



**Benton Harbor- St. Joseph YMCA Swim Lesson Schedule**  
*Spring Session: April 21-June 8 (No program on Memorial Day)*

Infant/Toddler (6 months-3 years)	Price Monday = 6 weeks	Price Wednesday & Saturday = 7 weeks	Duration	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Discovery	\$63 Member \$126 Non-member	\$73.50 Member \$147 Non-member	30 mins	10:00am (M)					9:15am (P) 10:45am (P)	
Water Exploration	\$63 Member \$126 Non-member	\$73.50 Member \$147 Non-member	30 mins	10:00am (M)					9:15 am (P) 10:45am (P)	
Preschool (3-5 years )	Price Monday = 6 weeks	Price Wednesday & Saturday = 7 weeks	Duration	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Acclimation	\$63 Member \$126 Non-member	\$73.50 Member \$147 Non-member	30 mins	5:00pm (S)		10:15am (P) 5:00pm (NZ/P)			10:15am (P)	
Water Movement	\$63 Member \$126 Non-member	\$73.50 Member \$147 Non-member	30 mins	5:00pm (NZ)		10:15am (P) 5:00pm (NZ)				
Water Stamina/ Stroke Introduction	\$63 Member \$126 Non-member	\$73.50 Member \$147 Non-member	30 mins	5:00pm (P)		10:15am (P) 5:00pm (P)			9:45am (P)	
School Age (6-14 years )	Price Monday = 6 weeks	Price Wednesday & Saturday = 7 weeks	Duration	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Acclimation/ Water Movement	\$72 Member \$144 Non-member	\$84 Member \$168 Non-member	45 mins	5:35pm (P)		5:35pm (P)			11:15am (P)	
Water Stamina	\$72 Member \$144 Non-member	\$84 Member \$168 Non-member	45 mins	5:35pm (S)		5:35pm (P/NZ)				
Stroke Introduction/ Stroke Development	\$72 Member \$144 Non-member	\$84 Member \$168 Non-member	45 mins	5:35pm (NZ)		5:35pm (NZ)				
Jr. Dolphins		\$84 Member \$168 Non-member	45 mins		6:30pm(P) (meets T&TH)		6:30pm (P) (meets T & TH)			
Adult (13+ Years)	Price	Price	Duration	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Lessons		\$84 Member \$168 Non-member	45 mins			6:45pm (P)				
Specialty Aquatics	Price	Price	Duration	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Runners Homeschool (3-5 years)		\$95 Member \$105 Non-member	30 mins in water		1:15-1:45pm (AL/ST) (swim time only)					
Homeschool P.E.		\$113 Member \$163 Non-Member	35 mins in water		1:00-1:35pm (P) (older kids swim) 2:00-2:35pm (P) (younger kids swim)					
Swim-Cycle-Run		\$113 Member \$163 Non-Member	45 mins in water		2:00-2:45pm (TH) (swim time only)					
Aqua Greyhounds Master's Swim Team		\$30 Member (10 punch card) \$60 (10 punch card)	75 mins		6:30-7:45pm (SA)		6:30-7:45pm (SA)			
Specialty Aquatics	Price	Price	Duration	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Just For You Swim (6-14 years)		\$84 Member \$168 Non-Member	30 mins				5:30pm (NZ)			
Preschool Swim		NA	30-45 mins		11:00am (P/ND/A/D/AL) 30 mins	10:45am (P/A/D/AL/R/S) 45 mins	10:45am (ND/A) 45 mins			
School Groups		NA	NA	Mildred C. Wells (not started) 1:00-2:30pm		Riverside (P/A/MA/AL/ST) 12:15-1:30pm		Grace (P/A) 1:00-2:30pm		

Instructors:	
P-PJ	M-Miriam
S-Sara	D-Dan
A-Aruna	R-Rob
SA-Sam	TH-Thom
NZ-Nancy Z.	ND- Nancy D.
AL-Allissa	ST-Stacy
MA- Manny	