

BUILDING CONFIDENCE WITH EVERY STROKE



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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.

WEEKDAY LESSONS Mon.-Thurs.

Session # 1 - 6/14/21-6/24/21
Registration Starts Member 5/31
Registration Starts Non Mem 6/7
\$64/\$88

Session # 3 - 6/28/21-7/8/21
Registration Starts Member 6/14
Registration Starts Non Mem 6/21
\$64/\$88

Session #5 - 7/12/21-7/22/21
Registration Starts Member 6/28
Registration Starts Non Mem 7/5
\$64/\$88

Session #6- 7/26/21-8/05/21
Registration Starts Member 7/12
Registration Starts Non Mem 7/19
\$64/\$88

Evening Lessons

Preschool Stage 1&2: 4:00-4:30pm

Preschool Stage 3&4: 4:35-5:05pm

School Age Stage 1&2: 5:10-5:40pm

School Age Stage 3&4: 5:45-6:15pm

School Age Stage 5&6: 6:20-6:50pm

Brooks Family YMCA

151 McIntire Park Drive,
Charlottesville, VA 22902

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SATURDAY LESSONS

Session # 2 - 6/19/21-7/10/21
Registration Starts Member 6/5
Registration Starts Non Mem 6/12
\$32/\$44

Session #4 - 7/17/21-8/07/21
Registration Starts Member 7/3
Registration Starts Non Mem 7/10

Morning Lessons

Teen/Adult: 9:00-9:30am

Parent/Child: 9:00-9:30am

Preschool Stage 1&2: 9:35-10:05am

Preschool Stage 3&4: 9:35-10:05am

School Age Stage 1&2: 10:10-10:50am

School Age Stage 3&4: 10:10-10:50am

School Age Stage 5&6: 10:55-11:35am

PRIVATE, SEMI-PRIVATE & DIVERSE ABILITIES LESSONS

Individualized instruction, 30 minute lessons with one of our instructors. Instructors will work with you to develop a personalized program for swimmers of any age or ability. Please complete a request form at the membership desk.