

Teen/Adult Swim Lessons

Fall 2022 | Brooks Family YMCA

1 choose a session

2 select a class



Saturday

8 weeks	Sept 10 – Oct 29	Registration opens	8/8 member, 8/15 non-member
Stage	45 minute class	Member/nonmember	
1	11 – 11:45 am	\$75/\$99	

Sunday

8 weeks	Sept 11 – Oct 30	Registration opens	8/8 member, 8/15 non-member
Stage	45 minute class	Member/nonmember	
3	12 – 12:45 pm	\$75/\$99	

Tuesday & Thursday

4 weeks	Sept 13 – Oct 6	Registration opens	8/8 member, 8/15 non-member
Stage	45 minute class	Member/nonmember	
2	5:45 – 6:30 pm	\$75/\$99	

Friday

8 weeks	Sept 16 – Nov 4	Registration opens	8/8 member, 8/15 non-member
Stage	45 minute class	Member/nonmember	
1	7:30 – 8:15 am	\$75/\$99	

Monday & Wednesday

4 weeks	Oct 17 – Nov 9	Registration opens	9/19 member, 9/26 non-member
Stage	45 minute class	Member/nonmember	
2	5:45 – 6:30 pm	\$75/\$99	

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



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Tuesday & Thursday

4 weeks

Oct 18 – Nov 10

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