



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AQUATICS PROGRAM GUIDE

November 2020
Ages 6 months - Adult



DeVos-Blum Family YMCA
9600 S. Military Trail
Boynton Beach, FL 33436
561-738-9622
www.ymcaspbc.org



GROUP SWIM LESSONS

Every day children learn the basics of swimming at the Y or enhance their existing skills with our swim lesson program that turns beginners into experts! The DEVOS BLUM FAMILY YMCA ensures that all lessons have a low instructor-to-student ratio that will make sure your child gets plenty of personal attention. With our wide selection of classes and schedules you will be sure to find a lesson that fits your child's needs and your schedule.

PARENT/CHILD (6 mo—2 yrs)	Stages	Wednesdays (6 Weeks 11/4-12/16 no class 11/25)	Tues & Thurs (3 Weeks 11/3-19)	Saturday (6 Weeks 11/7-12/19 no class 11/28)
	A /B Water Discovery/ Water Exploration	10:30-11:00 AM	5:10 - 5:40 PM	9:00 - 9:30 AM 9:35-10:05 AM

PRESCHOOL (3-5 years)	Stages	Mon & Wed (3 Weeks)	Tues & Thurs (3 Weeks)	Saturday (6 Weeks No class 11/28)
	1 and 2 WATER ACCLIMATION & WATER MOVEMENT	4:00-4:30 PM 5:10-5:40 PM 5:10-5:40 PM	4:00 - 4:30 PM 4:35 - 5:05 PM	9:00-9:30 AM 9:35-10:05 AM
3 and 4 WATER STAMINA & STROKE INTRODUCTION	4:35 - 5:05 PM 6:45-6:15 PM	5:10 - 5:40 PM 6:20-6:50 PM	10:15 - 10:45 AM	

SCHOOL AGE (6-11 years)	Stages	Mon & Wed (3 Weeks)	Tues & Thurs (4 Weeks)	Saturday (6 Weeks)
	1/WATER ACCLIMATION 2/WATER MOVEMENT	4:00-4:30 PM 6:20-6:50 PM	4:00 - 4:30 PM	10:15-10:45 AM 10:50-11:20 AM
	3/WATER STAMINA 4/STROKE INTRODUCTION	4:00-4:30 PM 4:35-5:05 PM 5:10-5:40 PM	4:35 - 5:05 PM	10:50-11:20 AM 11:30 - 12:00 PM

TEEN/ADULT (12 & Up)	Stage	Tuesdays (6 Weeks 11/3-12/17 No class 11/24)	Wednesdays (6 Weeks 11/4-12/16 No class 11/25)	Saturday (6 Weeks)
	ALL LEVELS	10:30-11:0 AM 5:45-6:15 PM	5:45-6:15 PM	12:00-12:30 PM

Stage Descriptions

SEE THE FRONT DESK

OR VISIT

ymcabb.org/swim/levels

Upcoming Session Dates

Mon/Wed: Nov. 2—18 6 classes \$50/\$115

Tue/Thurs: Nov. 3—19 6 classes \$50/\$115

Saturday: Nov 7– Dec. 19* 6 classes \$50/\$115

*No classes Thanksgiving Week Nov 23-29

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: \$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: \$131 (6x 30 min. per participant)

Non-Member: \$215 (6x 30 min. per participant)

OTHER PROGRAMS

Rays 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: Email Coach Kayla to schedule Monday-Thursday

Practices: Monday-Thursday 3-7pm.

Team Fees: \$275 Fall Season (September-December) Prorated options available for Fall Season

For more details contact Head Coach/Aquatics Coordinator Kayla Spinelli
kspinelli@ymcaspbc.org



WATER AEROBICS



	Monday	Tuesday	Wednesday	Thursday	Friday
8:00am	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics
10:00am	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics

Aqua Aerobics: Start off your day on a bright note working out to some upbeat music and great camaraderie. This class can be performed in shallow, transitional or deep water. We apply the properties of water to strengthen muscles, enhance flexibility, develop cardiovascular endurance, posture and coordination. We vary the classes using different equipment, weights, noodles and gloves.

Water Walking: Bring your walk inside and get a better workout. Water relieves the stress that is normally associated with dry land aerobics programs. This low impact workout focuses on gentle water exercises to improve range of motion and increase flexibility.

Deep Water Aerobics: Gravity FREE, you are suspended in the water and flexibility will benefit from the in-creased range of motion. Cardiovascular endurance is improved through continuous movement for the 45 minute class. This is a great program for those with sensitive hips, knees and/or backs. Swimming ability is encouraged but not required.

Arthritis Plus Class: The YMCA/Arthritis Foundation Program is designed especially for those individuals who experience joint and muscle pain from the effects of arthritis. Classes are taught in a warm (88-90 degree) pool. Programming includes self-care, and improve muscular strength, endurance and flexibility. The plus classes include a component of cardiovascular and strength training.

Walk N Talk: No instructor, music provided, pool space reserved. Get together in a small group and enjoy your work out while socializing with your friends.

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!

www.ymcabb.org/aid