3	June 29–July 2	Sports Extravaganza	June 23
4	July 6–9	Flag Football Camp Session 2	June 30
5	July 13–16	Volleyball Camp Session 1	July 7
6	July 20–23	Basketball Camp Session 2	July 14
7	July 27–30	All-Girls Sports Camp	July 21
8	August 3–6	Volleyball Camp Session 2	July 28

- Monday–Thursday, 9 am – 12 pm
- \$85/week YMCA members
\$100/week non-members
- Each session is available for rising grades 1–3 or rising grades 4–6.

Adaptive Camp | Youth and Adult

YMCA Adaptive Summer Camp is for individuals with disabilities who need more support than a traditional camp can provide.

Week	Dates	Theme	Register by
1	June 15–18*	Adaptive Youth Camp	June 1
2	June 22–26	Adaptive Youth Camp	June 8
3	June 29–July 3	Adaptive Youth Camp	June 15
4	July 6–10	Adaptive Teen Camp	June 22
5	July 13–17	Adaptive Teen Camp	June 29
6	July 20–24	Adaptive Teen Camp	July 6
7	July 27–31	Adaptive Adventure Adult Camp <i>Levels 1+2. See website for details</i>	July 13

* No camp: 6/19

- Monday–Friday, 9 am – 4 pm
- \$375/week YMCA members
\$450/week non-members

Adaptive program **participant levels** are based on physical and sensory needs. Programs are for all levels except where indicated. See website for details.

Acceptance is based on a review by the Director which considers camper's age, camper's social/emotional and physical needs, and staffing ratios.

Learn more and register at PiedmontYMCA.org/summer-camps



Summer Camps

GREENE COUNTY

Summer fun with swimming, games, crafts, STEM, outdoor activities, and field trips!



Summer Camps

- Monday–Friday, 7:30 am – 5:30 pm
- \$140/week YMCA members,
\$160/week non-members

Hours & fees are the same for both camps below. Camps are located at Ruckersville Elementary. A non-refundable \$50 registration fee is required for each camper for the summer. A non-refundable \$25/week reservation deposit is required. Camp registration closes Tuesday and CampDoc paperwork is due Thursday for the upcoming week. Please see website for registration details.

Exploration Day Camp | Ages 5–9

Week	Dates	Theme	Register by
1	June 1–5	Tropical Paradise	May 27
2	June 8–12	Ready, Set, Summer	June 2
3	June 15–18*	Under Construction	June 9
4	June 22–26	Superhero	June 16
5	June 29–July 3	Party in the USA	June 23
6	July 6–10	Music Makers	June 30
7	July 13–17	Around the World	July 7
8	July 20–24	Animal Planet	July 14

* No camp: 6/19



For more details, please see PiedmontYMCA.org/summer-camps

Tween Experience Camp | Ages 10–12

Week	Dates	Theme	Register by
1	June 1–5	Tropical Paradise	May 27
2	June 8–12	Ready, Set, Summer	June 2
3	June 15–18*	Engineering Zone	June 9
4	June 22–26	Marvel World	June 16
5	June 29–July 3	Party in the USA	June 23
6	July 6–10	Music Fest	June 30
7	July 13–17	Traveling Abroad	July 7
8	July 20–24	Zootopia	July 14

* No camp: 6/19



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 school days off. Kids will love swimming, playing games, and doing arts and crafts.

- Ages 5-12
- Daily fee
\$45 for members, \$55 for non-members
Registration closes one week before first day of camp.

Charlottesville

- Located at the Brooks Family YMCA
- 1/5, 3/6, 3/20
Spring Break Camp, M-F: 4/6, 4/7, 4/8, 4/9, & 4/10

Greene County

- Located at Ruckersville Elementary
- Dates: 1/5, 2/16, & 3/13

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.
- Open to CCS students.

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

AQUATICS



Swimming Lessons

4-6 WEEK SESSIONS

Preschool | Ages 3-5 yrs • Stages 1-3 • M/W, T/Th or Sat
School Age | Ages 6-12 yrs • Stages 1-6 • M/W, T/Th or Sat

Sessions	Member registration opens	Non-member registration opens	Program starts
Jan-Feb	Dec 1	Dec 8	Jan 5-10
Feb-Mar	Feb 9	Feb 16	Feb 23-28
Mar-Apr	Mar 9	Mar 16	Mar 23-28
May	Apr 13	Apr 20	Apr 27-May 2
Jun-July	May 18	May 25	Jun 13
August	Jul 20	Jul 27	Aug 8

No class: Jan 17, Feb 2-6, Apr 6-9, May 23, July 4-3, July 24-25

2 WEEK SUMMER SESSIONS

Preschool | Ages 3-5 yrs • Stages 1-3 • M, T, W, Th
School Age | Ages 6-12 yrs • Stages 1-6 • M, T, W, Th

Sessions	Member registration opens	Non-member registration opens	Program starts
Summer 1	May 18	May 25	Jun 8
Summer 2	Jun 8	Jun 15	Jun 22
Summer 3	Jun 22	Jun 29	Jul 6
Summer 4	Jul 6	Jul 13	Jul 20

4-6 WEEK SESSIONS

Parent/Child | Ages 6 mos-2 yrs • Stages A-B • Fri or Sat
Teen/Adult | Age 13+ • Stages 1-2 • Fri or Sat

Sessions	Member registration opens	Non-member registration opens	Program starts
Jan-Feb	Dec 1	Dec 8	Jan 9-10
Feb-Mar	Feb 9	Feb 16	Feb 27-28
Mar-Apr	Mar 9	Mar 16	Mar 27-28
May	Apr 13	Apr 20	May 1-2
Jun-July	May 18	May 25	June 12-13
August	July 20	July 27	Aug 7-8

No class: Jan 17, Feb 2-6, Apr 6-9, May 22-23, July 3-4, July 24-25

See website for class dates, times, and pricing.

Sessions vary in length. 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**, ages 6 mo–1 yr

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

☐ NOT YET > **B** | **Water exploration**, ages 1–2 yr

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**
- **Safety Training for Swim Coaches**

Learn more and register at PiedmontYMCA.org/red-cross-trainings



TEEN PROGRAMS



Free Summer Teen Membership

New teen members get **FREE** access to the YMCA in June, July, and August! Our Free Teen Summer Membership gives teens a safe and fun place to shoot hoops, swim, or socialize and play video games in our Teen Center.

- Ages 13–18
- June 1 – August 31
- Registration opens May 18.
- **Teen Night Out**
Beach Bash Pool Party, June 27
Tikki Pool Party, July 11
Back to Cool Party, August 15

Leaders Club

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

- Grades 6–12
- Wednesdays 6–7 pm at Brooks, school year
- Fee for the year:
\$90 members,
\$120 non-members
- Registration is required.
Financial assistance available.



Learn more and join our email list at PiedmontYMCA.org/teen-programs

NEW ADAPTIVE PROGRAMS

Adaptive Parents Night Out

A safe, sensory-friendly environment where kids with disabilities and siblings can enjoy activities while parents get a break. Dinner is provided.

- Ages 6–12
- Fridays, 6–8:30pm
February 27 & April 24
- \$30 members
\$45 non-members

Club Connect

The perfect way for teens and young adults with disabilities to build friendships in a fun, supportive environment. Dinner is provided.

- Ages 13–21
- Fridays, 6–8:30pm
March 27 & May 29
- \$30 members
\$45 non-members

Friday Night Social

Have fun in a supportive environment at this monthly social event for adults with disabilities. Dinner is provided.

- Ages 18+
- Fridays, 6–8:30pm
Feb 13, Mar 13, Apr 17, May 8, Aug 14
- \$30 members
\$45 non-members



Adaptive Spring Fling Dance

An inclusive evening for individuals with disabilities and their families with a live DJ and light refreshments. A sensory space will be available.

- All Ages
- Saturday, March 14
5:30–7:30 pm
- Free for members
\$5 for non-members

Adaptive Play Your Way Sports Sampler

This 6-week adaptive sports series for youth with disabilities features activities like basketball, dance, and pickleball with a focus on fun and trying new things!

- Ages 8–15
- Tuesdays, 5:30–6:30 pm
Apr 14 – May 19
- \$85 members
\$115 for non-members

Adaptive Fitness & Wellness

A class to advance stability, mobility, endurance and flexibility in a fun way. Modifications available for varying fitness levels.

- Ages 18+
- Participant levels 1, 2 & 3
See website for description of levels
- Thursdays, 4–5 pm
Session 1
Feb 12 – Mar 19
Session 2
Apr 2 – May 7
- \$60 for members
\$75 for non-members

Adaptive Summer Camp

A camp for youth and adults with disabilities who need more support than a traditional summer camp can provide.

For details see p. 7.

Learn more and register at PiedmontYMCA.org/adaptive-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.



NEW

ELC at Sentara Martha Jefferson

475 Martha Jefferson Drive, Charlottesville, VA

This NEW YMCA Early Learning Center is 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
- Open to all, with priority given to to Sentara Martha Jefferson employees

Questions?

Email: childcaresmj@piedmontymca.org



ELC at Jefferson School

233 4th Street NW, Charlottesville, VA

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

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

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

Questions?

Email: childcare@piedmontymca.org



Learn more and join our email list at PiedmontYMCA.org/early-learning

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



You make the Y possible

At the Y, we are dedicated to strengthening communities. From ensuring that kids are taught life-saving water safety skills to providing school-age children with after-school care and summer camps, your contribution enables everyone to access the resources and support they need, regardless of their financial situation.

As a nonprofit organization, we rely on donor support to make our programs accessible to all. Please consider a donation today. All funding stays local and has a direct impact on our community.

Thank you for your support!

Learn more and give today at **PiedmontYMCA.org**

