

Preschool Swim Lessons

Spring 2025 | Brooks Family YMCA

ages 3-5

Monday & Wednesday

Registration opens

April 7 - April 30 Stages 1-3	4 weeks 8 classes 30-min evening class*	3/17 member, 3/24 non-member \$88 member / \$136 non-member
May 5 - May 21 Stages 1-4	3 weeks 6 classes 30-min evening class*	4/21 member, 4/28 non-member \$66 member / \$102 non-member

Saturday

Registration opens

April 12 - May 3 (No Class on 4/26) Stages 1-4	3 weeks 3 classes 30-min evening class*	3/17 member, 3/24 non-member \$33 member / \$51 non-member
May 10 - May 31 (No Class on 5/24) Stages 1-4	3 weeks 3 classes 30-min evening class*	4/21 member, 4/28 non-member \$33 member / \$51 non-member

*Please look for class times on our registration page.

Preschool 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 & 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

Spring 2025 | Brooks Family YMCA

6-12 years

1

choose a session

2

select a class



Registration

3

pick a method

Tuesday & Thursday

Registration opens

April 10 - May 1 (Thurs Only)	4 weeks 4 classes	3/17 member, 3/24 non-member
Stages 1-3	40-min evening class*	\$52 member/\$80 non-member
May 6 - May 22	3 weeks 6 classes	4/21 member, 4/28 non-member
Stages 1-3	40-min evening class*	\$72 member/\$108 non-member

Monday & Wednesday

Registration opens

April 7 - April 30	4 weeks 8 classes	3/17 member, 3/24 non-member
Stages 4-6	40-min evening class*	\$104 member/\$160 non-member
May 5 - May 21	3 weeks 6 classes	4/21 member, 4/28 non-member
Stages 4-6	40-min evening class*	\$72 member/\$108 non-member

Saturday

Registration opens

April 12 - May 3 (No Class on 4/26)	3 weeks 3 classes	3/17 member, 3/24 non-member
Stages 1-6	40-min evening class*	\$36 member / \$54 non-member
May 10 - May 31 (No Class on 5/24)	3 weeks 3 classes	4/21 member, 4/28 non-member
Stages 1-6	40-min evening class*	\$36 member / \$54 non-member

*Please look for class times on our registration page.

School Age 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 & 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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STRONG SWIMMERS

CONFIDENT KIDS



Teen/Adult Swim Lessons

Spring 2025 | Brooks Family YMCA

ages 13+

1

choose a session

2

select a class



3

Registration

pick a method

Friday

Session Dates	Duration	Registration opens
April 11 – May 2	4 weeks 4 classes	3/17 member, 3/24 non-member
Stages 1-2	45-min morning class*	\$52 member / \$80 non-member
May 10 – May 30 (No Class on 5/23)	3 weeks 3 classes	4/21 member, 4/28 non-member
Stages 1-2	45-min morning class*	\$39 member / \$57 non-member

Saturday

Session Dates	Duration	Registration opens
April 12 – May 3 (No Class on 4/26)	3 weeks 3 classes	3/17 member, 3/24 non-member
Stages 1-2	45-min midday class*	\$39 member / \$60 non-member
May 10 – May 31 (No Class on 5/24)	3 weeks 3 classes	4/21 member, 4/28 non-member
Stages 1-2	45-min midday class*	\$39 member / \$57 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.

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STRONG SWIMMERS | **CONFIDENT KIDS**



Parent & Child Swim Lessons

Spring 2025 | Brooks Family YMCA

ages 6 months - 2 years

1

choose a session

2

select a class

Friday

Registration opens

April 11 - May 2	4 weeks 4 classes	3/17 member, 3/24 non-member
Stages A-B	30-min daytime class*	\$44 member / \$68 non-member

May 9 - May 30 (No Class on 5/23)	3 weeks 3 classes	4/21 member, 4/28 non-member
Stages A-B	30-min daytime class*	\$33 member / \$57 non-member

Saturday

Registration opens

April 12 - May 3 (No Class on 4/26)	3 weeks 3 classes	3/17 member, 3/24 non-member
Stages A-B	30-min daytime class*	\$33 member / \$51 non-member

May 10 - May 31 (No Class on 5/24)	3 weeks 3 classes	4/21 member, 4/28 non-member
Stages A-B	30-min daytime class*	\$33 member / \$57 non-member

*Please look for class times on our registration page.



3

pick a method

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.

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