



**Benton Harbor- St. Joseph YMCA Swim Lesson Schedule**  
 Winter I Session: January 6-February 23

Infant/Toddler (6 months-3 years)	Price	Duration	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Discovery	\$73.50 Member \$147 Non-member	30 mins	10:00am (M)					10:45am (P)	
Water Exploration	\$73.50 Member \$147 Non-member	30 mins	10:00am (M)					10:45 am (P)	
Preschool (3-5 years )	Price	Duration	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Acclimation	\$73.50 Member \$147 Non-member	30 mins	4:40pm (T)		10:15am (P) 4:40pm (NZ/P)			10:15am (P)	
Water Movement	\$73.50 Member \$147 Non-member	30 mins	4:40pm (NZ)		10:15am (P) 4:40pm (NZ)				
Water Stamina/ Stroke Introduction	\$73.50 Member \$147 Non-member	30 mins	4:40pm (P)		10:15am (P) 4:40pm (P)			9:45am (P)	
School Age (6-12 years )	Price	Duration	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Acclimation/ Water Movement	\$84 Member \$168 Non-member	45 mins	5:15pm (P)		5:15pm (P)			11:15am (P)	
Water Stamina	\$84 Member \$168 Non-member	45 mins	5:15pm (T)		5:15pm (P/NZ)				
Stroke Introduction/ Stroke Development	\$84 Member \$168 Non-member	45 mins	5:15pm (NZ)		5:15pm (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	Duration	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Lessons	\$84 Member \$168 Non-member	45 mins							
Specialty Aquatics	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 (M/A)					
Homeschool Swim & Fitness	\$113 Member \$163 Non-Member	35 mins in water		1:00-1:35pm (P) 2:00-2:35pm (P)					
Swim-Cycle-Run	\$113 Member \$163 Non-Member	45 mins in water		2:00-2:45pm (TH)					
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	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) 30 mins	10:45am (P/A/D/G/R) 45 mins	10:45am (ND) 45 mins			
School Groups	NA	NA					Grace 1:00-2:30pm		

Instructors:	
P-PJ	M-Miriam
T-Tami	G-Gwen
A-Aruna	R-Rob
SA-Sam	TH-Thom
NZ-Nancy Z.	ND- Nancy D.
D-Dan	