FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATICS PROGRAM GUIDE



Ages: 6 months to Adults
Issue: January - April 2027

Peter-Blum Family YMCA
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Boca Raton, FL 33433
561-395-9622
www.ymcaspbc.org

Crystal Quesada
Aquatics Director
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GROUP SWIM LESSONS

Swimming lessons at the Y are specifically tailored to each participant's age, swimming ability, physical development, and confidence in the water. Our goal is to help every swimmer build skills, confidence, and a lifelong love of the water. Ready to get started? Enroll today and let's make a splash! 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)

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)

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

Youth (6-11yrs)

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

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

Upcoming Session Dates

Monday/Wednesday:
Jan 4 – 27
Feb 1 – 24
Mar 1 – 31
Apr 5 – 28

Tuesday/Thursday:
Jan 5 – Jan 28
Feb 2 – 25
Mar 2 – 30
Apr 1 – 29

Saturday :
Jan 9 – Feb 27
Mar 6 – Apr 24

Sunday:
Jan 10 – Feb 28
Mar 7 – Apr 25
*No class 03/28

COST OF GROUP LESSONS:

Members: $110 (8 classes)

Non-members $205 (8 classes)

Aquatic Programs

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)

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.
Scheduling: *An instructor will contact you to set up your lesson times.
*90 day expiration from time of first class.

TEENS (12-17 YRS OLD)

Class Length: 45 minutes

Ratio: 8 students:1 instructor

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

ADULTS (18 YRS OLD +)

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

Barracuda Swim Team

Must know 3 out 4 strokes:
freestyle, breaststroke, backstroke, butterfly.

Tryouts: Monday-Thursday at 4:15 pm.

Members Only
Bronze: $100 a month
Silver: $100 a month
Gold: $100 a month
Platinum: $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

American Red Cross Certification Courses

Lifeguard $250/ Instructor $350

Lifeguard Course Dates

January 30th-31st
February 13th-14th
February 27th-28th
March 13th-14th
March 27th-28th
April 10th-11th
April 24th-25th
February 6th-7th
February 20th-21st
March 6th-7th
March 20th-21st
April 3rd-4th
April 17th-18th

Swim Instructor Course Dates

February 6th-7th
March 6th-7th
April 3rd-4th

How to Register

Website
https://www.redcross.org/take-a-class

Contact the Instructor
Chain: 954-254-7917

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.