

# Teen/Adult Swim Lessons

Winter 2023 | Brooks Family YMCA

1 choose a session

2 select a class

3 pick a method



## Sunday

8 weeks	Jan 8 – March 5, no class Jan 15	Registration opens
		12/12 member, 12/19 non-member
Stage	45 minute class	Member/nonmember
2	12:30 – 1:15 am	\$75/\$99

## Tuesday & Thursday

4 weeks	Jan 10 – Feb 2	Registration opens
		12/12 member, 12/19 non-member
Stage	45 minute class	Member/nonmember
1	5:45 – 6:30 pm	\$75/\$99

## Friday

8 weeks	Jan 13 – March 3, no class Jan 14	Registration opens
		12/12 member, 12/19 non-member
Stage	45 minute class	Member/nonmember
1	7:30 – 8:15 am	\$75/\$99

## Monday & Wednesday

4 weeks	Feb 13 – Mar 8	Registration opens
		1/16 member, 1/23 non-member
Stage	45 minute class	Member/nonmember
1	5:45 – 6:30 pm	\$75/\$99

## Tuesday & Thursday

4 weeks	Feb 14 – Mar 9	Registration opens
		1/16 member, 1/23 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.

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**

