

GROUP SWIM LESSONS

Winter II 2021
Benton Harbor-St. Joseph YMCA

Winter I Session: January 3–February 20

Winter II Session: February 21–April 17

No lessons April 4–10.

30-Minute: Member: \$73.50 • Non-Member: \$147

45-Minute: Member: \$84 • Non-Member: \$168

| INFANT/TODDLER 6 Months–3 Years | Length | MON | TUE | WED | THUR | FRI | SAT |
|---|--------|---|----------------------|------------------------------|----------------------|-----|---|
| Water Discovery/ Water Exploration | 30 min | 10:15 AM (AR) | | | | | 10:15 AM (V) 11:15 AM (J) |
| PRESCHOOL 3–5 Years | | MON | TUE | WED | THUR | FRI | SAT |
| Water Acclimation/ Water Movement | 30 min | 10:45 AM (AR) 4:30 PM (L) | | 4:30 PM (L) | | | 10:45 AM (V) |
| Water Stamina/ Stroke Introduction | 30 min | 4:30 PM (V) | | 4:30 PM (V) | | | 11:15 AM (V) |
| SCHOOL AGE 6–12 Years | | MON | TUE | WED | THUR | FRI | SAT |
| Water Stamina/ Stroke Introduction | 45 min | 5:00 PM (L) | | 5:00 PM (L) | | | 11:45 AM (V) |
| Stroke Development | 45 min | 5:00 PM (V) | | 5:00 PM (V) | | | 12:30 PM (V) |
| Stroke Mechanics* (Jr. Dolphins) | 45 min | *Member: \$126 *Non-Member: \$252 | | 5:00 PM (V) Meets Wed&Sat | | | 9:30 AM (V) Meets Wed&Sat |
| ADULT 13+ Years | | MON | TUE | WED | THUR | FRI | SAT |
| Adult Lessons | 45 min | Please register for for private or semi-private lessons. Days & Times vary. | | | | | |
| SPECIALTY | | MON | TUE | WED | THUR | FRI | Cost |
| Aqua Greyhounds Masters Swim Team | 75 min | | 6:40–7:30 PM (SA) | | 6:40–7:40 PM (SA) | | 10-Punch Card Member: \$30 Non-Member: \$60 |

A – Andre **V** – Vanya **SA** – Samuel **J** – Jordan
S – Sherri **L** – LeeAnn **AR** – Aruna

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

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**