

GROUP SWIM LESSONS

Summer I 2023 (5 Weeks)
Benton Harbor-St. Joseph YMCA

Summer I Session: June 11 – July 22

Summer II Session: July 23 – August 26

*No classes July 2-8

30-Minute: Member: \$65 • Non-Member: \$130

45-Minute: Member: \$72 • Non-Member: \$144

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	5:15 PM (M/K)		5:15 PM (M/K)			11:00 AM (M)
Water Movement	30 min	5:15 PM (L/ED)		5:15 PM (L/ ED)			
SCHOOL AGE 6–14 Years		MON	TUE	WED	THUR	FRI	SAT
Stroke Introduction (Beginner)	45 min	5:45 PM (M/K)		5:45 PM (M/K)			11:30 AM (M) (30 mins)
Stroke Development (Intermediate)	45 min	5:45 PM (L)		5:45 PM (L)			
Stroke Mechanics (Advanced)	45 min	5:45 PM (ED)		5:45 PM (ED)			
ACCELERATED 2 WEEK LESSONS 3–14 Years		MON	TUE	WED	THUR	FRI	SAT
June 19–29 and/or July 10–20 and/or July 25–August 3	30 min	4:00 PM (L/K/ED) <i>Meets M–Th</i>	4:00 PM (L/K/ED) <i>Meets M–Th</i>	4:00 PM (L/K/ED) <i>Meets M–Th</i>	4:00 PM (L/K/ED) <i>Meets M–Th</i>	Ages 3–5 Member: \$104 Non-Member: \$208	
	45 Min	4:30 PM (L/K/ED) <i>Meets M–Th</i>	4:30 PM (L/K/ED) <i>Meets M–Th</i>	4:30 PM (L/K/ED) <i>Meets M–Th</i>	4:30 PM (L/K/ED) <i>Meets M–Th</i>	Ages 6–12 Member: \$114 Non-Member: \$228	
BACKYARD LESSONS 6 Months+		MON	TUE	WED	THUR	FRI	SAT
Private Lessons	30 min	5 Lessons: \$160 + mileage			Lessons scheduled based on location and preferred time.		
Semi-Private Lessons (Max 4 participants)	30 min	5 Lessons: \$140 + mileage			Lessons scheduled based on location and preferred time.		

ED – Eden

LS – LeeAnn

K – Karyin

S – Sam

R – Rebekah

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: \$144

Non-Member: \$288

6 Semi-Private Half-Hour Punches

Member: \$114

Non-Member: \$228

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.