



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**YMCA OF CENTRAL VIRGINIA**  
Jamerson Family YMCA | 434.582.1900  
Karlie Cofer, Aquatics Director  
www.ymcacva.org

# THE WORLD IS 70% WATER YOUR CHILD IS 100% CURIOUS

YMCA SWIM LESSONS SAVE LIVES



## 7 Weeks • Saturday Mornings • Once a Week

May 18th - June 29th

Preschool 1	9:00am-9:35am	9:40am-10:15am	
Preschool 2	9:00am-9:35am	9:40am-10:15am	
Preschool 3	9:00am-9:35am		
School Age 1	10:20am-11:05am		
School Age 2	10:20am-11:05am		
School Age 3	11:10am-11:55am		
School Age 4	11:10am-11:55am		
School Age 5 & 6	11:10am-11:55am		

The Y has classes for swimmers of all levels and ages. Learn skills that are geared to your personal needs with lesson times that work with your schedule. Let us help you and your child be comfortable and safe in and around the water. Please refer to the backside of this paper to help identify which class suits you and your needs.

For more information contact the Aquatics Department at the Y.  
**NOTE - THERE WILL BE NO CLASSES ON JULY 4TH, MAKE UP CLASSES TBA**

## 2 Weeks • Monday - Thursday Mornings

June 3rd - June 13th • June 17th - June 27th • July 1st - July 12th  
July 15th - 25th • July 29th - August 8th

Preschool 1	10:00am-10:30am	10:35am-11:05am	
Preschool 2	10:00am-10:30am	10:35am-11:05am	
Preschool 3	10:35am-11:05am		
School Age 1	11:10am - 11:55am		
School Age 2	11:10am - 11:55am		
School Age 3	11:10am - 11:55am		
School Age 4			
School Age 5 & 6			
Teen & Adult			

## 2 Weeks • Monday - Thursday Evenings

May 20th - May 31st • June 3rd - June 13th • June 17th - June 27th  
July 1st - July 12th • July 15th - July 25th • July 29th - August 8th

Preschool 1	4:30pm-5pm	5:05pm-5:35pm	5:40pm-6:10pm
Preschool 2	4:30pm-5pm	5:05pm-5:35pm	6:15pm - 6:45pm
Preschool 3	5:55pm-6:25pm		
School Age 1	5:05pm-5:50pm	6:30pm-7:15pm	
School Age 2	5:40pm-6:25pm	6:30pm-7:15pm	
School Age 3	6:50pm-7:35pm		
School Age 4	7:20pm-8:05pm		
School Age 5 & 6	7:20pm-8:05pm		
Teen & Adult	7:40pm-8:25pm		

## Swim Starter Schedule • Ages 6mo. - 3yr.

Swim Starters classes include parents and caregivers introducing infants and toddlers to swimming and water safety. Choose from morning or evening class times. Dates and times are listed below. No classes on 4th of July.

Swim Starters Stage A			Swim Starters Stage B		
9:00am - 9:35am	10am - 10:30am	4:30 - 5:00pm	9:00am - 9:35am	10am - 10:30am	4:30 - 5:00pm
May 18th - June 8th Saturdays Only	June 3rd - June 6th	July 1st, 2nd, 3rd & 8th	May 18th - June 8th Saturdays Only	June 10th - June 13th	July 9th - July 12th
	June 17th - June 20th			June 24th - June 27th	
	July 15th - 18th			July 22nd - July 25th	
	July 29th - August 1st			August 5th - August 8th	

## Registration Information

Age	Member Rate	Non-Member Rate
Preschool	\$35	\$65
School Age		
Adult		
Swim Starters	\$20	\$40

The YMCA of Central Virginia is a charitable non-profit organization. We are committed to promoting Christian principles and practices that provide healthy spirit, mind and body for all through programs that nurture youth development, promote healthy living and foster a sense of social responsibility. Donor supported financial assistance is available.