

2019 Spring Session • April 21–June 8

Youth Sports

Benton Harbor–St. Joseph YMCA	Class	Ages	Day/Times	Cost
	Fun with Sports	3–5 years	Thursdays 5:30–6:00 PM	Member: \$63 Non-Member: \$130
	Foundations of Sports	6–9 years	Thursdays 6:15–7:15 PM	Member: \$85 Non-Member: \$170
	Fundamentals of Sports	10–12 years	Thursdays 6:15–7:15 PM	Member: \$85 Non-Member: \$170
	Basketball Clinic	6–12 years	Mondays 6:15–7:15 PM	Member: \$72.50 Non-Member: \$145
	Karate (Beginner)	7–11 years	Thursdays 6:15–7:15 PM	Member: \$85 Non-Member: \$170
	Karate (Advanced)	7–11 years	Thursdays 7:15–8:15 PM	Member: \$85 Non-Member: \$170



Niles–Buchanan YMCA	Class	Ages	Day/Times	Cost
	Fun with Sports	3–5 years	Mondays 5:30–6:00 PM	Member: \$55.50 Non-Member: \$111.50
	Foundations of Sports	6–9 years	Mondays 6:15–7:15 PM	Member: \$72.75 Non-Member: \$145.75
	Fundamentals of Sports	10–12 years	Mondays 6:15–7:15 PM	Member: \$72.75 Non-Member: \$145.75
	Tae Kwon Do White Belt	5+ years	Saturdays 11:15 AM–12:00 PM	Member: \$84 Non-Member: \$168
	Tae Kwon Do Orange Belt	5+ years	Saturdays 12:00–12:45 PM	Member: \$84 Non-Member: \$168
	Tae Kwon Do Yellow/Camo Belt	5+ years	Saturdays 1:00–1:45 PM	Member: \$84 Non-Member: \$168
	Horseback Riding	7–13 years	Wednesdays 4:30–5:30 PM or 5:30–6:30 PM	Member: \$200 Non-Member: \$200



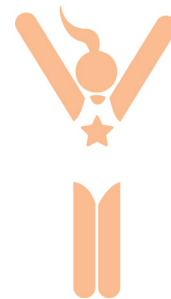
Youth Fitness

Benton Harbor–St. Joseph YMCA	Class	Ages	Day/Times	Cost
	Strength & Fitness I	9–11 years	Mondays & Wednesdays 5:00–5:45 PM	Member: \$78 Non-Member: \$156
	Strength & Fitness II Boys	12–15 years	Tuesdays & Thursdays 4:15–5:00 PM	Member: \$85 Non-Member: \$170
	Strength & Fitness II Girls	12–15 years	Tuesdays & Thursdays 4:00–4:45 PM	Member: \$85 Non-Member: \$170
	Speed & Agility	8–13 years	Mondays & Thursdays 5:00–5:45 PM	Member: \$85 Non-Member: \$170
	Swim, Cycle, Run	Any	Tuesdays 1:00–2:45 PM	Member: \$113 Non-Member: \$163
	Water Runners	3–5 years	Tuesdays 1:00–2:30 PM	Member: \$95 Non-Member: \$105



Gymnastics

BHSJ	Class	Ages	Day/Times	Cost
	Parent/Toddler	18mo-3 years	Wednesdays 5:30-6:00 PM	Member: \$85 Non-Member: \$170
	Beginner	4-9 years	Wednesdays 6:15-7:15 PM	Member: \$85 Non-Member: \$170
	Intermediate	10-14 years	Mondays 5:15-6:15 PM	Member: \$72.50 Non-Member: \$145



NB	Class	Ages	Day/Times	Cost
	Parent/Toddler	18mo-3 years	Tuesdays 5:30-6:30 PM	Member: \$63 Non-Member: \$126
	Beginner	4-9 years	Tuesdays 6:15-7:15 PM	Member: \$85 Non-Member: \$170
	Beginner	10-14 years	Thursdays 5:10-6:10 PM	Member: \$85 Non-Member: \$170
	Advanced	4-9 years	Tuesdays 7:30-8:30 PM	Member: \$85 Non-Member: \$170
	Advanced	10-14 years	Thursdays 6:10-7:10 PM	Member: \$85 Non-Member: \$170

Dance

BHSJ	Class	Ages	Day/Times	Cost
	Explore Dance	6-16 years	Fridays 4:30-5:15 PM	Member: \$73.50 Non-Member: \$125



Adult Sports & Fitness

BHSJ	Class	Ages	Day/Times	Cost
	Karate (Beginner)	12+ years	Tuesdays 7:15-8:15 PM	Member: \$100 Non-Member: \$120
Karate (Advanced)	12+ years	Tuesdays 7:15-9:15 PM	Member: \$120 Non-Member: \$140	



NB	Class	Ages	Day/Times	Cost
	Women on Weights (April 22-June 13)	18+ years	Wednesdays 8:00-8:30 AM	Member: \$84 Non-Member: \$170

View our swim lesson schedule on our website at www.ymcaswm.com

