

GROUP SWIM LESSONS

Benton Harbor-St. Joseph YMCA

Fall I Session: September 8–October 26

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

Fall II Session: October 27–December 21

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

INFANT/TODDLER 6 Months–3 Years	Length	MON	TUE	WED	THUR	FRI	SAT
Water Discovery	30 min	10:00 AM					9:15 AM 10:45 AM
Water Exploration	30 min	10:00 AM					9:15 AM 10:45 AM
PRESCHOOL 3–5 Years		MON	TUE	WED	THUR	FRI	SAT
Water Acclimation	30 min	10:30 AM 4:40 PM		4:40 PM			10:15 AM
Water Movement	30 min	10:30 AM 4:40 PM		4:40 PM			
Water Stamina/ Stroke Introduction	30 min	10:30 AM 4:40 PM		4:40 PM			9:45 AM
SCHOOL AGE 6–12 Years		MON	TUE	WED	THUR	FRI	SAT
Water Acclimation/ Water Movement	45 min	5:15 PM		5:15 PM			11:15 AM
Water Stamina	45 min	5:15 PM		5:15 PM			
Stroke Introduction/ Stroke Development	45 min	5:15 PM		5:15 PM			
Jr. Dolphins	45 min		6:30 PM*		6:30 PM*	*Price includes both Tues & Thurs class each week	
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	Cost
Just for You Ages 6–14	30 min				5:30 PM		\$84/\$168
Aqua Greyhounds Master's Swim Team	75 min		6:30 PM		6:30 PM		\$30/\$60 per punch card

LIFEGUARD CERTIFICATION

Pre-Course October 4 • 4:00–5:00 PM

Course October 5, 12, & 19 • 12:00–6:00 PM

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**