

# Preschool Swim Lessons

Fall 2022 | Brooks Family YMCA

1

choose a session

2

select a class



Registration

3

pick a method

## Saturday

8 weeks

Sept 10 – Oct 29

Registration opens

8/8 member, 8/15 non-member

Stage	30 minute class	Member/nonmember
1	9 – 9:30 am	\$70/\$94
1	10 – 10:30 am	\$70/\$94
2	9:30 – 10 am	\$70/\$94
2	10:30 – 11 am	\$70/\$94
3	10:30 – 11 am	\$70/\$94

## Monday & Wednesday

4 weeks

Sept 12 – Oct 5

Registration opens

8/8 member, 8/15 non-member

Stage	30 minute class	Member/nonmember
1	4 – 4:30 pm	\$70/\$94
2	4:30 – 5 pm	\$70/\$94

## Tuesday & Thursday

4 weeks

Sept 13 – Oct 6

Registration opens

8/8 member, 8/15 non-member

Stage	30 minute class	Member/nonmember
1	4 – 4:30 pm	\$70/\$94
2	4:30 – 5 pm	\$70/\$94

## Monday & Wednesday

4 weeks

Oct 17 – Nov 9

Registration opens

9/19 member, 9/26 non-member

Stage	30 minute class	Member/nonmember
1	4 – 4:30 pm	\$70/\$94
2	4:30 – 5 pm	\$70/\$94

## Tuesday & Thursday

4 weeks

Oct 18 – Nov 10

Registration opens

9/19 member, 9/26 non-member

Stage	30 minute class	Member/nonmember
1	4 – 4:30 pm	\$70/\$94
2	4:30 – 5 pm	\$70/\$94

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.

Online | [PiedmontYMCA.org](http://PiedmontYMCA.org) | Phone 434.974.9622 | In person 151 McIntire Park Drive  
Charlottesville, VA 22902

➤ Financial assistance is available



STRONG SWIMMERS

CONFIDENT KIDS



# Preschool Swim Lessons

Fall 2022 | Brooks Family YMCA

## Monday – Thursday Mini Session

2 weeks

Nov 28 – Dec 1 & Dec 5 – 8

### Registration opens

10/17 member, 10/24 non-member

Stage	30 minute class	Member/nonmember
1	4 – 4:30 pm	\$70/\$94
2	4:30 – 5 pm	\$70/\$94



Registration

3 pick a method

**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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