

# 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.



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@ymcaspb.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: \$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

February 3rd - February 26th

March 3rd - March 31st

April 2nd - April 30th

May 5th - May 28 (No class May 26th)

### Tuesday/Thursday

February 4th - February 27th

March 4th - March 27th

April 1st - April 29th

May 1st - May 29th

### Saturday :

January 4th - February 27th

March 1st - April 29th (No class April 19th)

### Sunday:

January 5th - February 23rd

March 2nd - April 27th (No class April 20th)

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

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 @ 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)

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 AM -\$250, Sibling discount \$225 per season

### 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 6:30pm-8:30pm

### Season Dates: Registration Open

Season 1: January 6th - April 10

## 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

## Semi-Private Lessons

### Two Participants

Member: \$318 or \$160 per participant

Non-Member: \$418 or \$214 per participant

(6x 30 min. per participant)

## 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 @ 6:55pm

\*Beginner & Intermediate classes offered

Saturday @ 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