

# School age Swim Lessons

Winter 2022 | Brooks Family YMCA

## Tuesday & Thursday

**Registration opens**

<b>January Session</b>   4 Weeks	January 11 – February 3	12/15 member, 12/22 non-member
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Stage	45 minute class	Member/nonmember
<b>1</b>	5:30 – 6:15 pm	\$75/\$99
<b>2</b>	6:15 – 7 pm	\$75/\$99

<b>February Session</b>   4 Weeks	February 15 – March 10	1/10 member, 1/17 non-member
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Stage	45 minute class	Member/nonmember
<b>2</b>	5:30 – 6:15 pm	\$75/\$99
<b>3</b>	6:15 – 7 pm	\$75/\$99

## Saturday

**Registration opens**

<b>Jan – Mar Session</b>   8 Weeks	January 29 – March 26*	12/15 member, 12/22 non-member
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Stage	45 minute class	Member/nonmember
<b>1</b>	9 – 9:45 am	\$75/\$99
<b>2</b>	9:45 – 10:30 am	\$75/\$99
<b>3</b>	11 – 11:45 am	\$75/\$99

## Monday–Thursday Mini Session

**Registration opens**

<b>March Session</b>   2 weeks	March 21–24 & 28–31	2/14 member, 2/21 non-member
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Stage	45 minute class	Member/nonmember
<b>1</b>	5:30 – 6:15 pm	\$75/\$99
<b>2</b>	6:15 – 7 pm	\$75/\$99
<b>3</b>	7 – 7:45 pm	\$75/\$99

\*No class 2/12

### 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.

## Registration

**3** pick a method

**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**

