

Preschool Swim Lessons

Fall 2024 | Brooks Family YMCA

Saturday

4 weeks | 4 classes

Nov 9 - Dec 7 (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
4	6:15 - 6:45 pm	\$72/\$96

Monday & Wednesday

3 weeks | 6 classes

Dec 2 - Dec 18

Registration opens

11/18 member, 11/22 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
4	6:15 - 6:45 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.

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

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



School age Swim Lessons

Fall 2024 | Brooks Family YMCA

1

choose a session

2

select a class

Saturday

4 weeks | 4 classes

Nov 9 - Dec 7 (No class 11/30)

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

3 weeks | 6 classes

Dec 3 - Dec 19

Registration opens

11/18 member, 11/22 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

Monday & Wednesday

3 weeks | 6 classes

Dec 2 - Dec 18

Registration opens

11/18 member, 11/22 non-member

Stage	40 minute class	Member/nonmember
4	4:30 - 5:10 pm	\$60/\$78
5	5:20 - 6:00 pm	\$60/\$78
6	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.

Registration

3

pick a method

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STRONG SWIMMERS

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Teen/Adult Swim Lessons

Fall 2024 | Brooks Family YMCA

1

choose a session

Friday

4 weeks

Nov 1 – Nov 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 (No class 11/30)

Registration opens

10/14 member, 10/21 non-member

Stage 45 minute class Member/nonmember

1 & 2 12 – 12:45 pm \$40/\$52

2

select a class



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.

Registration

3

pick a method

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STRONG SWIMMERS

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Parent & Child Swim Lessons

Fall 2024 | Brooks Family YMCA

Friday

4 weeks

Nov 1 - Nov 22

Registration opens

10/14 member, 10/21 non-member

Stage	30 minute class	Member/nonmember
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A & B	8:30-9 am	\$36/\$48
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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
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A	10:50 - 11:20 am	\$36/\$48
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B	11:30 - 12 pm	\$36/\$48
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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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