



**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](http://www.ymcaspbc.org)

**Nicole Leno**  
Aquatics Director  
561-237-0951  
[nleno@ymcaspbc.org](mailto:nleno@ymcaspbc.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: \$65 per month

Non-Member: \$150 per month

Ratio: 10:1

Scheduling: Monthly Times:

Tue/Thurs: 11:30am & 5:25pm

Mon/Wed: 5:25pm

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

Sunday: 9:00am

## PRESCHOOL (3-5yrs)

Member: \$65 per month

Non-Member: \$150 per month

Ratio: 6:1

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



## Upcoming Session Dates

Weekday:



December 3-19th

December 4-20th

January 7-30th

January 8-31st

February 4-27th

February 5-28th

March 4-27th

March 5-28th

Saturday/Sunday:

November 3rd—December 22

November 4th—December 23rd

January 5-Feb 23rd

January 6-February 24th

March 2-April 27th

## Youth (6-11yrs)

Member: \$65 per month

Non-Member: \$150 per month

Ratio: 8:1

Scheduling: Monthly Times:

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

Tue/Thurs @ 4:05 & 5:30pm

Saturday @ 9:35am & 11am

Sunday @ 10am



# 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.

## TEEN/ADULT (12yrs +)

 Online

Member: \$65 per month

Non-Member: \$150 per month

Ratio: 10:1

Scheduling: Monthly Times:  
Saturday @ 12:15pm



## Private Lessons

One Participant

Member: \$162 (6x 30 min)

Non-Member: \$262 (6x 30 min)

Scheduling: After registration, you will be contacted to schedule your lesson time.

## Semi-Private Lessons

Two Participants

Member: \$268 or \$134 per participant  
(6x 30 min. per participant)

Non-Member: \$368 or \$184 per participant  
(6x 30 min. per participant)

Scheduling: After registration, you will be contacted to set up your lesson time.

\* 90 day expiration from time of first class

 Register Online @ [YMCASPBC.ORG/REGISTER](https://www.ymcaspbc.org/register)

# OTHER PROGRAMS

## Adult Masters Swim Team

This program offers adults an opportunity to work with trained coaches to improve swimming skills, endurance and promote a healthy lifestyle no matter what age or level you are at.

**Scheduling:** Monday, Tuesday, Thursday & Friday: 5:30-7am

**Member:** \$45 per month

**Non Member:** \$60 per month

## ISR

A safety and self rescue swimming program for infants and young children. Infants 6-12mo learn how to hold their breath, roll to their back and float until rescue. Children 1+ learn to hold breath and swim for safety.

**Contact:** [www.infantswim.com](http://www.infantswim.com) or Samantha Bense-561-866-8371

## Splash & Swim Parties

Kids love to have their parties at the Y! Your child and party guests will have a great time in a safe, wholesome environment and our warm and friendly staff will take the headache and hassle out of the day. This party includes one hour of "party time" in the party room and one hour in the pool. Your child and party guests will have fun splashing and swimming in our family pool supervised by a certified YMCA lifeguard. A mandatory swim test is required for each child.

**Contact:** Nicole Leno (561) 237-0951 for additional information

## 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 Tuesday and Thursdays at 5:45pm. Please call to ensure availability.

**Members Only:** \$180 per season

**Scheduling:** Monday-Thursday: Level I: 5:00pm-6:00pm

Level II: 6:00pm-7:00pm

Level III: 7:00pm-8:00pm

**Season Date:** 01/07/19-04/18/19



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## Financial Aid

Not many people think of the YMCA as a non-profit organization. However, we are a registered 501(c)(3) non-profit organization and due to the generosity of contributions from our Annual Campaign, we are able to raise funds for financial assistance programs, memberships and capital improvements.

**Download the application!**

<http://www.ymcaspbc.org/peter-blum/>

