



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

YOUTH PROGRAM GUIDE



**Peter Blum Family YMCA
6631 Palmetto Cir South
Boca Raton, Florida 33433
561-395-9622
www.ymcaspbc.org**

FOR YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY YOUTH

Gymnastics

We offer classes for pre-school and recreational Gymnastics. Our focus and goal is to provide skilled training while promoting the joy and beauty of gymnastics in a fun and safe environment. In these classes students will develop fine motor skills, increase strength and flexibility, improve balance, coordination and self-confidence, while building skills that will benefit them for years to come

Weekday

Ages: 3 & 4 Thur (3:00pm-3:45pm), (4:00pm-4:45pm), (5:00pm-5:45pm)

Ages: 5-6 Thur (3:00pm-4:00pm), (4:00pm-5:00pm)

Ages: 7-12 Thur (5:00pm-6:30pm)

Weekend

Ages: 3 & 4 Sat (11:15am-12:00pm)

Ages: 5-7 Sat (12:00pm-1:00pm)

Y Member:

Ages 3-4: \$70

Ages 5-7: \$75

Ages 7-11: \$95

Non-Member:

Ages 3-4: \$95

Ages 5-7: \$100

Ages 7-11: \$120



Miss Sara Dance

Ballet/Tap

Come and dance with Miss Sara! At the Y we offer dance classes for ages 2 to age 10 in monthly sessions. Recitals will be held in May and December. Registration is required two months prior to recitals in order to participate. Attire: **Leotard and ballet slippers for all levels, tap shoes for ages 3+**

Ages: 2 Thur (3:15pm-3:45pm)

Ages: 3-5 Wed (3:00pm-3:45pm) or Thur (4:00pm-4:45pm)

Ages: 4-6 Wed (4:00pm-4:45pm)

Ages: 6-8 Wed (5:00pm-5:45pm)

Ages: 8-10 Thur (4:45pm-5:30pm)

Location: Dance studio

Y Member:

Age 2: \$36

Ages 3-10: \$44

Non-Member:

Age 2: \$60

Ages 3-10: \$80



Afterschool Program

We proudly offer the following for Kindergarten age to 5th grade in our Peter Blum Family Y After School Program:

- Fun, engaging curriculum
- Homework assistance
- A minimum of 30 minutes of activity a day
- Swimming on Fridays
- Fun Day (Holiday Camps for non School Days)

Transportation to the Y is provided from Hammock Pointe, Verde, Del Prado, Whispering Pines, Sandpiper Shores, Somerset Academy, Addison Mizner, and St. Jude Elementary.

Cost:

With Transportation to After School:
\$245 per month Y Members / \$355 per month non Y Members plus a \$25 Registration Fee.
Self Transportation to After School:
\$215 per month Y Members / \$325 per month non Y Members plus a \$25 Registration Fee.

For more information about Afterschool, please contact Jenna Lawrence 561-237-0976 or jlawrence@ymcaspbc.org.

What you can do in the fitness center at the Y:

Ages 8-11...

⇒ Cardio Only/Parent must supervise at all times.

Ages 11-14...

- ⇒ Cardio without parental supervision
- ⇒ Attend Group Ex. classes without parental supervision
- ⇒ Cardio and strength training equipment without parental supervision if Youth Strength and Certification is successfully completed.

Ages 15-17...

- ⇒ May use cardio and strength training equipment
- ⇒ May attend Group Exercise and Cycling Classes

**EXERCISE
LEARN & PLAY
AFTER THE
SCHOOL DAY**

Chase Donoff Special Needs Program

Inclusion Opportunities for Children with Challenges ages 5 – 22 years old.

The Peter Blum Family Y is proud to offer a variety of programs for children, teens, and adults with special needs. Through the extreme generosity of the Donoff family, Chase's Place is growing into a place for everyone. Children with disabilities are invited to join all after school and camp programs. Our staff is available for you and your special needs child. Activities include homework time, games, sports, swimming and field trips. The program also includes an **After School Program** for children in kindergarten through high school, as well as a **Special Needs Summer Camp** where campers to participate in field trips, crafts, special events, swimming, and numerous inclusion opportunities throughout the summer. Respite Care available on the 2nd and 4th Sunday of the month

For more information about Chase's Place, please contact Kimberly Robinson 561-237-0941 or krobinson@ymcaspbc.org.



YBIKE

YBike, the YMCA of South Palm Beach's Bike Program, empowers South Florida youth and adults to ride a bike safely, for fun, fitness, and transportation.

We teach participants traffic safety and biking skills through classroom and on-bike experiences. Our programs help participants stay healthy, develop independence and self-confidence, and provide them with a clean, affordable transportation alternative. For more information on Ybike, please contact Kelly Nielsen at knielsen@ymcaspbc.org.



FOR HEALTHY LIVING

IMPROVING HEALTH AND WELL-BEING

Karate

Your child will learn techniques in the disciplines of punching, kicking, blocking, striking with open hand, joint twisting, and trapping techniques - kata (a sequence of techniques done in certain order against imaginary opponents), and prearranged and free style sparring which comprises the training foundation of this style.

Weekday

Ages: 3 & 4 Mon & Wed (3:00pm-3:30pm)

Ages: 4-6 Mon & Wed (3:30pm-4:15pm)

Ages: 7-11 Mon & Wed (4:15pm-5:00pm)

Weekend

Ages: 4-6 (Sat 12:30pm-1:15pm)

Ages: 7-11 (Sat 1:15pm- 2:00pm)

Location: Group Exercise Studio

Y-Members (3 years) \$45/month - Non-Members \$80/month

Y-Members (4-11 years) \$55/month - Non-Members \$95/month



Free Early Childhood Enrichment Classes

Exclusive for Y Family Members!

Parents and children participate in various activities, which pattern proper physical, social and emotional development through art, movement education and early literacy. Our early childhood enrichment program fosters healthy relationships and provides social opportunities for parents and children alike.

Infant /Parent Play Group

Ages: 4 months—12 months

Fridays

Time:10:00am—10:45 am

Parent Participation Required

Movers and Shakers

Ages: 1 and 2 year olds

Mondays and Wednesdays

Time:10:00am—10:45 am

Parent Participation Required

Y's Little Owls

Ages: 3 and 4 year olds

Mondays, Wednesdays, and Fridays

Time:9:00am-9:30am

Children in Y's Little Owls will be picked up directly from the Child Development Center and brought to the class while you work out.

