

GROUP SWIM LESSONS

Fall I 2024 (7 Weeks)
Benton Harbor–St. Joseph YMCA

Fall I Session: Sept. 8–Oct. 26

(Registration Opens August 18)

Fall II Session: Oct. 27–Dec 21 No Classes Nov. 25–30

(Registration Opens October 14)

30–Minute: Member: \$100 • Community: \$200

45–Minute: Member: \$115 • Community: \$230

| 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) |
| PRESCHOOL 3–5 Years | | MON | TUE | WED | THUR | FRI | SAT |
| Water Acclimation | 30 min | 4:25 PM (M) | | 4:25 PM (M) | | | 10:35 AM (M) |
| Water Movement | 30 min | 4:25 PM (E/C) | | 4:25 PM (E) | | | 10:35 AM (C) |
| Water Stamina | 30 min | 4:25 PM (L) | | 4:25 PM (L) | | | |
| SCHOOL AGE 6–14 Years | | MON | TUE | WED | THUR | FRI | SAT |
| Water Acclimation | 45 min | 5:00 PM (M) | | 5:00 PM (M) | | | |
| Stroke Introduction | 45 min | 5:00 PM (E/C) | | 5:00 PM (E) | | | 11:10 AM (C/M) |
| Stroke Development/ Mechanics | 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 (E/A/R/K) | | | | Member: \$160 Community: \$295 |
| Homeschool Group Lesson | 45 Min | | | 3:30 PM (M/L) | | | Member: \$107 Community: \$214 |

No Make-Up Classes

E– Ethan **K**– Kristy **R**– Rebekah **A**– Abby
M– Mary **C**– Catherine **L**– LeeAnn

Private & Semi Private Swim Lessons

A trained 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 director, at kgray@ymcagm.org for more information and to register. *For ages 3 years+.*

6 Private Half-Hour Punches
Member: \$170
Community: \$340

6 Semi-Private Half-Hour Punches
Member: \$140
Community: \$280

Lifeguard Certification

Become a certified lifeguard through the American Red Cross! Check our website for upcoming courses! ymcagm.org

Ages 6 months – 3 years (30 minute class)

Water Discovery/Exploration

This class is instructor-led and requires an adult to accompany the child during the class. This class introduces infants and toddlers to the pool through exploration and play. Parents work with their children to explore body positions, floating, blowing bubbles, fundamental safety, and aquatic skills.

Ages 3-5 (30 minute classes)

Water Acclimation

This class is designed for students who are beginners to teach them how to put their faces in the water and be comfortable in and around the pool. Students in this class will wear floatation devices. Students learn through play how to put their faces in the water, blow bubbles, kick, move independently with their floatation device, pool safety, and exit the pool.

Water Movement

This class is designed for students who are already comfortable in the water, can put their face in the water, and move independently in the water with their floatation device. Students in this class will wear a floatation device but will be working to become independent without it. This class will focus on body position and control, front floats, back floats, moving to front crawl, and backstroke.

Water Stamina

This class is designed for students who are able to swim independently without a floatation device. This class will work on front crawl, backstroke, treading water, increasing swimming distance, and endurance.

Ages 6-14 (45 minute classes)

Water Acclimation

This class is designed for our older swimmers that are beginner swimmers, to teach them how to be comfortable in and around the pool. Students learn to be comfortable with their faces in the water and blowing bubbles, kicking, moving independently in the water, front floating, back floating, gliding, and pool safety.

Stroke Introduction

This class is designed for students who are comfortable submerging in the water. This class focuses on floating, gliding, introducing front crawl, rotary breathing, backstroke, and treading water.

Stroke Development

This class is designed to refine stroke technique of front crawl and backstroke and introduce dolphin kick and breaststroke. Students will be working on rotary breathing, building endurance to increase swim distance, and working on diving. **Swimmers must be able to swim at least one length of the pool to be in this class.**