

Spanish Academy

Whether your child is new to Spanish or already bilingual, the fully immersive program engages students to feel confident and motivated as they learn.

4-Week Sessions
Members \$100
Non-Members \$150

Wednesdays
Ages 4-6:
4:00PM-4:50PM
Ages 7-11
5:00PM-5:50PM



SPANISH ACADEMY
Little Minds, Big Dreams

Cheer

The Cheerleading Program is designed to provide participants with a fun and engaging environment to learn the fundamentals of cheerleading. Through structured lessons and activities, participants will develop essential skills.

4-Week Sessions
Members \$80
Non-Members \$125

Tuesdays
Ages 6-8:
3:00PM-4:00PM
Ages 9-12:
4:00PM-5:00PM



4-Week Sessions
Members \$85
Non-Members \$130

Thursdays
Ages 13-17
4:00PM-5:30PM

Techie Kids Club

This club is a weekly in-person technology and robotics enrichment class. It involves engaging activities and projects led by certified S.T.E.A.M. teachers. Also with gamification and storytelling lessons.

4-Week Sessions
Members \$120
Non-Members \$160

Tuesdays
Ages 3-5:
10:00AM-10:45AM

Fridays
Ages 5-7:
3:30PM-4:15PM
Ages 7-11
4:15PM-5:00PM



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUTH PROGRAM GUIDE



Peter Blum Family YMCA
6631 Palmetto Circle
South
Boca Raton, Florida 33433
561-395-9622

YOUTH PROGRAMMING

The YMCA Youth Sports Program believes in boys and girls being active, gaining confidence and having fun while learning the fundamentals of sports.

Gymnastics

We offer classes for pre-school and recreational Gymnastics. In these classes students will develop fine motor skills, increase strength and flexibility, improve balance, coordination and self-confidence, while building skills that will benefit them for years to come

Ages: 3 & 4: Thursday
(\$120 for Y Members \$145 Non-members)
3:00pm-3:45pm
4:00pm-4:45pm
5:00pm-5:45pm
Saturdays: 11:15am-12:00pm

Ages: 5-6: Thursday
(\$125 for Y Members \$150 Non-members)
3:00pm-4:00pm
4:00pm-5:00pm
Saturdays: 12:00-1:00pm



Ages: 7-12: Thursday
(\$150 for Y Members \$175 Non-members)
5:00pm-6:30pm



Movers & Shakers

Exclusive for Y Family Members! Parents and children participate in various activities, which pattern proper physical, social and emotional development through art, movement education, and early literacy. The Bright Beginnings Program fosters healthy relationships and provides social opportunities for parents and children alike!

Ages: 1-2
Days: Monday & Wednesday Time: 10:00-10:45am



Afterschool Program

We proudly offer the following for Kindergarten age to 5th grade in our Peter Blum Family Y After School Program:

- Fun, engaging curriculum
- Homework assistance
- A minimum of 30 minutes of activity a day
- Swimming on Fridays
- Fun Day (Holiday Camps for non School Days)

Transportation to the Y is provided from:

- Hammock Pointe
- Verde
- Del Prado
- Whispering Pines
- Sandpiper Shores
- Addison Mizner
- St. Jude Elementary
- A.D. Henderson



Cost:
\$25 Registration Fee
With Transportation to After School:
\$270 per month Y Members
\$380 per month non Y Members
Self Transportation to After School:
\$240 per month Y Members
\$350 per month non Y Members
For more information about Afterschool, please contact Jenna Lawrence 561-237-0976 or jlawrence@ymcaspbc.org.



Cardio Kids

This one on one session teaches your child how to properly use the cardio equipment and the benefits of cardiovascular exercise. *Appointments can be made at the Front Desk.*
Ages: 8 - 10 Members: Included

Youth Fitness Fundamentals

This class instructs teens how to work out safely and effectively within the Y Wellness Center. It introduces basic muscle anatomy, exercise concepts and guidelines, gym etiquette and safety practices. Once youth have successfully completed the program, they will be allowed to work out in Wellness Center without parental supervision.

Ages: 11 - 15 Members: Included
Schedule: (Classes are continuously offered) Teens must complete 2 classes. *Schedule with the Front Desk.*

FOR YOUTH DEVELOPMENT



Youth Dance

Instruction in the art of dance helps kids, teens and adults to embrace their individuality. Combining movement with creative inspiration, dancers develop a personal enjoyment for art and culture while building confidence in expressing themselves.

Y-Members \$80/month

Non-Members \$110/month

Ballet & Jazz (Ages 2.5-8)

Ballerinas will learn about Ballet and Jazz through fun creative songs. They will be able to identify ballet names and steps as they learn dance routines. Scarves, Ribbons and Rhythm sticks will be introduced for creative expression, coordination and rhythm.

Attire: Pink or black jazz/ballet shoes; leotard or anything they can move around in

Mondays

Ages 3-4 3:45PM - 4:30PM
Ages 4-5 4:30PM - 5:15PM
Ages 6-8 5:15PM - 6:00PM

Tuesdays

Ages 2.5- 3 3:45PM - 4:30PM
Ages 4-6 4:30PM - 5:15PM

Cheers & Hip-hop (Ages 6-9)

If your child is a tumbler and loves to cheer on the team this is a fun class to work on their techniques! Boys and Girls will love dancing to their favorite songs from current movies

Attire: Anything comfortable to wear & sneakers

Tuesday Ages 6-9 5:15PM - 6:00PM

Karate

Your child will learn techniques in the disciplines of punching, kicking, blocking, striking with open hand, joint twisting, and trapping techniques - kata (a sequence of techniques done in certain order against imaginary opponents), and prearranged and free style sparring which comprises the training foundation of this style.

Y-Members \$80/month

Non-Members \$125/month

Weekdays

Ages: 4 Mon & Wed (3:00pm-3:30pm)
(Must be 4 to enroll)
Ages: 5-6 Mon & Wed
(3:30pm-4:15pm)
Ages: 7-13 Mon & Wed (4:15pm-5:00pm)

Weekend

Ages: 5-6 (Sat 12:30pm-1:15pm)
Ages: 7-13 (Sat 1:15pm- 2:00pm)

Location: Group Exercise Studio
(Parents to be outside studio)

Karate uniforms are available for purchase from the instructor

(only for 5yrs and up)

White uniforms are \$37.45

(No outside uniforms)

