

# Preschool Swim Lessons

Fall 2024 | Brooks Family YMCA

1 choose a session

2 select a class

3 pick a method



## Saturday

4 weeks | 4 classes

Sep 7 – 28

### Registration opens

8/5 member, 8/12 non-member

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 & Wednesday

4 weeks | 8 classes

Sep 4 – 25, no class 9/2, make up 9/6

### 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

## Saturday

4 weeks | 4 classes

Oct 12 – Nov 2

### Registration opens

9/16 member, 9/23 non-member

Stage	30 minute class	Member/nonmember
1	9 – 9:30 am	\$54/\$72
2	9:35 – 10:05 am	\$54/\$72
3	10:10 – 10:40 am	\$54/\$72

## Monday & Wednesday

4 weeks | 8 classes

Sep 30 – Oct 23

### Registration opens

9/16 member, 9/23 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
4	6:15 – 6:45 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.

**Stage 4 Water Movement.** Students develop stroke technique in front and back crawl, and learn breaststroke and butterfly kicks. Treading water and elementary backstroke reinforce water safety.

Online | [PiedmontYMCA.org](https://PiedmontYMCA.org) | Phone 434.974.9622 | In person 151 McIntire Park Drive  
Charlottesville, VA 22902

➔ Financial assistance is available



**STRONG SWIMMERS**

**CONFIDENT KIDS**



# Preschool Swim Lessons

Fall 2024 | Brooks Family YMCA

## Saturday

4 weeks | 4 classes

Nov 16 – Dec 14, no class 11/30

### Registration opens

10/14 member, 10/21 non-member

Stage	30 minute class	Member/nonmember
1	9 – 9:30 am	\$54/\$72
2	9:35 – 10:05 am	\$54/\$72
3	10:10 – 10:40 am	\$54/\$72

## Monday & Wednesday

4 weeks | 8 classes

Oct 28 – Nov 20

### Registration opens

10/14 member, 10/21 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

## Monday & Wednesday

3 weeks | 6 classes

Dec 12 – 18

### Registration opens

11/18 member, 11/25 non-member

Stage	30 minute class	Member/nonmember
1	4:30 – 5 pm	\$54/\$72
2	5:05 – 5:35 pm	\$54/\$72
3	5:40 – 6:10 pm	\$54/\$72

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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### Registration

3 pick a method

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# School age Swim Lessons

Fall 2024 | Brooks Family YMCA

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select a class



3

pick a method

## Saturday

4 weeks | 4 classes

Oct 12 – Nov 2

### Registration opens

9/16 member, 9/23 non-member

Stage	40 minute class	Member/nonmember
1	9 – 9:40 am	\$40/\$52
2	9:50 – 10:30 am	\$40/\$52
3	10:40 – 11:20 am	\$40/\$52
5	11:30 – 12:10 pm	\$40/\$52
6	12:20 – 1:00 pm	\$40/\$52

## Tuesday & Thursday

4 weeks | 8 classes

Oct 1 – 24

### Registration opens

9/16 member, 9/23 non-member

Stage	40 minute class	Member/nonmember
1	4:30 – 5:10 pm	\$80/\$104
2	5:20 – 6:00 pm	\$80/\$104
3	6:10 – 6:50 pm	\$80/\$104

## Monday & Wednesday

4 weeks | 8 classes

Sept 30 – Oct 23

### Registration opens

9/16 member, 9/23 non-member

Stage	40 minute class	Member/nonmember
4	5:15 – 5:55 pm	\$80/\$104

## Monday

4 weeks | 4 classes

Sept 30 – Oct 21

### Registration opens

9/16 member, 9/23 non-member

Stage	40 minute class	Member/nonmember
5	6:05 – 6:45 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.

**Stage 5 Stroke Development.** Students work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues.

**Stage 6 Stroke Mechanics.** Students refine stroke technique on all major competitive strokes and learn about competitive swimming by increasing endurance.

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# School age Swim Lessons

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1

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2

select a class



3

pick a method

## Wednesday

4 weeks | 4 classes

Oct 2–23

### Registration opens

9/16 member, 9/23 non-member

Stage	40 minute class	Member/nonmember
6	6:05 pm– 6:45 pm	\$40/\$52

## Saturday

4 weeks | 4 classes

Nov 16 – Dec 14, no class 11/30

### Registration opens

10/14 member, 10/21 non-member

Stage	40 minute class	Member/nonmember
1	9 – 9:40 am	\$40/\$52
2	9:50 – 10:30 am	\$40/\$52
3	10:40 – 11:20 am	\$40/\$52
4	11:30 – 12:10 pm	\$40/\$52

## Tuesday & Thursday

4 weeks | 8 classes

Oct 29 – Nov 21, no class 10/31, make up 11/8

### Registration opens

10/14 member, 10/21 non-member

Stage	40 minute class	Member/nonmember
1	4:30 – 5:10 pm	\$80/\$104
2	5:20 – 6:00 pm	\$80/\$104
3	6:10 – 6:50 pm	\$80/\$104

## Tuesday & Thursday

3 weeks | 6 classes

Dec 3 – 19

### Registration opens

11/18 member, 11/25 non-member

Stage	40 minute class	Member/nonmember
1	4:30 – 5:10 pm	\$60/\$78
2	5:20 – 6:00 pm	\$60/\$78
3	6:10 – 6:50 pm	\$60/\$78

### 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.

**Stage 5 Stroke Development.** Students work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues.

**Stage 6 Stroke Mechanics.** Students refine stroke technique on all major competitive strokes and learn about competitive swimming by increasing endurance.

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# Teen/Adult Swim Lessons

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2 select a class



Registration

3 pick a method

## Friday

4 weeks

Sep 6 – 27

### Registration opens

8/5 member, 8/12 non-member

Stage 45 minute class Member/nonmember

1 & 2 7:30 – 8:15 am \$40/\$52

## Saturday

4 weeks

Sep 7 – 28

### Registration opens

8/5 member, 8/12 non-member

Stage 45 minute class Member/nonmember

1 & 2 12 – 12:45 pm \$40/\$52

## Friday

4 weeks

Oct 4 – 25

### Registration opens

9/16 member, 9/23 non-member

Stage 45 minute class Member/nonmember

1 & 2 7:30 – 8:15 am \$40/\$52

## Saturday

4 weeks

Oct 12 – Nov 2

### Registration opens

9/16 member, 9/23 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.

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# Teen/Adult Swim Lessons

Fall 2024 | Brooks Family YMCA

1

choose a session

2

select a class

## Friday

4 weeks

Nov 1 – 22

### Registration opens

10/14 member, 10/21 non-member

Stage 45 minute class Member/nonmember

1 & 2 7:30 – 8:15 am \$40/\$52

## Saturday

4 weeks

Nov 9 – Dec 7

### Registration opens

10/14 member, 10/21 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.

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pick a method

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# Parent & Child Swim Lessons

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1 choose a session

2 select a class

3 pick a method



## Friday

4 weeks

Sep 6 – 27

### Registration opens

8/5 member, 8/12 non-member

Stage 30 minute class Member/nonmember

**A & B** 8:30–9 am \$36/\$48

## Saturday

4 weeks

Sep 7 – 28

### Registration opens

8/5 member, 8/12 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

Oct 4 – 25

### Registration opens

9/16 member, 9/23 non-member

Stage 30 minute class Member/nonmember

**A & B** 8:30–9 am \$36/\$48

## Saturday

4 weeks

Oct 12 – Nov 2

### Registration opens

9/16 member, 9/23 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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# Parent & Child Swim Lessons

Fall 2024 | Brooks Family YMCA

## Friday

4 weeks

Nov 1 – 22

### Registration opens

10/14 member, 10/21 non-member

Stage	30 minute class	Member/nonmember
<b>A &amp; B</b>	8:30–9 am	\$36/\$48

## Saturday

4 weeks

Nov 9 – Dec 7, no class 11/30

### Registration opens

10/14 member, 10/21 non-member

Stage	30 minute class	Member/nonmember
<b>A</b>	10:50 – 11:20 am	\$36/\$48
<b>B</b>	11:30 – 12 pm	\$36/\$48

1 choose a session

2 select a class



## Registration

3 pick a method

### 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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