

School age Swim Lessons

Fall 2022 | Brooks Family YMCA

1 choose a session

2 select a class

3 pick a method



Saturday

8 weeks	Sept 10 – Oct 29	Registration opens
	Stage	45 minute class
	Member/nonmember	
	1	9 – 9:45 am \$75/\$99
	2	9:45 – 10:30 am \$75/\$99
	4	11:45 – 12:30 pm \$75/\$99

Monday & Wednesday

4 weeks	Sept 12 – Oct 5	8/8 member, 8/15 non-member
	Stage	45 minute class
	Member/nonmember	
	1	5 – 5:45 pm \$75/\$99
	3	5:45 – 6:30 pm \$75/\$99

Tuesday & Thursday

4 weeks	Sept 13 – Oct 6	8/8 member, 8/15 non-member
	Stage	45 minute class
	Member/nonmember	
	2	5 – 5:45 pm \$75/\$99

Monday & Wednesday

4 weeks	Oct 17 – Nov 9	9/19 member, 9/26 non-member
	Stage	45 minute class
	Member/nonmember	
	2	5 – 5:45 pm \$75/\$99

Tuesday & Thursday

4 weeks	Oct 18 – Nov 10	9/19 member, 9/26 non-member
	Stage	45 minute class
	Member/nonmember	
	1	5 – 5:45 pm \$75/\$99

Monday–Thursday Mini-Session

2 weeks	Nov 28 – Dec 8	Registration opens
	Stage	30 minute class
	Member/nonmember	
	1	5 – 5:45 pm \$75/\$99
	2	5:45 – 6:30 pm \$75/\$99

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.

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

➤ Financial assistance is available



STRONG SWIMMERS

CONFIDENT KIDS

