

Swim Lessons

Brooks Family YMCA



Sessions fall 2021

1 choose when

Weekdays

Month	Duration	Dates	Registration opens
September	4 Weeks	August 30* – September 27	8/14 member, 8/21 non-member
October	4 weeks	October 4 – 27	9/11 member, 9/18 non-member
November	4 weeks	November 1** – December 1	10/09 member, 10/16 non-member

Saturdays

Month	Duration	Dates	Registration opens
August/September	7 Weeks	August 14 – September 25	7/3 member, 8/07 non-member
October/November	8 Weeks	October 2 – November 20	9/11 member, 9/18 non-member

*No class Labor Day 9/6 | **No class Thanksgiving week 11/22 - 11/27

Lessons by age & stage

2 select a class

Parent & child 0–2 years old

Stage	Day	30 minute class	Fee Member/non-member
A&B	M/W	10 - 10:30 am	\$64/\$88
A&B	Tu/Th	10 - 10:30 am	\$64/\$88
A&B	Sa.	11:15 - 11:45 am	\$64/\$88

Preschool 3–5 years old

Stage	Day	30 minute class	Fee Member/non-member
1&2	Tu/Th	5 - 5:30 pm	\$64/\$88
3&4	Tu/Th	5:35 - 6:05 pm	\$64/\$88
1&2	Sa	9:50 - 10:20 am	\$64/\$88
3&4	Sa	9:50 - 10:20 am	\$64/\$88

School age 6–12 years

Stage	Day	45 minute class	Fee Member/non-member
1&2	Tu/Th	6:10 - 6:55 pm	\$72/\$99
3&4	Tu/Th	7 - 7:45 pm	\$72/\$99
5&6	Sa	9 - 9:45 am	\$72/\$99
1&2	Sa	10:25 - 11:10 am	\$72/\$99
3&4	Sa	10:25 - 11:10 am	\$72/\$99

Teen/adult 13+ years

Stage	Day	45 minute class	Fee Member/non-member
1&2	Sa	9 - 9:45 am	\$72/\$99



Lesson 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.

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 the breaststroke and butterfly kick.

Stage 5 Stroke Development. Students work on stroke technique and learn all major competitive strokes.

Stage 6 Stroke Mechanics. Students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

Registration

3 pick a method

Online | PiedmontYMCA.org | Phone 434.974.9622 | In person 151 McIntire Park Drive
Charlottesville, VA 22902

➤ Financial assistance is available



STRONG SWIMMERS

CONFIDENT KIDS

