



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

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Aquatics Director
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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: \$75 per session (8 classes)



Non-Member: \$160 per session (8 classes)

Class Length: 30 minutes

Ratio: 10 students :1 instructor

Scheduling: Monthly Times:

Mon/Wed: 11:30am

Tue/Thurs: 11:30am

Saturday: 9:00, 10:25am

Sunday: 9:00am

PRESCHOOL (3-5yrs)

Member: \$75 per session (8 classes)

Non-Member: \$160 per session (8 classes)

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: \$75 per session (8 classes)

Non-Member: \$160 per session (8 classes)

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

Monday/Wednesday



December 1st - 15th

January 5-26th

February 2nd-23rd

March 2nd - 30th

Tuesday/Thursday

December 2nd - 16th

January 4th- 27th

February 1st - 23rd

March 1st - 30th

Saturday :

November 6th - December 18th

January 8th - February 26th

March 5th - April 30th

Sunday:

November 7th - December 19th

January 9th - February 27th (no class 4/16)

March 6th - April 30th (no class 4/17)

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: \$75 per session (8 classes)

Non-Member: \$160 per session (8 classes)

Class Length: 45 minutes

Ratio: 8 students :1 instructor

Scheduling: Monthly Times:
Saturday @ 12:15pm

ADULT (18 YRD OLD +)

Member: \$75 per session (8 classes)

Non-Member: \$160 per session (8 classes)

Class Length: 45 minutes

Ratio: 8 students :1 instructor

Scheduling: Monthly Times:
Mon/Wed @6:55pm
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:

\$190 per season,
Sibling discount \$174 per season
Elite Level- \$250

Scheduling:

Monday-Thursday: Level I: 4:30pm-5:30pm
Level II: 5:30pm-6:30pm
Level III: 6:30pm-7:30pm

Season Dates:

Season 1: January 10th - April 14th
Season 2: April 18th - July 28th
Swim Clinic: August 1st - August 18th
Season 3: September 6th - December 15th



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.