



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATICS PROGRAM GUIDE

Ages 6 months – Adult



Peter-Blum Family YMCA
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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)



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

Class Length: 30 minutes

Ratio: 10 students : 1 instructor

Scheduling: Monthly Times:

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, Level 6 **Sunday @** 10:00am

Upcoming Session Dates

Monday/Wednesday

September 6th-27th

October 2nd-30th

Nov 1st-29th (no class 20th or 22nd)

December 4th-20th

Tuesday/Thursday

Sept 5th-28th

October 3rd-31st

Nov 2nd-30th (No class 21st or 23rd)

December 5th-21st

Saturday :

September 9th-Oct 28th

November 11th-Dec 16th (no class Nov 25th)

Sunday:

September 10th-Oct 29th

November 12th-Dec 17th No Class Nov 26th

(no class Nov 26th)

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: \$298 or \$149 per participant

Non-Member: \$398 or \$199 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, Sunday 12pm

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

Sunday @ 11:00am

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: Registration begins August 1st 2023

Season 3: September 5th - December 7th



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.