

# GROUP SWIM LESSONS

Fall I 2023 (7 Weeks)  
Benton Harbor-St. Joseph YMCA

**Fall I Session:** Sept. 10–Oct. 28

**Fall II Session:** Oct. 29–Dec. 23

*No classes Nov. 19–25*

**30–Minute:** Member: \$96 • Community: \$192

**45–Minute:** Member: \$107 • Community: \$214

INFANT/TODDLER 6 Months–3 Years	Length	MON	TUE	WED	THUR	FRI	SAT
Water Discovery/ Water Exploration	30 min		Parents must accompany children in the pool				10:00 AM (M) 10:30 AM (M)
PRESCHOOL 3–5 Years		MON	TUE	WED	THUR	FRI	SAT
Water Acclimation	30 min	4:25 PM (M/E)		4:25 PM (M)			11:00 AM (M)
Water Movement	30 min	4:25 PM (L)		4:25 PM (L)			
SCHOOL AGE 6–14 Years		MON	TUE	WED	THUR	FRI	SAT
Stroke Introduction (Beginner)	45 min	5:00 PM (M/E)		5:00 PM (M)			11:30 AM (M)
Stroke Development/ Mechanics (Intermediate/Advance)	45 min	5:00 PM (L)		5:00 PM (L)			
SPECIALTY		MON	TUE	WED	THUR	FRI	SAT
Homeschool Swim & Fitness	45 min in water		1:00 PM (K/R)			Member: \$160 Community: \$295	
Homeschool Group Lesson	45 Min			3:30 PM (M)		Member: \$107 Community: \$214	
Master's Swim Team October 31–May 23	75 Min		6:30 PM (S)		6:30 PM (S)	Member: \$40 (10 punch card) Community: \$80 (10 punch card)	

**E**– Ethan      **K** – Kristy      **R** – Rebekah  
**L** – LeeAnn    **A**– Aruna      **M** – Mary

## 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 Kendra Gray, aquatics coordinator, at [kgray@ymcagm.org](mailto:kgray@ymcagm.org) for more information and to register. *For ages 6 months+.*

**6 Private Half-Hour Punches**  
Member: \$150  
Community: \$300

**6 Semi-Private Half-Hour Punches**  
Member: \$120  
Comunnity: \$240

# Lifeguard Certification

Become a certified lifeguard through the American Red Cross! Check our website for upcoming courses! [ymcagm.org](http://ymcagm.org)

**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**