



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# AQUATICS PROGRAM GUIDE

**Ages 6 months - Adult**



**Peter-Blum Family YMCA**  
6631 Palmetto Circle S  
Boca Raton, FL 33433  
561-395-9622  
[www.ymcaspbc.org](http://www.ymcaspbc.org)

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Aquatics Director  
561-237-0951  
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# GROUP SWIM LESSONS

Swimming lessons at the Y are specifically tailored to the participant's age, swimming ability, level of physical development and confidence in the water. The Y ensures a low instructor-to-student ratio to ensure our kids get plenty of personal attention.

## PARENT-CHILD (6mo-2yrs)

Member: \$65 per session

 Online

Non-Member: \$150 per session

Class Length: 30 minutes

Ratio: 10 students : 1 instructor

Scheduling: Monthly Times:

Tue/Thurs: 11:30am

Saturday: 9:00, 10:25am

Sunday: 9:00am

## PRESCHOOL (3-5yrs)

Member: \$65 per session

Non-Member: \$150 per session

Class Length: 30 minutes

Ratio: 6 students : 1 instructor

Scheduling: Monthly Times:

Mon/Wed @ 3:30, 4:55, & 6:20pm

Tue/Thurs @ 3:30, 4:55, & 6:20pm

Saturday @ 9, 10:25 & 11:45am

Sunday @ 9:30am

## Youth (6-11yrs)

Member: \$65 per session

Non-Member: \$150 per session

Class Length: 45 minutes

Ratio: 8 students : 1 instructor

Scheduling: Monthly Times:

Mon/Wed @ 4:05 & 5:30pm

Tue/Thurs @ 4:05 & 5:30pm

Saturday @ 9:35am & 11am

Sunday @ 10am

## Upcoming Session Dates

 Online

Monday/Wednesday

September 8th - 29th

October 4th - 27th

November 1st - 29th

December 1st - 15th

Tuesday/Thursday

September 7th - 30th

October 5th - 28th

November 2nd - 30th no class 11/25

December 2nd - 16th

Saturday :

September 11th—October 30th

November 6th - December 18th

Sunday:

September 12th—October 31st

November 7th - December 19th

## Swim Evaluations

If your child has not taken lessons with us before (or it has been longer than 2 months) they must complete a swim evaluation prior to registering. Please register ahead of time.

Scheduling:

Saturday's @ 12:00pm

Sunday's @ 9:00am

# PRIVATE SWIM LESSONS

Private and semi-private swim lessons at the YMCA are designed to allow individuals the ability to work at their own personal level and pace in order to achieve their goals.

## Private Lessons

One Participant

Member: \$162 (6x 30 min)

Non-Member: \$262 (6x 30 min)

## Semi-Private Lessons

Two Participants

Member: \$268 or \$134 per participant

Non-Member: \$368 or \$184 per participant  
(6x 30 min. per participant)

**Scheduling:** An instructor will contact you to set up your lesson time.  
\* 90 day expiration from time of first class

## TEEN (12-17 YRS OLD)

Member: \$65 per session

Non-Member: \$150 per session

Class Length: 45 minutes

Ratio: 8 students :1 instructor

**Scheduling:** Monthly Times:  
Saturday @ 12:15pm

## ADULT (18 YRD OLD +)

Member: \$65 per session

Non-Member: \$150 per session

Class Length: 45 minutes

Ratio: 8 students :1 instructor

**Scheduling:** Monthly Times:  
Saturday @ 12:15pm

## Swim Team

This competitive program offers children and teens an opportunity to work with trained coaches to improve swimming skills, endurance and promote a healthy lifestyle.

**Tryouts:** Available Tuesday and Thursdays at 4:15pm.

### Members Only:

\$180 per season,

Sibling discount \$164 per season

### Scheduling:

Monday-Thursday: Level I: 4:30pm-5:30pm

Level II: 5:30pm-6:30pm

Level III: 6:30pm-7:30pm

**Season Date:** 09/07/2021-  
12/09/2021

## Splash & Swim Parties

Kids love to have their parties at the Y! Your child and party guests will have a great time in a safe, wholesome environment and our warm and friendly staff will take the headache and hassle out of the day. This party includes one hour of "party time" in the party room and one hour in the pool. Your child and party guests will have fun splashing and swimming in our family pool supervised by a certified YMCA lifeguard. A mandatory swim test is required for each child.

**Contact:** Michelle Branche for additional information (561)237-0937



 **Register Online @ [YMCASPBC.ORG/REGISTER](https://www.ymcaspbc.org/register)**

# SWIM LESSON SELECTOR

## WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years  
PARENT\* & CHILD:  
STAGES A–B



3 years–5 years  
PRESCHOOL:  
STAGES 1–4



5 years–12 years  
SCHOOL AGE:  
STAGES 1–6



12+ years  
TEEN & ADULT:  
STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

## WHAT 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

Will the student go underwater voluntarily?

NOT YET

1/ WATER  
ACCLIMATION

Can the student do a front and back float on his/her own?

NOT YET

2/ WATER  
MOVEMENT

Can the student swim 10–15 yards on his/her 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

\* At the Y, we know families take a variety of forms. As a result, we define **parent** broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.