

Preschool Swim Lessons

Winter 2022 | Brooks Family YMCA

1

choose a session

2

select a class



Registration

3

pick a method

Monday & Wednesday

Registration opens

Session	Duration	Dates	Registration
January Session	4 Weeks	January 10 – February 2	12/15 member, 12/22 non-member
February Session	4 Weeks	February 14 – March 9	1/10 member, 1/17 non-member
Stage	30 minute class	Member/nonmember	
1	4:30 – 5 pm	\$70/\$94	
2	5 – 5:30 pm	\$70/\$94	
3	5:30 – 6 pm	\$70/\$94	

Tuesday & Thursday

Registration opens

Session	Duration	Dates	Registration
January Session	4 Weeks	January 11 – February 3	12/15 member, 12/22 non-member
February Session	4 Weeks	February 15 – March 10	1/10 member, 1/17 non-member
Stage	30 minute class	Member/nonmember	
1	4:30 – 5 pm	\$70/\$94	
2	5 – 5:30 pm	\$70/\$94	

Saturday

Registration opens

Session	Duration	Dates	Registration
Jan – Mar Session	8 Weeks	January 29 – March 26*	12/15 member, 12/22 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	12 – 12:30 pm	\$70/\$94	

Monday–Thursday Mini Session

Registration opens

Session	Duration	Dates	Registration
March Session	2 weeks	March 21–24 & 28–31	2/14 member, 2/21 non-member
Stage	30 minute class	Member/nonmember	
1	4:30 – 5 pm	\$70/\$94	
2	5 – 5:30 pm	\$70/\$94	

*No class 2/12

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.

Online | PiedmontYMCA.org | Phone 434.974.9622 | In person 151 McIntire Park Drive

Charlottesville, VA 22902

➔ Financial assistance is available



STRONG SWIMMERS

CONFIDENT KIDS

