

# GROUP SWIM LESSONS

Fall I 2022  
Benton Harbor-St. Joseph YMCA

**Fall I Session:** September 4 – October 22  
*No classes Labor Day*

**30-Minute:** Member: \$91 • Non-Member: \$182  
**45-Minute:** Member: \$100 • Non-Member: \$200

**Fall II Session:** October 23–December 17  
*No classes November 20–26*

INFANT/TODDLER 6 Months–3 Years	Length	MON	TUE	WED	THUR	FRI	SAT
<b>Water Discovery/ Water Exploration</b>	30 min		Parents must accompany children in the pool				10:30 AM (M) 11:00 AM (M)
PRESCHOOL 3–5 Years		MON	TUE	WED	THUR	FRI	SAT
<b>Water Acclimation/ Water Movement</b>	30 min	4:25 PM (M)*		4:25 PM (M)			10:00 AM (E) 10:00 AM (AN)
<b>Water Stamina/ Stroke Introduction</b>	30 min	4:25 PM (L)*		4:25 PM (L)			10:30 AM (E)
SCHOOL AGE 6–14 Years		MON	TUE	WED	THUR	FRI	SAT
<b>Water Stamina/ Stroke Introduction</b>	45 min	5:00 PM (M)*		5:00 PM (M)			11:00 AM (E)
<b>Stroke Development</b>	45 min	5:00 PM (L)*		5:00 PM (L)			10:30 AM (AN)
<b>Stroke Mechanics* (Jr. Dolphins) Member: \$150 Non-Member: \$300</b>	45 min	5:00 PM (L)* Meets Mon&Sat		5:00 PM (L) Meets Wed&Sat			11:15 AM (AN) Meets Mon or Wed & Sat
ADULT 15+ Years		MON	TUE	WED	THUR	FRI	SAT
<b>Adult Lessons</b>	45 min	Please register for private or semi-private lessons. Days & Times vary.					
SPECIALTY		MON	TUE	WED	THUR	FRI	Cost
<b>Aqua Greyhounds Masters Swim Team Starts October 25</b>	75 min		6:30 PM (S)		6:30 PM (S)		10-Punch Card Member: \$40 Non-Member: \$80

**A** – Aruna     **AN** – Anna B  
**M** – Mary     **L** – LeeAnn  
**SA** – Sam     **E** – Emily

\*Monday lessons are prorated due to Labor Day  
**30-Minute:** Member: \$78 • Non-Member: \$156  
**45-Minute:** Member: \$86 • Non-Member: \$172  
**Stoke Mechanics:** Member: \$140 • Non-Member: \$280

## Private & Semi Private Swim Lessons

A YMCA certified swim instructor could be just what you or your child needs to get comfortable in the water or achieve your swimming goals. Your lessons are designed to meet your specific needs. Punch cards are available for private and semi-private lessons for all ages. Please contact Sammee Schaller, aquatics director, at [sschaller@ymcagm.org](mailto:sschaller@ymcagm.org) for more information and to register. *For ages 6 months+.*

**6 Private Half-Hour Punches**  
Member: \$144  
Non-Member: \$288

**6 Semi-Private Half-Hour Punches**  
Member: \$114  
Non-Member: \$228

**A / WATER DISCOVERY** Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

**1 / WATER ACCLIMATION** Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.

**3 / WATER STAMINA** In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

**5 / STROKE DEVELOPMENT** Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

**B / WATER EXPLORATION** In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

**2 / WATER MOVEMENT** In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

**4 / STROKE INTRODUCTION** Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

**6 / STROKE MECHANICS** In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

## Which stage is the student ready for?

Can the student respond to verbal cues and jump on land?

NOT YET

**A / WATER  
DISCOVERY**

Is the student comfortable working with an instructor without a parent in the water?

NOT YET

**B / WATER  
EXPLORATION**

Can the student go underwater voluntarily?

NOT YET

**1 / WATER  
ACCLIMATION**

Can the student do a front and back float on their own?

NOT YET

**2 / WATER  
MOVEMENT**

Can the student swim 10–15 yards on their front and back?

NOT YET

**3 / WATER  
STAMINA**

Can the student swim 15 yards of front and back crawl?

NOT YET

**4 / STROKE  
INTRODUCTION**

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET

**5 / STROKE  
DEVELOPMENT**

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET

**6 / STROKE  
MECHANICS**