

Preschool Swim Lessons

Summer 2022 | Brooks Family YMCA

1 choose a session

2 select a class

3 pick a method



Monday–Thursday Mini Session

July Session | 2 weeks

July 11–14 & 18–21

Registration opens

6/6 member, 6/13 non-member

Stage	30 minute class	Member/nonmember
1	8:30 – 9 am	\$70/\$94
2	9 – 9:30 am	\$70/\$94
3	9:30 – 10 am	\$70/\$94

Saturday

8 weeks

July 9 – Aug 27

Registration opens

6/6 member, 6/13 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–Thursday Mini Session

August Session | 2 weeks

Aug 1–4 & 8–11

Registration opens

6/27 member, 7/5 non-member

Stage	30 minute class	Member/nonmember
1	8:30 – 9 am	\$70/\$94
2	9 – 9:30 am	\$70/\$94
3	9:30 – 10 am	\$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.

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

➔ Financial assistance is available



STRONG SWIMMERS

CONFIDENT KIDS

