



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)

**Nicole Leno**  
Aquatics Director  
561-237-0951  
[nleno@ymcaspbc.org](mailto:nleno@ymcaspbc.org)

# 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: \$93 per session (8 classes)

 Online

Non-Member: \$185 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: \$93 per session (8 classes)

Non-Member: \$185 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

**\*3:30 class only for levels 1 & 2 on weekdays**

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

Sunday @ 9:30am

## Youth (6-11yrs)

Member: \$93 per session (8 classes)

Non-Member: \$185 per session (8 classes)

Class Length: 45 minutes

Ratio: 8 students : 1 instructor

Scheduling: Monthly Times:

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

**\*No level 6 class @ 5:30**

Tue/Thurs @ 4:05, 5:30, & 6:55pm

**\*6:55 class only for levels 4, 5, & 6**

Saturday @ 9:35am & 11am

**\*No level 6 @ 11am**

**\*No level 5 on Saturday**

Sunday @ 10am

## Upcoming Session Dates

### Monday/Wednesday

January 8th-31st

February 5th-28th

March 4th-27th (No classes March 18-21)

April 1st-29th

### Tuesday/Thursday

January 9th-30th

February 1st-29th

March 5th-28th (No classes March 18-21)

April 2nd-30th

### Saturday :

January 6th-February 24th

March 2nd-April 27th

### Sunday:

January 7th-February 25th

March 3rd-April 28th

## 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:** \$202 (6x 30 min)

**Non-Member:** \$302 (6x 30 min)

## Semi-Private Lessons

### Two Participants

**Member:** \$308 or \$154 per participant

**Non-Member:** \$408 or \$204 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

## 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-\$210 per season, Sibling discount \$190 per season

Silver- \$215 per season, Sibling Discount \$195 per season

Gold- \$220 per season, Sibling discount \$199 per season

Platinum AM -\$240

### Scheduling:

Monday–Thursday: Platinum AM: 7:00am–8:30am

Bronze: 4:30pm–5:15pm

Sliver: 5:15pm–6:30pm

Gold: 7:00pm–8:00pm

Platinum PM 7:00–8:30pm

### Season Dates: Registration Open

Season 1: January 8th – April 11th

## ADULT (18 YRD OLD +)

**Member:** \$93 per session (8 classes)

**Non-Member:** \$185 per session (8 classes)

**Class Length:** 45 minutes

**Ratio:** 10 students :1 instructor

**Scheduling:** Monthly Times:

**Mon/Wed @ 6:55pm**

**\*Beginner & Intermediate classes offered**

**Saturday @ 12:15pm**

**Sunday @ 12:00am**

## TEEN (12–17 YRS OLD)

**Member:** \$93 per session (8 classes)

**Non-Member:** \$185 per session (8 classes)

**Class Length:** 45 minutes

**Ratio:** 8 students :1 instructor

**Scheduling:** Monthly Times:

**Mon/Wed @ 6:55pm**

**Saturday @ 12:15pm**

**Sunday 12pm**



# 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.