

Preschool Swim Lessons

Fall 2025 | Brooks Family YMCA

ages 3-5

1 choose a session

2 select a class

Saturday

Registration opens

Sept-Oct (9/13-10/25)	6 classes	8/4 member, 8/11 non-member
*No class 10/4	30-min classes	\$66 member / \$102 non-member
Nov-Dec (11/1-12/13)	6 classes	10/6 member, 10/13 non-member
*No classes 11/24-29	30-min classes	\$66 member / \$102 non-member
Jan-Feb (1/10-2/21)	6 classes	12/1 member, 12/8 non-member
*No class Jan 17	30-min classes	\$66 member / \$102 non-member

Monday/Wednesday

Registration opens

Sept-Oct (9/8-10/15)	12 classes	8/4 member, 8/11 non-member
	30-min classes	\$132 member / \$204 non-member
Oct-Dec (10/27-12/10)	12 classes	10/6 member, 10/13 non-member
*No classes 11/24-29	30-min classes	\$132 member / \$204 non-member
Jan-Feb (1/5-2/18)	12 classes	12/1 member, 12/8 non-member
*No classes 2/2-6	30-min classes	\$132 member / \$204 non-member

Tuesday/Thursday

Registration opens

Sept-Oct (9/9-10/16)	12 classes	8/4 member, 8/11 non-member
Stage 1 ONLY	30-min classes	\$132 member / \$204 non-member
Oct-Dec (10/28-12/11)	12 classes	10/6 member, 10/13 non-member
*No classes 11/24-29	30-min classes	\$132 member / \$204 non-member
Jan-Feb (1/6-2/19)	12 classes	12/1 member, 12/8 non-member
*No classes 2/2-6	30-min classes	\$132 member / \$204 non-member

Preschool Stages

***Please look for class times on our registration page.**

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 & elementary backstroke reinforce water safety.

Registration

3 pick a method

Online | [PiedmontYMCA.org](https://www.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

Fall 2025 | Brooks Family YMCA

6–12 years

1 choose a session

2 select a class

Saturday

Registration opens

Sept-Oct (9/13-10/25)	6 classes	8/4 member, 8/11 non-member
*No class 10/4	40-min classes	\$72 member / \$108 non-member
Nov-Dec (11/1-12/13)	6 classes	10/6 member, 10/13 non-member
*No classes 11/24-29	40-min classes	\$72 member / \$108 non-member
Jan-Feb (1/10-2/21)	6 classes	12/1 member, 12/8 non-member
*No class Jan 17	40-min classes	\$72 member / \$108 non-member

Monday/Wednesday

Registration opens

Sept-Oct (9/8-10/15)	12 classes	8/4 member, 8/11 non-member
	40-min classes	\$144 mem / \$216 non-member
Oct-Dec (10/27-12/10)	12 classes	10/6 member, 10/13 non-member
*No classes 11/24-29	40-min classes	\$144 member / \$216 non-member
Jan-Feb (1/5-2/18)	12 classes	12/1 member, 12/8 non-member
*No classes 2/2-6	40-min classes	\$144 member / \$216 non-member

Tuesday/Thursday

Registration opens

Sept-Oct (9/9-10/16)	12 classes	8/4 member, 8/11 non-member
	40-min classes	\$144 member / \$216 non-member
Oct-Dec (10/28-12/11)	12 classes	10/6 member, 10/13 non-member
*No classes 11/24-29	40-min classes	\$144 member / \$216 non-member
Jan-Feb (1/6-2/19)	12 classes	12/1 member, 12/8 non-member
*No classes 2/2-6	40-min classes	\$144 member / \$216 non-member

School Age Stages

***Please look for class times on our registration page.**

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 & 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.

Registration

3 pick a method

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STRONG SWIMMERS

CONFIDENT KIDS



Teen/Adult Swim Lessons

Fall 2025 | Brooks Family YMCA

ages 13+

1 choose a session

2 select a class

Friday

		Registration opens
Sept-Oct (9/12-10/17)	6 classes 45-min classes	8/4 member, 8/11 non-member \$78 member / \$114 non-member
Oct-Dec (10/31-12/12)	6 classes 45-min classes	10/6 member, 10/13 non-member \$78 member / \$114 non-member
Jan-Feb (1/9-2/20)	6 classes 45-min classes	12/1 member, 12/8 non-member \$78 member / \$114 non-member

Saturday

		Registration opens
Sept-Oct (9/13-10/25)	6 classes 45-min classes	8/4 member, 8/11 non-member \$78 member / \$114 non-member
Nov-Dec (11/1-12/13)	6 classes 45-min classes	10/6 member, 10/13 non-member \$78 member / \$114 non-member
Jan-Feb (1/10-2/21)	6 classes 45-min classes	12/1 member, 12/8 non-member \$78 member / \$114 non-member

*Please look for class times on our registration page.

Teen/Adult Stages

Stage 1: Basic Water Skills

Students acclimate to putting face in the water, learn how to float, and breath control.

Stage 2: Water Movement

Students continue to develop front and back crawl, learn breast stroke and butterfly, and work on developing endurance.

Stage 3: Body Position & Control

Students develop directional change and forward movement.

Registration

3 pick a method

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STRONG SWIMMERS | **CONFIDENT KIDS**



Parent & Child Swim Lessons

Fall 2025 | Brooks Family YMCA

ages 6 months - 2 years

1 choose a session

2 select a class

Friday

Registration opens

Sept-Oct (9/12-10/17)	6 classes	8/4 member, 8/11 non-member
	30-min classes	\$66 member / \$102 non-member
Oct-Dec (10/31-12/12)	6 classes	10/6 member, 10/13 non-member
*No classes 11/24-29	30-min classes	\$66 member / \$102 non-member
Jan-Feb (1/9-2/20)	6 classes	12/1 member, 12/8 non-member
*No classes 2/2-6	30-min classes	\$66 member / \$102 non-member

Saturday

Registration opens

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*No classes 11/24-29	30-min classes	\$66 member / \$102 non-member
Jan-Feb (1/10-2/21)	6 classes	12/1 member, 12/8 non-member
*No class Jan 17	30-min classes	\$66 member / \$102 non-member

*Please look for class times on our registration page.

Parent & Child Stages

Stage A ages 6-18 months
Stage B ages 18 months - 2 years

Stage 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.

Registration

3 pick a method

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