

GROUP SWIM LESSONS

Summer I 2021 (5 Weeks)
Benton Harbor-St. Joseph YMCA

Summer I Session: June 6 – July 17

Summer II Session: July 18 – August 21

*No classes June 27–July 3

30-Minute: Member: \$53 • Non-Member: \$106

45-Minute: Member: \$60 • Non-Member: \$120

INFANT/TODDLER 6 Months–3 Years	Length	MON	TUE	WED	THUR	FRI	SAT
Water Discovery/ Water Exploration	30 min	5:15 PM (M)		5:15 PM (M)	Parents must accompany children in the pool		10:15 AM (M)
PRESCHOOL 3–5 Years		MON	TUE	WED	THUR	FRI	SAT
Water Acclimation/ Water Movement	30 min	5:15 PM (L)		5:15 PM (L/M)			10:45 AM (M)
Water Stamina/ Stroke Introduction	30 min	5:15 PM (J)		5:15 PM (J)			11:15 AM (M)
SCHOOL AGE 6–12 Years		MON	TUE	WED	THUR	FRI	SAT
Water Stamina/ Stroke Introduction	45 min	5:45 PM (L)		5:45 PM (L)			9:30 AM (J)
Stroke Development	45 min	5:45 PM (J)		5:45 PM (J)			10:15 AM (J)
*Stroke Mechanics (Jr. Dolphins) Member: \$90 Non-Member: \$180	45 min	5:45 PM (J/V) Meets Mon&Sat		5:45 PM (J/V) Meets Wed&Sat			11:00 AM (J/V) Meets Mon or Wed & Sat
ACCELERATED 2 WEEK LESSONS 3–12 Years		MON	TUE	WED	THUR	FRI	SAT
June 14–24 July 5–15	30/45 min	4:00 PM (M/L) Meets M-Th	4:00 PM (M/L) Meets M-Th	4:00 PM (M/L) Meets M-Th	4:00 PM (M/L) Meets M-Th	Ages 3–5 (30 min) Member: \$84 Non-Member: \$168	
July 19–29 August 2–12	30/45 Min	4:30 PM (M/L) Meets M-Th	4:30 PM (M/L) Meets M-Th	4:30 PM (M/L) Meets M-Th	4:30 PM (M/L) Meets M-Th	Ages 6–12 (45 min) Member: \$96 Non-Member: \$192	
BACKYARD LESSONS 6 Months+		MON	TUE	WED	THUR	FRI	SAT
Private Lessons	30 min	5 Lessons: \$110 + mileage			Lessons scheduled based on location and preferred time.		
Semi-Private Lessons (Max 4 participants)	30 min	5 Lessons: \$90 + mileage			Lessons scheduled based on location and preferred time.		

ADULT 13+ Years		MON	TUE	WED	THUR	FRI	SAT
Adult Lessons	45 min	Please register for private or semi-private lessons. Days & Times vary.					
SPECIALTY		MON	TUE	WED	THUR	FRI	SAT
Aqua Greyhounds Masters Swim Team	90 min	10-Punch Card Member: \$30 Non-Member: \$60		7:00-8:30 PM (SA)		5:45-7:15 PM (SA)	

V – Vanya **SA** – Samuel **J** – Jordan
L – LeeAnn **AR** – 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 Sammee Schaller, aquatics director, at sschaller@ymcagm.org for more information and to register. *For ages 6 months+.*

6 Private Half-Hour Punches
 Member: \$126
 Non-Member: \$252

6 Semi-Private Half-Hour Punches
 Member: \$96
 Non-Member: \$192

Lifeguard Certification

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