

# Program Schedules



## DeVos - Blum Family YMCA of Boynton Beach

9600 South Military Trail  
Boynton Beach, FL 33436  
561.738.9622 • www.ymcaspbc.org



### Free Programs to Members\*

Class	Grades 3-5 Kids on the move	Grades 3-5 Splash and Swim	Grades k-2 Kids on the move	Grades 3-5 Splash and Swim	Grades k-5 Kids on the Move	Grades k-8 Splash and Swim	Families Family Fitness	Grades k-8 Splash and Swim
Day	Monday/Wednesday	Monday/Wednesday	Tuesday/Thursday	Tuesday/Thursday	Friday	Friday	Friday	Friday
Time	3:00 - 4:00	4:00 - 5:00	3:00 - 4:00	4:00 - 5:00	3:00 - 4:00	4:00 - 5:00	5:00 - 6:00	6:00 - 7:00
Location	Gym	Pool	Gym	Pool	Gym	Pool	Gym	Pool



### Paid Programs\*

Class	Grades 3-5 Hip-Hop/Jazz	Grades 3-5 Hooked on Fishing	Grades 3-5 Sports Clinic	Grades 6-8 Youth Strength	Grades 3-5 Swim Lessons	Grades k-5 Martial Arts	Grades 3-5 Crafty Creations	Grades k-5 Tennis Lessons	Grades k-2 Tap & Ballet	Grades k-2 Sports Clinic	Grades k-2 Spanish Lessons	Grades k-5 Capoeira	Grades k-2 Swim Lessons	Grades k-2 Crafty Creations
Day	Mon/Wed	Wed Only	Mon/Wed	Mon/Wed	Mon/Wed	Wed Only	Mon/Wed	Tues/Thurs	Tues/Thurs	Tues/Thurs	Tues/Thurs	Thurs Only	Tues/Thurs	Tues/Thurs
Time	4:00-4:45	4:00-5:00	4:00 - 5:00	4:00-5:00	5:00 - 6:00	5:00-6:00	5:00-6:00	3:45 - 4:30	3:45-4:45	4:00 - 5:00	4:00-5:00	4:30 - 5:30	5:00-6:00	5:00-6:00
Location	Aerobics Studio	MPR	Sports Field/Gym	Wellness Center	Pool	Aerobics Studio	MPR	Gym	Aerobics Studio	Sports Field/Gym	MPR	Aerobics Studio	Pool	MPR

\*Schedule is Subject to Change

# Family Programs



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### Kids on the Move

Your child will enjoy a variety of fun fitness games and activities that will get them moving! The goal of this program is to physically educate children to become lifelong movers and model the behaviors necessary to achieve a healthy lifestyle.

### Martial Arts

Our Martial Arts program gives children the mental and physical skills to succeed in everything they do. These classes are challenging and fun while we encourage every child to strive to do their personal best. In addition to physical skills that will increase strength, coordination and flexibility, we teach life skills such as discipline, goal setting, confidence, leadership and respect. Students learn to see and achieve goals, while building self-esteem in a fun, safe and educational atmosphere.

### Spanish Lessons

In our continuous effort to offer educational enrichment to our children's learning and development, we are now offering a class designed to teach the foundations of Spanish. Music is a main component in teaching the course. Most of the music chosen will be songs the children already know. Through music, pretend play, movement and games your child will acquire basic Spanish vocabulary.

### Crafty Creations

Classes will include art projects, science projects, light cooking activities and basic nutrition information.

### Family Fitness

We will provide fitness and recreational activities that the entire family can enjoy together. Activities will vary weekly.

### Hip-Hop/Jazz

This class offers the latest dance moves, steps and techniques. The focus is on having fun as well as learning rhythm, counts and tempo.

### Swim Lessons

Swimming and safety skills are taught in a group setting. Parents do not accompany their swimmer into the pool; however they are welcome and encouraged to stay and observe all classes. Lessons are divided into smaller sub groups according to ability.

### Splash and Swim

Water sports for the whole family. Have some fun in the pool with games, races or volleyball. Great exercise for the entire family. Water depths from 3'6" to 5'4".

### Tap & Ballet

Developmental dance program which includes the basics of ballet, tap and creative movement.

### Sports Clinic

We offer clinics which concentrate on the fundamental skills of each game: basketball, soccer, flag football & t-ball

### Hooked on Fishing

Students will learn about fishing safety, basic equipment, casting and regulations, baits, drugs and the law and fishing ethics. A fishing field trip will finish out this fun-filled class.

### Tennis Lessons

Cardio tennis is a new, fun group activity featuring drills to give players of all abilities an ultimate, high-energy workout.

### Capoeira

It's a Martial Art! It's a Dance! It's totally Brazilian. It relieves stress, builds strength, coordination and self-confidence.

### Youth Strength

Learn proper training techniques, fitness floor etiquette and proper use of the fitness equipments. After completion, the participant may use the fitness floor, excluding the free weight area.