

Teen/adult Swim Lessons

Winter 2022 | Brooks Family YMCA

1 choose a session

2 select a class



Tuesday & Thursday

January Session | 4 Weeks

January 11 – February 3

Registration opens

12/15 member, 12/22 non-member

Stage	45 minute class	Member/nonmember
1	7 – 7:45 pm	\$75/\$99

February Session | 4 Weeks

February 15 – March 10

Registration opens

1/10 member, 1/17 non-member

Stage	45 minute class	Member/nonmember
2	7 – 7:45 pm	\$75/\$99

Saturday

Jan – Mar Session | 8 Weeks

January 29 – March 26*

Registration opens

12/15 member, 12/22 non-member

Stage	45 minute class	Member/nonmember
1	11:45 – 12:30 pm	\$75/\$99

Sunday

Jan – Mar Session | 8 Weeks

January 30 – March 27**

Registration opens

12/15 member, 12/22 non-member

Stage	45 minute class	Member/nonmember
2	12 – 12:45 pm	\$75/\$99

*No class 2/12 | **No class 2/13

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.

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

