

School age Swim Lessons

Winter 2023 | Brooks Family YMCA

1

choose a session

2

select a class



3

pick a method

Saturday

8 weeks

Jan 7 – March 4, no class Jan 14

Registration opens

12/12 member, 12/19 non-member

Stage	45 minute class	Member/nonmember
1	9 – 9:45 am	\$75/\$99
2	9:45 – 10:30 am	\$75/\$99
3	11:00 – 11:45 am	\$75/\$99
4	11:45 – 12:30 pm	\$75/\$99

Monday & Wednesday

4 weeks

Jan 9 – Feb 1

12/12 member, 12/19 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

Jan 10 – Feb 12

12/12 member, 12/19 non-member

Stage	45 minute class	Member/nonmember
3	5 – 5:45 pm	\$75/\$99

Monday & Wednesday

4 weeks

Feb 13 – Mar 8

1/16 member, 1/23 non-member

Stage	45 minute class	Member/nonmember
3	5 – 5:45 pm	\$75/\$99

Tuesday & Thursday

4 weeks

Feb 14 – Mar 9

1/16 member, 1/23 non-member

Stage	45 minute class	Member/nonmember
4	5 – 5:45 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



School age Swim Lessons

Winter 2023 | Brooks Family YMCA

Monday–Thursday Mini-Session

2 weeks

March 20–23 & 27–30

Registration opens

2/14 member, 2/21 non-member

Stage	45 minute class	Member/nonmember
3	4 – 4:45 pm	\$75/\$99
4	4:45 – 5:30 pm	\$75/\$99
1	5:00 – 5:45 pm	\$75/\$99
2	5:45 – 6:30 pm	\$75/\$99

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