

Preschool Swim Lessons

Winter 2025 | Brooks Family YMCA

ages 3-5

1

choose a session

2

select a class



Registration

3

pick a method

Monday & Wednesday

Registration opens

January 6 - January 29	4 weeks 8 classes	12/16 member, 12/23 non-member
Stages 1-4	30-min evening class*	\$88 member / \$136 non-member

February 3 - February 26	4 weeks 8 classes	1/20 member, 1/27 non-member
Stages 1-4	30-min evening class*	\$88 member / \$136 non-member

March 3 - March 26	4 weeks 8 classes	2/17 member, 2/24 non-member
Stages 1-4	30-min evening class*	\$88 member / \$136 non-member

Saturday

Registration opens

January 4 - February 1 (No Class 1/18)	4 weeks 4 classes	12/16 member, 12/23 non-member
Stages 1-4	30-min daytime class*	\$44 member / \$68 non-member

February 8 - March 1	4 weeks 4 classes	1/20 member, 1/27 non-member
Stages 1-4	30-min daytime class*	\$44 member / \$68 non-member

March 8 - March 29	4 weeks 4 classes	2/17 member, 2/24 non-member
Stages 1-4	30-min daytime class*	\$44 member / \$68 non-member

*Please look for class times on our website.

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 | 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

Winter 2025 | Brooks Family YMCA

6-12 years

1

choose a session

2

select a class



3

pick a method

Tuesday & Thursday

Registration opens

January 9 – January 30 (Thurs Only)	4 weeks 4 classes	12/16 member, 12/23 non-member
Stages 1-4	30-min evening class*	\$52 member/\$80 non-member
February 4 – February 27	4 weeks 8 classes	1/20 member, 1/27 non-member
Stages 1-4	30-min evening class*	\$104 member/\$160 non-member
March 4 – March 27	4 weeks 8 classes	2/17 member, 2/24 non-member
Stages 1-4	30-min evening class*	\$104 member/\$160 non-member

Monday & Wednesday

Registration opens

January 6 – January 29	4 weeks 8 classes	12/16 member, 12/23 non-member
Stages 5-6	30-min evening class*	\$104 member/\$160 non-member
February 3 – February 26	4 weeks 8 classes	1/20 member, 1/27 non-member
Stages 5-6	30-min evening class*	\$104 member/\$160 non-member
March 3 – March 26	4 weeks 8 classes	2/17 member, 2/24 non-member
Stages 5-6	30-min evening class*	\$104 member/\$160 non-member

Saturday

Registration opens

January 4 – February 1 (No Class 1/18)	4 weeks 4 classes	12/16 member, 12/23 non-member
Stages 1-4	30-min daytime class*	\$52 member / \$80 non-member
February 8 – March 1	4 weeks 4 classes	1/20 member, 1/27 non-member
Stages 1-4	30-min daytime class*	\$52 member / \$80 non-member
March 8 – March 29	4 weeks 4 classes	2/17 member, 2/24 non-member
Stages 1-4	30-min daytime class*	\$52 member / \$80 non-member

*Please look for class times on our website.

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

Winter 2025 | Brooks Family YMCA

ages 13+

1

choose a session

2

select a class



3

Registration

pick a method

Friday

		Registration opens
January 10 - January 31	4 weeks 4 classes	12/16 member, 12/23 non-member
Stages 1-2	45-min morning class*	\$52 member / \$80 non-member
February 7 - February 28	4 weeks 4 classes	1/20 member, 1/27 non-member
Stages 1-2	45-min morning class*	\$52 member / \$80 non-member
March 7 - March 28	4 weeks 4 classes	2/17 member, 2/24 non-member
Stages 1-2	45-min morning class*	\$52 member / \$80 non-member

Saturday

		Registration opens
January 4 - February 1 (No Class 1/18)	4 weeks 4 classes	12/16 member, 12/23 non-member
Stages 1-2	45-min midday class*	\$52 member / \$80 non-member
February 8 - March 1	4 weeks 4 classes	1/20 member, 1/27 non-member
Stages 1-2	45-min midday class*	\$52 member / \$80 non-member
March 8 - March 29	4 weeks 4 classes	2/17 member, 2/24 non-member
Stages 1-2	45-min midday class*	\$52 member / \$80 non-member

*Please look for class times on our website.

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

Winter 2025 | Brooks Family YMCA

ages 6 months - 2 years

1

choose a session

2

select a class

Friday

Registration opens

January 10 - January 31	4 weeks 8 classes	12/16 member, 12/23 non-member
Stages A-B	30-min daytime class*	\$44 member / \$68 non-member
February 7 - February 28	4 weeks 8 classes	1/20 member, 1/27 non-member
Stages A-B	30-min daytime class*	\$44 member / \$68 non-member
March 7 - March 28	4 weeks 8 classes	2/17 member, 2/24 non-member
Stages A-B	30-min daytime class*	\$44 member / \$68 non-member

Saturday

Registration opens

January 4 - February 1 (No Class 1/18)	4 weeks 8 classes	12/16 member, 12/23 non-member
Stages A-B	30-min daytime class*	\$44 member / \$68 non-member
February 8 - March 1	4 weeks 8 classes	1/20 member, 1/27 non-member
Stages A-B	30-min daytime class*	\$44 member / \$68 non-member
March 8 - March 29	4 weeks 8 classes	2/17 member, 2/24 non-member
Stages A-B	30-min daytime class*	\$44 member / \$68 non-member

*Please look for class times on our website.



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.

3

pick a method

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