

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
January – June 2026

Peter-Blum Family YMCA
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Boca Raton, FL 33433
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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. To ensure the best learning experience for our swimmers, group lessons require a minimum of 3 participants to run. Parents are to stay on deck with children under the age of 11.

PARENT-CHILD (6mo-2yrs)

Member: \$106 per session (8 classes)

Non-Member: \$200 per session (8 classes)

Class Length: 30 minutes

Ratio: 10 students :1 instructor

Scheduling: Monthly Times:

Mon/Wed: 5:30 pm

Tue/Thurs: 9:00 am

Saturday: 10:25 am

Sunday: 9:00 am

PRESCHOOL (3-5yrs)

Member: \$106 per session (8 classes)

Non-Member: \$200 per session (8 classes)

Class Length: 30 minutes

Ratio: 6 students :1 instructor

Scheduling: Monthly Times:

Mon/Wed @ 3:30 pm, 4:55 pm, & 6:20 pm

Tue/Thurs @ 3:30 pm, 4:55 pm, & 6:20 pm

Saturday @ 9:00 am, 10:25 am & 11:45 am

Sunday @ 9:30 am

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: \$240 (6x 30 min)

Non-Member: \$340 (6x 30 min)

Scheduling: *An instructor will contact you to set up your lesson times.

*90 day expiration from time of

Semi-Private Lessons

Two Participants

Member: \$346 or \$173 per participant

Non-Member: \$446 or \$223 per participant

(6 x 30 min. per participant)

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: Monday-Thursday at 4:15 pm.
Must know 3 out of 4 strokes: freestyle, breaststroke, backstroke, butterfly.

Members Only:

Bronze: \$500 per season or \$100 a month

Silver: \$500 per season or \$100 a month

Gold: \$500 per season or \$100 a month

Platinum AM/PM - \$500 per season or \$100 a month

Scheduling Monday-Thursday:

Bronze: 4:30 pm-5:30 pm

Sliver: 5:30 pm-6:30 pm

Gold: 5:30 pm-6:30 pm

Platinum PM 6:30 pm-8:00pm

Season Dates:

Season Spring 2026: January - May

TEEN (12-17 YRS OLD)

Member: \$106 per session (8 classes)

Non-Member: \$200 per session (8 classes)

Class Length: 45 minutes

Ratio: 8 students :1 instructor

Scheduling: Monthly Times:

Mon/Wed @ 6:55 pm

Saturday @ 12:15 pm

ADULT (18 YRS OLD +)

Member: \$106 per session (8 classes)

Non-Member: \$200 per session (8 classes)

Class Length: 45 minutes

Ratio: 10 students :1 instructor

Scheduling: Monthly Times:

Mon/Wed @ 6:55 pm

*Beginner & Intermediate classes offered

Saturday @ 12:15 pm

Upcoming Session Dates

Monday/Wednesday:

January 5 - 28

February 2 - 25

March 2 - 30 *No class 3/16 & 3/18

April 1 - 29

May 4 - 27 *No class 5/25

June 1 - 29

Tuesday/Thursday:

January 6 - 29

February 3 - 26

March 3 - 31 *No Class 3/17 & 3/19

April 2 - 30

May 5 - 28

June 2 - 30

Saturday :

January 10 - February 28

March 7 - April 25 *No Class 3/21

May 2 - June 27

Sunday:

January 11 - February 22

March 1 - April 26 *No Class 3/22 & 4/5

May 3- June 28

Youth (6-11yrs)

Member: \$106 per session (8 classes)

Non-Member: \$200 per session (8 classes)

Class Length: 45 minutes

Ratio: 8 students :1 instructor

Scheduling: Monthly Times:

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

*No level 6 class @ 5:30 pm

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

*No level 6 class @5:30 pm

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

Saturday @ 9:35 am & 11:00 am

*No level 6 @ 11 am

Sunday @ 10:00 am

*No level 6 on Sunday

