

Preschool Swim Lessons

Spring 2023 | Brooks Family YMCA

Saturday

8 weeks

March 25 – May 20, no class April 8

Registration opens

2/27 member, 3/6 non-member

Stage	30 minute class	Member/nonmember
1	9 – 9:30 am	\$70/\$94
1	10 – 10:30 am	\$70/\$94
2	9:30 – 10 am	\$70/\$94
2	10:30 – 11 am	\$70/\$94
3	10:30 – 11 am	\$70/\$94

Monday & Wednesday

4 weeks

April 10 – May 3

Registration opens

3/13 member, 3/20 non-member

Stage	30 minute class	Member/nonmember
1	4 – 4:30 pm	\$70/\$94
2	4:30 – 5 pm	\$70/\$94

Tuesday & Thursday

4 weeks

April 11 – May 4

Registration opens

3/13 member, 3/20 non-member

Stage	30 minute class	Member/nonmember
1	4 – 4:30 pm	\$70/\$94
3	4:30 – 5 pm	\$70/\$94

Monday–Thursday Mini-Session

2 weeks

May 15–18 & 22–25

Registration opens

4/17 member, 4/24 non-member

Stage	30 minute class	Member/nonmember
1	4:30 – 5 pm	\$70/\$94
3	5:30 – 6 pm	\$70/\$94

Preschool age
3–5 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 | Phone 434.974.9622 | In person 151 McIntire Park Drive
Charlottesville, VA 22902

➤ Financial assistance is available



STRONG SWIMMERS

CONFIDENT KIDS



choose a session



select a class

