

School age Swim Lessons

Summer 2022 | Brooks Family YMCA

Monday–Thursday Mini-Session

June Session | 2 weeks

June 20–23 & 27–30

5/16 member, 5/23 non-member

| Stage | 45 minute class | Member/nonmember |
|-------|-----------------|------------------|
| 1 | 3:30 – 4:15 pm | \$75/\$99 |
| 2 | 4:15 – 5 pm | \$75/\$99 |
| 3 | 5 – 5:45 pm | \$75/\$99 |

Saturday

8 weeks

July 9 – Aug 27

Registration opens

6/6 member, 6/13 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 – 11:45 am | \$75/\$99 |

Monday–Thursday Mini Session

July Session | 2 weeks

July 11 –14 & 18–21

Registration opens

6/6 member, 6/13 non-member

| Stage | 45 minute class | Member/nonmember |
|-------|-----------------|------------------|
| 1 | 3:45 –4:30 pm | \$75/\$99 |
| 2 | 4:30 – 5:15 pm | \$75/\$99 |
| 3 | 5:15 – 6 pm | \$75/\$99 |

Monday–Thursday Mini Session

August Session | 2 weeks

Aug 1–4 & 8–11

Registration opens

6/27 member, 7/5 non-member

| Stage | 45 minute class | Member/nonmember |
|-------|-----------------|------------------|
| 1 | 3:45 –4:30 pm | \$75/\$99 |
| 2 | 4:30 – 5:15 pm | \$75/\$99 |
| 3 | 5:15 – 6 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.

Registration

3 pick a method

Online | [PiedmontYMCA.org](https://www.piedmontymca.org) | Phone 434.974.9622 | In person 151 McIntire Park Drive
Charlottesville, VA 22902

➔ Financial assistance is available



STRONG SWIMMERS

CONFIDENT KIDS

