Teen/Adult Swim Lessons

Winter 2024 | Brooks Family YMCA

Friday





4 weeks	Jan 5 – Jar	า 26	12/4 member, 12/12 non-member
	Stage	45 minute class	Member/nonmember
	1&2	7:30 – 8:15 am	\$40/\$52
Saturday			Registration opens
4 weeks	Jan 6 – Feb 3, no class Jan 13		12/4 member, 12/12 non-member
	Stage	45 minute class	Member/nonmember
	1&2	12 – 12:45 pm	\$40/\$52
Friday			Registration opens
4 weeks	Feb 2 – Fe	b 23	1/22 member, 1/29 non-member
	Stage	45 minute class	Member/nonmember
	1&2	7 – 7:45 pm	\$40/\$52
Saturday			Registration opens
4 weeks	Feb 10 – <i>N</i>	lar 2	1/22 member, 1/29 non-member
	Stage	45 minute class	Member/nonmember
		12 – 12:45 pm	\$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.

Registration opens

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.

Bpick a method

Registration

Online | PiedmontYMCA.org | Phone 434.974.9622 | In person 151 McIntire Park Drive Charlottesville, VA 22902

Financial assistance is available

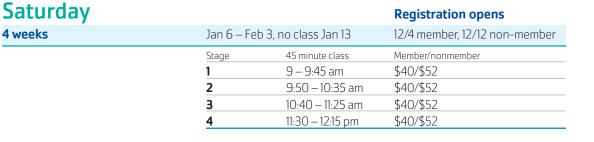




School age Swim Lessons

Winter 2024 Brooks Family YMCA







Fuesday & Thursday	Registration opens		
weeks	Jan 9 – Feb 1		12/4 member, 12/12 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

4 weeks

4 weeks

	Feb 10 – Mar	2	1/22 member, 1/29 non-member
0	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	Feb 6 – Fe	b 29	1/22 member, 1/29 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
	-		1 1 -

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 elementrary backstroke reinforce water safety.

method

Registration



Financial assistance is available





Registration opens

Registration opens

Preschool Swim Lessons

Winter 2024 | Brooks Family YMCA

n	4 weeks Monday & Wednes	Stage 1 2 3	3, no class Jan 13 30 minute class 9 – 9:30 am 9:35 – 10:05 am 10:10 – 10:40 am	12/4 member, 12/12 non-member Member/nonmember \$36/\$48 \$36/\$48 \$36/\$48
	Monday & Wedne	1 2 3	9 – 9:30 am 9:35 – 10:05 am	\$36/\$48 \$36/\$48
	Monday & Wedne	2 3	9:35 – 10:05 am	\$36/\$48
	Monday & Wednes	3		
	Monday & Wednes		10:10 – 10:40 am	\$36/\$48
	Monday & Wednes			
		sday		Registration opens
	4 weeks	Jan 8 – Jan	31	12/4 member, 12/12 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			Registration opens
	4 weeks	Feb 10 – Ma	ar 2	1/22 member, 1/29 non-member
		Stage	30 minute class	Member/nonmember
		1	9 – 9:30 am	¢26/¢40
aller h		2		\$36/\$48 \$36/\$48
		2 3	9:35 – 10:05 am 10:10 – 10:40 am	\$36/\$48 \$36/\$48 \$36/\$48
	Monday & Wedney	3	9:35 – 10:05 am	\$36/\$48 \$36/\$48
	Monday & Wednes	<u>ء</u> sday	9:35 – 10:05 am 10:10 – 10:40 am	\$36/\$48 \$36/\$48 Registration opens
	Monday & Wednes	3 sday Feb 5 – Fel	9:35 – 10:05 am 10:10 – 10:40 am	\$36/\$48 \$36/\$48
		3 Sday Feb 5 – Fel Stage	9:35 – 10:05 am 10:10 – 10:40 am b 28 30 minute class	\$36/\$48 \$36/\$48 Registration opens 1/22 member, 1/29 non-member Member/nonmember
		3 Sday Feb 5 - Fel Stage 1	9:35 – 10:05 am 10:10 – 10:40 am b 28 30 minute class 4:30 – 5 pm	\$36/\$48 \$36/\$48 Registration opens 1/22 member, 1/29 non-member Member/nonmember \$72/\$96
		3 Sday Feb 5 – Fel Stage	9:35 – 10:05 am 10:10 – 10:40 am b 28 30 minute class	\$36/\$48 \$36/\$48 Registration opens 1/22 member, 1/29 non-member Member/nonmember
		3 Sday Feb 5 - Fel Stage 1 2	9:35 – 10:05 am 10:10 – 10:40 am 5 28 30 minute class 4:30 – 5 pm 5:05 – 5:35 pm	\$36/\$48 \$36/\$48 Registration opens 1/22 member, 1/29 non-member Member/nonmember \$72/\$96 \$72/\$96
		3 Sday Feb 5 - Fel Stage 1 2	9:35 – 10:05 am 10:10 – 10:40 am 5 28 30 minute class 4:30 – 5 pm 5:05 – 5:35 pm 5:40 – 6:10 pm	\$36/\$48 \$36/\$48 Registration opens 1/22 member, 1/29 non-member Member/nonmember \$72/\$96 \$72/\$96 \$72/\$96 \$72/\$96
	4 weeks Preschool age	3 Sday Feb 5 - Fel Stage 1 2	9:35 – 10:05 am 10:10 – 10:40 am 5 28 30 minute class 4:30 – 5 pm 5:05 – 5:35 pm 5:40 – 6:10 pm Stage 2 Water position and com movement in the	\$36/\$48 \$36/\$48 Registration opens 1/22 member, 1/29 non-member Member/nonmember \$72/\$96 \$72/\$96 \$72/\$96 \$72/\$96



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Parent & Child Swim Lessons

Winter 2024 Brooks Family YMCA

	Friday			Registration opens
	4 weeks	Jan 5 – Jar	1 26	12/4 member, 12/12 non-member
		Stage	30 minute class	Member/nonmember
		A & B	8:30–9 am	\$36/\$48
choose	Saturday			Registration opens
a session	4 weeks	Jan 6 – Fe	b 3, no class Jan 13	12/4 member, 12/12 non-member
		Stage	30 minute class	Member/nonmember
		Α	10:50 – 11:20 am	\$36/\$48
		В	11:30 – 12 pm	\$36/\$48
	Friday			Registration opens
select	4 weeks	Feb 2 – Ma	ar 3	1/22 member, 1/29 non-member
SCIECT				
a class		Stage	30 minute class	Member/nonmember

Saturuay			Registration opens
4 weeks	Feb 10 – N	Mar 2	1/22 member, 1/29 non-member
	Stage	30 minute class	Member/nonmember
	Α	10:50 – 11:20 am	\$36/\$48
	В	11:30 – 12 pm	\$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.



Registration

Online | PiedmontYMCA.org | Phone 434.974.9622 | In person 151 McIntire Park Drive Charlottesville, VA 22902

Financial assistance is available



