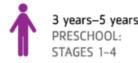
SWIM LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT FALL INTO?









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



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

Aquatics Department 561-237-0935 tsabataso@ymcaspbc.org

^{*} 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.

GROUP SWIM LESSONS

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: \$103 per session (8 classes)

Non-Member: \$195 per session (8 classes)

Class Length: 30 minutes

Ratio: 10 students: 1 instructor

Scheduling: Monthly Times: **Mon/Wed:** 5:30pm Tue/Thurs: 10:30am **Saturday:** 9:00,10:25am

Sunday: 9:00am

Upcoming Session Dates

Monday/Wednesday

January 6th - January 29th

February 3rd - February 26th

March 3rd - March 31st

April 2nd — April 30th

Tuesday/Thursday

January 7th - January 30th

February 4th - February 27th

March 4th - March 27th

April 1st — April 29th

Saturday:

January 4th - February 22nd

March 1st — April 26th

Sunday:

January 5th - February 23nd

March 2nd — April 27th

PRESCHOOL (3-5yrs)

Member: \$103 per session (8 classes)

Non-Member: \$195 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** (a) 9, 10:25 & 11:45 am

Sunday @ 9:30am

Youth (6-11yrs)

Member: \$103 per session (8 classes)

Non-Member: \$195 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** (a) 9:35am & 11am

*No level 6 @ 11am Sunday @ 10am *No level 6 on Sunday



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: \$212 (6x 30 min)

Non-Member: \$312 (6x 30 min)

Semi-Private Lessons

Two Participants

Member: \$318 or \$160 per participant

Non-Member: \$418 or \$214 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-\$220 per season, Sibling discount \$200 per season Silver- \$225 per season, Sibling Discount \$205 per season Gold-\$230 per season, Sibling discount \$210 per season Platinum -\$250 per season, Sibling discount \$225 per season

Scheduling:

Monday-Thursday:

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

Season Dates: Registration Open

Season 1: January 6th—April 10th

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.

Scheduling:

Saturday's @ 12:00pm Sunday's @ 9:00am

ADULT (18 YRD OLD +)

Member: \$103 per session (8 classes)

Non-Member: \$195 per session (8 classes)

Class Length: 45 minutes

Ratio: 10 students: 1 instructor

Scheduling: Monthly Times: **Mon/Wed** (a) 6:55pm

*Beginner & Intermediate classes offered

Saturday (a) 12:15pm

TEEN (12-17 YRS OLD)

Member: \$103 per session (8 classes)

Non-Member: \$195 per session (8 classes)

Class Length: 45 minutes

Ratio: 8 students: 1 instructor

Scheduling: Monthly Times: Mon/Wed @ 6:55pm Saturday @ 12:15pm

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