



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF CENTRAL VIRGINIA
Downtown YMCA | 434.847.5597
Kerry Cofer, Aquatics Director
www.ymcacva.org

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

YMCA SWIM LESSONS SAVE LIVES

7 Weeks • Sundays • Once a Week

Session D: • May 19th – June 30th (No classes May 26th)

Preschool 1	3-3:35pm	
Preschool 2	3-3:35pm	
Preschool 3	3-3:35pm	
School Age 1	3:40-4:25pm	
School Age 2	3:40-4:25pm	
School Age 3	3:40-4:25pm	
School Age 4	4:30-5:15pm	
School Age 5 & 6	4:30-5:15pm	

2 Weeks • Monday – Thursday Mornings • 4 Days Week

Session F: • June 3rd – 13th • June 17th – 27th • July 1st – 11th (No classes July 4th) • July 15th – 25th • July 29th – August 8th

Preschool 1	11:00am-11:30am	
Preschool 2	11:00am-11:30am	
Preschool 3	11:00am-11:30am	
School Age 1	11:35am- 12:15pm	
School Age 2	11:35am- 12:15pm	
School Age 3	11:35am- 12:15pm	
School Age 4	12:20pm-1:00pm	
School Age 5 & 6	12:20pm-1:00pm	

Registration Information

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

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.

2 Weeks • Mon –Thurs Evenings • 4 Days a Week

Session A: • May 20th – May 30th (No classes May 27th) • June 3rd – 13th • June 17th – 27th • July 1st – 11th (No classes July 4th) • July 15th – 25th • July 29th – August 8th

Preschool 1	6:30-7pm
Preschool 2	6:30-7pm
Preschool 3	6:30-7pm
School Age 1	7:05pm-7:45pm
School Age 2	7:05pm-7:45pm
School Age 3	7:05pm-7:45pm
School Age 4	7:50-8:30pm
School Age 5 & 6	7:50-8:30pm
Teen/Adult	7:50-8:30pm

Swim Starter Schedule

Swim Starters classes include parents and caregivers introducing infants and toddlers to swimming and water safety. Please refer to the backside of this page to identify which class best suits your child's needs.

Swim Starters A | 4 Week Session: Sunday May 19th – June 6th
Mon-Thurs 1 Week Sessions: May 20th – May 23rd • June 3rd – June 6th •
July 1st – July 5th • July 15th – July 18th • July 29th – August 1st

Swim Starters B | Mon - Thurs 1 Week Sessions:
May 27th – May 30th • June 10th – June 13th • June 24th – June 27th • July 8th
– July 11th • July 22nd – July 25th • August 5th – August 8th

Sunday Afternoon 3:00pm-3:35pm 4 Week Session	Mon-Thurs Mornings 11:00am-11:30am 1 Week Session	Mon-Thurs Evenings 6:30pm-7:00pm 1 Week Session
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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.