

Teen/Adult Swim Lessons

Spring 2024 | Brooks Family YMCA

1 choose a session

2 select a class



Friday

4 weeks

Mar 1 – Mar 22

Registration opens

2/19 member, 2/26 non-member

Stage 45 minute class Member/nonmember

1 & 2 7:30 – 8:15 am \$40/\$52

Saturday

4 weeks

Mar 9 – Mar 30

Registration opens

2/19 member, 2/26 non-member

Stage 45 minute class Member/nonmember

1 & 2 12 – 12:45 pm \$40/\$52

Friday

4 weeks

Apr 12 – May 3

Registration opens

3/25 member, 4/1 non-member

Stage 45 minute class Member/nonmember

1 & 2 7:30 – 8:15 am \$40/\$52

Saturday

6 weeks

Apr 13 – May 18

Registration opens

3/25 member, 4/1 non-member

Stage 45 minute class Member/nonmember

1 & 2 12 – 12:45 pm \$60/\$78

Friday

4 weeks

May 10 – May 31

Registration opens

4/22 member, 4/29 non-member

Stage 45 minute class Member/nonmember

1 & 2 7:30 – 8:15 am \$40/\$52

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

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

Spring 2024 | Brooks Family YMCA

1

choose a session

2

select a class

3

pick a method

Saturday

4 weeks

Mar 9 – Mar 30

Registration opens

2/19 member, 2/26 non-member

Stage	45 minute class	Member/nonmember
1	9 – 9:45 am	\$40/\$52
2	9:50 – 10:35 am	\$40/\$52
3	10:40 – 11:25 am	\$40/\$52
4	11:30 – 12:15 pm	\$40/\$52

Tuesday & Thursday

4 weeks

Mar 5 – Mar 28

Registration opens

2/19 member, 2/26 non-member

Stage	45 minute class	Member/nonmember
1	4:30 – 5:15 pm	\$80/\$104
2	5:20 – 6:05 pm	\$80/\$104
3	6:10 – 6:55 pm	\$80/\$104

Saturday

6 weeks

Apr 13 – May 18

Registration opens

3/25 member, 4/1 non-member

Stage	45 minute class	Member/nonmember
1	9 – 9:45 am	\$60/\$78
2	9:50 – 10:35 am	\$60/\$78
3	10:40 – 11:25 am	\$60/\$78
4	11:30 – 12:15 pm	\$60/\$78

Tuesday & Thursday

4 weeks

Apr 9 – May 2

Registration opens

3/25 member, 4/1 non-member

Stage	45 minute class	Member/nonmember
1	4:30 – 5:15 pm	\$80/\$104
2	5:20 – 6:05 pm	\$80/\$104
3	6:10 – 6:55 pm	\$80/\$104

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.

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School age Swim Lessons

Spring 2024 | Brooks Family YMCA

Tuesday & Thursday

Registration opens

4 weeks

May 7 – May 30

4/22 member, 4/29 non-member

Stage 45 minute class Member/nonmember

1 4:30 – 5:15 pm \$80/\$104

2 5:20 – 6:05 pm \$80/\$104

3 6:10 – 6:55 pm \$80/\$104

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School age | 6–12 years

Stages

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Preschool Swim Lessons

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choose a session

2

select a class



Registration

3

pick a method

Saturday

4 weeks

Mar 9 – Mar 30

Registration opens

2/19 member, 2/26 non-member

Stage	30 minute class	Member/nonmember
1	9 – 9:30 am	\$36/\$48
2	9:35 – 10:05 am	\$36/\$48
3	10:10 – 10:40 am	\$36/\$48

Monday & Wednesday

4 weeks

Mar 4 – Mar 27

Registration opens

2/19 member, 2/26 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

Saturday

6 weeks

Apr 13 – May 18

Registration opens

3/25 member, 4/1 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

Apr 8 – May 1

Registration opens

3/25 member, 4/1 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

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.

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Preschool Swim Lessons

Spring 2024 | Brooks Family YMCA

Monday & Wednesday

Registration opens

4 weeks

May 6 – May 29, no class 5/27, make up 5/17 4/22 member, 4/29 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

1

choose a session

2

select a class



Preschool age
3–5 years

Stages

Stage 1 Water Acclimation. Students develop comfort with underwater exploration and learn to safely exit the pool.

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STRONG SWIMMERS

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Parent & Child Swim Lessons

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Friday

4 weeks

Mar 1 – Mar 22

Registration opens

2/19 member, 2/26 non-member

Stage 30 minute class Member/nonmember

A & B 8:30–9 am \$36/\$48

Saturday

4 weeks

Mar 9 – Mar 30

Registration opens

2/19 member, 2/26 non-member

Stage 30 minute class Member/nonmember

A 10:50 – 11:20 am \$36/\$48

B 11:30 – 12 pm \$36/\$48

Friday

4 weeks

Apr 12 – May 3

Registration opens

3/25 member, 4/1 non-member

Stage 30 minute class Member/nonmember

A & B 8:30–9 am \$36/\$48

Saturday

6 weeks

Apr 13 – May 18

Registration opens

3/25 member, 4/1 non-member

Stage 30 minute class Member/nonmember

A 10:50 – 11:20 am \$54/\$72

B 11:30 – 12 pm \$54/\$72

Friday

4 weeks

May 10 – May 31

Registration opens

4/22 member, 4/29 non-member

Stage 30 minute class Member/nonmember

A & B 8:30–9 am \$36/\$48

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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