

# Preschool Swim Lessons

Summer 2025 | Brooks Family YMCA

ages 3-5

1 choose a session

2 select a class

Registration

3 pick a method

## Saturday

### Registration opens

<b>June 7 – July 19</b> (No Class on 7/5)	<b>6 weeks   6 classes</b>	5/12 member, 5/19 non-member
Stages 1-3		\$66 member / \$102 non-member
<b>Aug 16 – Sept 6</b> (No Class on 8/30)	<b>3 weeks   3 classes</b>	7/21 member, 7/28 non-member
Stages 1-3		\$33 member / \$51 non-member

## Monday – Thursday

### Registration opens

<b>June 2 – June 12</b>	<b>8 classes</b>	5/12 member, 5/19 non-member
Stages 1-3	30-min morning class*	\$88 member / \$136 non-member
<b>June 16 – June 26</b>	<b>8 classes</b>	6/2 member, 6/9 non-member
Stages 1-3	30-min morning class*	\$88 member / \$136 non-member
<b>June 30 – July 10</b>	<b>8 classes</b>	6/16 member, 6/23 non-member
Stages 1-3	30-min morning class*	\$88 member / \$136 non-member
<b>July 14 – July 24</b>	<b>8 classes</b>	6/30 member, 7/7 non-member
Stages 1-3	30-min morning class*	\$88 member / \$136 non-member

## August

### Registration opens

<b>Aug 11 – Aug 27 (Mon/Wed)</b>	<b>3 weeks   6 classes</b>	7/21 member, 7/28 non-member
Stages 1-3	30-min evening class*	\$66 member / \$102 non-member
<b>Aug 12 – Aug 28 (Tue/Thurs)</b>	<b>3 weeks   6 classes</b>	7/21 member, 7/28 non-member
Stages 1-3	30-min evening class*	\$66 member / \$102 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.

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

Summer 2025 | Brooks Family YMCA

6–12 years

1 choose a session

2 select a class

## Saturday

### Registration opens

<b>June 7 – July 19</b> (No Class on 7/5)	<b>6 weeks   6 classes</b>	5/12 member, 5/19 non-member
Stages 1–6		\$72 member / \$108 non-member
<b>Aug 16 – Sept 6</b> (No Class on 8/30)	<b>3 weeks   3 classes</b>	7/21 member, 7/28 non-member
Stages 1–6		\$33 member / \$51 non-member

## Monday – Thursday

### Registration opens

<b>June 2 – June 12</b>	<b>8 classes</b>	5/12 member, 5/19 non-member
Stages 1–4	40-min evening class*	\$96 member / \$144 non-member
<b>June 16 – June 26</b>	<b>8 classes</b>	6/2 member, 6/9 non-member
Stages 1–4	40-min evening class*	\$96 member / \$144 non-member
<b>June 30 – July 10</b>	<b>8 classes</b>	6/16 member, 6/23 non-member
Stages 1–4	40-min evening class*	\$96 member / \$144 non-member
<b>July 14 – July 24</b>	<b>8 classes</b>	6/30 member, 7/7 non-member
Stages 1–4	40 min evening class*	\$96 member / \$144 non-member

## August

### Registration opens

<b>Aug 11 – Aug 27 (Mon/Wed)</b>	<b>3 weeks   6 classes</b>	7/21 member, 7/28 non-member
Stages 4–6	40-min evening class*	\$72 member / \$108 non-member
<b>Aug 12 – Aug 28 (Tue/Thurs)</b>	<b>3 weeks   6 classes</b>	7/21 member, 7/28 non-member
Stages 1–3	40-min evening class*	\$72 member / \$108 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.

Registration

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# Teen/Adult Swim Lessons

Summer 2025 | Brooks Family YMCA

ages 13+

1 choose a session

2 select a class

## Friday

### Registration opens

<b>June 6 – July 18</b> (No Class on 7/4)	<b>6 weeks   6 classes</b>	5/12 member, 5/19 non-member
Stages 1-2	45-min morning class*	\$79 member / \$120 non-member
<b>Aug 15 – Aug 29</b>	<b>3 weeks   3 classes</b>	7/21 member, 7/28 non-member
Stages 1-2	45-min morning class*	\$39 member / \$60 non-member

## Saturday

### Registration opens

<b>June 7 – July 19</b> (No Class on 7/5)	<b>6 weeks   6 classes</b>	5/12 member, 5/19 non-member
Stages 1-2	45-min midday class*	\$79 member / \$120 non-member
<b>Aug 16 – Sept 6</b> (No Class on 8/30)	<b>3 weeks   3 classes</b>	7/21 member, 7/28 non-member
Stages 1-2	45-min midday class*	\$39 member / \$60 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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# Parent & Child Swim Lessons

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ages 6 months - 2 years

1 choose  
a session

## Friday

### Registration opens

<b>June 6 - July 18</b> (No Class on 7/4)	<b>6 weeks   6 classes</b>	5/12 member, 5/19 non-member
Stages A-B	30-min daytime class*	\$66 member / \$102 non-member
<b>Aug 15 - Aug 29</b>	<b>3 weeks   3 classes</b>	7/21 member, 7/28 non-member
Stages A-B	30-min daytime class*	\$33 member / \$51 non-member

2 select  
a class

## Saturday

### Registration opens

<b>June 7 - July 19</b> (No Class on 7/5)	<b>6 weeks   6 classes</b>	5/12 member, 5/19 non-member
Stages A-B	30-min daytime class*	\$66 member / \$102 non-member
<b>Aug 16 - Sept 6</b> (No Class on 8/30)	<b>3 weeks   3 classes</b>	7/21 member, 7/28 non-member
Stages A-B	30-min daytime class*	\$33 member / \$51 non-member

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



Registration

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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