



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# AQUATICS PROGRAM GUIDE

**Ages 6 months - Adult**



**Peter-Blum Family YMCA**  
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[www.ymcaspbc.org](http://www.ymcaspbc.org)

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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: \$83 per session (8 classes)

 Online

Non-Member: \$175 per session (8 classes)

Class Length: 30 minutes

Ratio: 10 students : 1 instructor

Scheduling: Monthly Times:

Mon/Wed: 10:30am

Tue/Thurs: 10:30am

Saturday: 9:00, 10:25am

Sunday: 9:00am

## PRESCHOOL (3-5yrs)

Member: \$83 per session (8 classes)

Non-Member: \$175 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: \$83 per session (8 classes)

Non-Member: \$175 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 & 5:30, 6:55pm

Saturday @ 9:35am & 11am

Sunday @ 10am

## Upcoming Session Dates

### Monday/Wednesday

 Online

January 4th –30th

February 1st-27th

March 1st-29th (NO Class 20th-22nd)

April 3rd-26th

May 1st-24th

### Tuesday/Thursday

January 5th-31st

February 2nd-28th

March 2nd-30th (no class 21st-23rd)

April 4th-27th

May 2nd-25th

### Saturday :

January 7th-February 25th

March 4th- April 29th (no class April 8th)

### Sunday:

January 8th-February 26th

March 5th-April 30th (no class April 9th)

## 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: \$192 (6x 30 min)

Non-Member: \$292 (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.

## TEEN (12-17 YRS OLD)

Member: \$83 per session (8 classes)

Non-Member: \$175 per session (8 classes)

Class Length: 45 minutes

Ratio: 8 students :1 instructor

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

## ADULT (18 YRD OLD +)

Member: \$83 per session (8 classes)

Non-Member: \$175 per session (8 classes)

Class Length: 45 minutes

Ratio: 10 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 Monday-Thursday at 4:15pm.

### Members Only:

Bronze-\$200 per season, Sibling discount \$180 per season  
Silver- \$205 per season, Sibling Discount \$185 per season  
Gold- \$210 per season, Sibling discount \$189 per season  
Platinum AM -\$230

### Scheduling:

Monday-Thursday: Platinum AM: 7:00am-8:30am  
Bronze: 4:30pm-5:15pm  
Sliver: 5:15pm-6:30pm  
Gold: 6:30pm-8:00pm  
Platinum PM 6:30-8:30pm

### Season Dates:

Season 1: January 9th - April 21st  
Registration will begin 12/16/22

Season 2: April 18th - August 3th



 **Register Online @ [YMCASPBC.ORG/REGISTER](https://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.