

School age Swim Lessons

Spring 2023 | Brooks Family YMCA

1 choose a session

2 select a class

3 pick a method

Saturday

8 weeks	March 25 – May 20, no class April 8	Registration opens
		2/27 member, 3/6 non-member
Stage	45 minute class	Member/nonmember
1	9 – 9:45 am	\$75/\$99
2	9:45 – 10:30 am	\$75/\$99
3	11:00 – 11:45 am	\$75/\$99
4	11:45 – 12:30 pm	\$75/\$99

Monday & Wednesday

4 weeks	April 10 – May 3	3/13 member, 3/20 non-member
Stage	45 minute class	Member/nonmember
1	5 – 5:45 pm	\$75/\$99
2	5:45 – 6:30 pm	\$75/\$99

Tuesday & Thursday

4 weeks	April 11 – May 4	3/13 member, 3/20 non-member
Stage	45 minute class	Member/nonmember
3	5 – 5:45 pm	\$75/\$99

Monday–Thursday Mini-Session

2 weeks	May 15–18 & 22–25	Registration opens
		4/17 member, 4/24 non-member
Stage	45 minute class	Member/nonmember
4	5 – 5:45 pm	\$75/\$99

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.

Stage 4 Stroke Introduction. Students develop stroke technique in front and back crawl and learn breaststroke and butterfly kicks. Treading water and elementary backstroke reinforce water safety.

Online | PiedmontYMCA.org | Phone 434.974.9622 | In person 151 McIntire Park Drive
Charlottesville, VA 22902

➤ Financial assistance is available



STRONG SWIMMERS

CONFIDENT KIDS

