

Teen/Adult Swim Lessons

Winter 2024 | Brooks Family YMCA

1 choose a session

2 select a class

3 pick a method



Friday

4 weeks	Jan 5 – Jan 26	Registration opens	12/4 member, 12/12 non-member
Stage	45 minute class	Member/nonmember	
1 & 2	7:30 – 8:15 am	\$40/\$52	

Saturday

4 weeks	Jan 6 – Feb 3, no class Jan 13	Registration opens	12/4 member, 12/12 non-member
Stage	45 minute class	Member/nonmember	
1 & 2	12 – 12:45 pm	\$40/\$52	

Friday

4 weeks	Feb 2 – Feb 23	Registration opens	1/22 member, 1/29 non-member
Stage	45 minute class	Member/nonmember	
1 & 2	7 – 7:45 pm	\$40/\$52	

Saturday

4 weeks	Feb 10 – Mar 2	Registration opens	1/22 member, 1/29 non-member
Stage	45 minute class	Member/nonmember	
1 & 2	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.

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.

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

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Saturday

4 weeks

Jan 6 – Feb 3, no class Jan 13

Registration opens

12/4 member, 12/12 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

Jan 9 – Feb 1

Registration opens

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

Feb 10 – Mar 2

Registration opens

1/22 member, 1/29 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

Feb 6 – Feb 29

Registration opens

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

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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Preschool Swim Lessons

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choose a session

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select a class



3

pick a method

Saturday

4 weeks

Jan 6 – Feb 3, no class Jan 13

Registration opens

12/4 member, 12/12 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

Jan 8 – Jan 31

Registration opens

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

4 weeks

Feb 10 – Mar 2

Registration opens

1/22 member, 1/29 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

Feb 5 – Feb 28

Registration opens

1/22 member, 1/29 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

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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Parent & Child Swim Lessons

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Friday

4 weeks

Jan 5 – Jan 26

Registration opens

12/4 member, 12/12 non-member

Stage	30 minute class	Member/nonmember
A & B	8:30–9 am	\$36/\$48

Saturday

4 weeks

Jan 6 – Feb 3, no class Jan 13

Registration opens

12/4 member, 12/12 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

Feb 2 – Mar 3

Registration opens

1/22 member, 1/29 non-member

Stage	30 minute class	Member/nonmember
A & B	8:30–9 am	\$36/\$48

Saturday

4 weeks

Feb 10 – Mar 2

Registration opens

1/22 member, 1/29 non-member

Stage	30 minute class	Member/nonmember
A	10:50 – 11:20 am	\$36/\$48
B	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.

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