

Teen/Adult Swim Lessons

Spring 2023 | Brooks Family YMCA

1 choose a session

2 select a class

3 pick a method



Sunday

8 weeks	March 26 – May 21, no class April 9	Registration opens	2/27 member, 3/6 non-member
	Stage	45 minute class	Member/nonmember
	3	12:15 – 1 pm	\$75/\$99

Tuesday & Thursday

4 weeks	April 11 – May 4	Registration opens	3/13 member, 3/20 non-member
	Stage	45 minute class	Member/nonmember
	1	5:45 – 6:30 pm	\$75/\$99

Friday

8 weeks	April 14 – June 2	Registration opens	3/13 member, 3/20 non-member
	Stage	45 minute class	Member/nonmember
	1	7:30 – 8:15 am	\$75/\$99

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.

Stage 3 Swimming for Fitness. Participants work on stroke mechanics, competitive starts and turns, and swimming for a healthy lifestyle.

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

➤ Financial assistance is available



STRONG SWIMMERS

CONFIDENT KIDS

