



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATICS PROGRAM GUIDE

Ages 6 months - Adult
July - December 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

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 @ 11am**

Sunday @ 10:00 am

***No level 6 on Sunday**



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

Upcoming Session Dates

Monday/Wednesday:

Jul 6 - 29

Aug 3 - 26

Sep 9 - 30

Oct 5 - 28

Nov 2 - 18

Dec 2 - 16

Tuesday/Thursday:

Jul 7 - 30

Aug 4 - 27

Sep 8 - 29

Oct 1 - 29

Nov 3 - 19

Dec 1 - 17

Saturday :

Jul 11 - Aug 29

Sep 12 - Oct 31

Nov 7 - Dec 19 *No class 11/28

Sunday:

Jul 12 - Aug 30

Sep 13 - Oct 25

Nov 8 - Dec 20 *No class 11/29

*** Pool CLOSED August 31– September 7**

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)

(6 x 30 min. per participant)

Semi-Private Lessons

Two Participants

Member: \$346 or \$173 per participant

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

(6 x 45 min. per participants or 22 mins each)

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

*90 day expiration from time of first class.

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

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 4 strokes: freestyle, breaststroke, backstroke, butterfly.

Members Only

Bronze: \$700 per season or \$100 a month

Silver: \$700 per season or \$100 a month

Gold- \$700 per season or \$100 a month

Platinum AM/PM - \$700 per season or \$100 a month

Scheduling Monday-Thursday:

Bronze: 4:30 pm-5:45 pm

Sliver: 5:45 pm-7:00 pm

Gold: 5:45 pm-7:00 pm

Platinum PM 7:00 pm-8:00pm

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

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:

Monday - Thursday @ 3:15 pm & 6:15pm

Saturday @ 12:15 pm

Sunday @10:45 am

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.