



AQUATICS & SWIM

SUMMER
July 1st - August 31st
YMCA of the Palm Beaches

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	AM
6:00								6:00
6:30								6:30
7:00	Lap Swim 7:00am-7:00pm	Lap Swim 7:00am-7:00pm	Lap Swim 7:00am-7:00pm	Lap Swim 7:00am-7:00pm	Lap Swim 7:00am-6:00pm (Pool open until 7:00pm for programming only)	Lap Swim 7:00am-4:00pm		7:00
7:30								7:30
8:00								8:00
8:30	Swim Lessons 8:30-11:00am	Swim Lessons 8:30-11:00am	Swim Lessons 8:30-11:00am	Swim Lessons 8:30-11:00am				8:30
9:00	Aqua CD Aerobics	Aqua CD Mobility	Aqua CD Aerobics	Aqua CD Mobility	Aqua CD Aerobics			9:00
9:30								9:30
10:00								10:00
10:30								10:30
11:00	Outside Programming 11:00am-3:30pm	Outside Programming 11:00am-3:30pm	Outside Programming 11:00am-3:30pm	Outside Programming 11:00am-3:30pm				11:00
11:30								11:30
12:00								12:00
12:30								12:30
1:00								1:00
1:30								1:30
2:00								2:00
2:30								2:30
3:00								3:00
3:30								3:30
4:00								4:00
4:30	Swim Lessons 4:30-7:00pm	Swim Lessons 4:30-7:00pm	Swim Lessons 4:30-7:00pm	Swim Lessons 4:30-7:00pm	Swim Lessons 4:30-7:00pm			4:30
5:00								5:00
5:30								5:30
6:00								6:00
6:30								6:30
7:00								7:00
7:30								7:30
8:00	<p>Space may be limited at times due to additional programming (Private Lessons, Certification Trainings, Etc).</p>							8:00
8:30								8:30
PM								PM



SCHEDULE FOR JULY & AUGUST!

Summer
July 6th - August 29th

AQUATICS SWIM LESSON SCHEDULE

Swim Lesson Registration Information

Sessions	Registration Dates			Pricing	
Group/Adaptive/Private Lessons	Online	In House	July/August (Fridays & Saturdays)	Facility Member	Community Member
	July Opens/Close August Opens/Close	July Opens/Close August Opens/Close	Online Opens/Close In House Opens/Close		
Parent/Child Stage A/B	May 18th/July 5-6th May 18th/August 2-4th	May 18th/July 19-20th May 18th/August 16-17th	May 18th/July 9-10th May 18th/August 6-7th	\$80.00	\$150.00
Swim Basics (Ages 3-5 & 5-12 & 12+) Stages 1-3	May 18th/July 5-6th May 18th/August 2-4th	May 18th/July 19-20th May 18th/August 16-17th	May 18th/July 9-10th May 18th/August 6-7th	\$80.00	\$150.00
Swim Strokes (Ages 5-12 & 12+) Stages 4-6	May 18th/July 5-6th May 18th/August 2-4th	May 18th/July 19-20th May 18th/August 16-17th	May 18th/July 9-10th May 18th/August 6-7th	\$80.00	\$150.00
Drowning Prevention Coalition (Ages 6mo-3, 3-5, & 5-12)	N/A	N/A	Must Enroll In House May 18th/August 6th	FREE w/ DPC Voucher	FREE w/ DPC Voucher
Adaptive Lessons (Ages 2+)	N/A	Must Enroll In House May 18th/August 2-4th	Must Enroll In House May 18th/August 6th	\$40.00	\$40.00
Private Lessons (Ages 2+)	Must Enroll In House	Flexible Enrollment No Registration Dates	Flexible Enrollment No Registration Dates	Packages: 4: \$120 6: \$174 12: \$336	Packages: 4: \$175 6: \$240 12: \$460

Sunshine Insurance & Watersmart Vouchers can be applied toward up to 8 lessons per year (registration must be completed in house).
 At the Y, we welcome swimmers of all ages and abilities. Our lesson program follows a clear, step-by-step progression so participants can build confidence, track their growth, and develop strong water safety skills every step of the way.
 Sessions include 8 classes, with flexible options to attend once or twice per week.

AQUATICS REFUND POLICY:

CREDIT/REFUND REQUESTS:

If a participant wishes to cancel a class or program they may do so at any time. However, to receive a full refund they must cancel 14 days prior to the programs start date. When special circumstances arise where participation is not possible (i.e. family emergency) the participant may request for consideration of a credit or refund. Requests may be submitted via email to rcohron@ymcapalmbeaches.org

MAKEUP LESSONS:

Due to the high demand and limited availability of our program, makeup lessons are not guaranteed for missed classes.

Because of the unpredictable weather in Florida, we guarantee a minimum of 7 out of 8 scheduled classes per session.

- If a class is cancelled by the YMCA (due to weather, pool closure, or other facility-related issues), a makeup lesson will be offered on a designated Friday.
- Missed classes due to personal reasons, including absences or arriving late, are not eligible for makeup lessons.

We understand that special circumstances may arise. Requests for consideration can be submitted to the Aquatics Director at rcohron@ymcapalmbeaches.org and will be reviewed on a case-by-case basis. Please note that offering a seventh guaranteed class does not allow for makeups to be requested at any time—it applies only to cancellations initiated by the YMCA.

FOR MORE INFORMATION CONTACT

Ryan Cohron Jr. | rcohron@ymcapalmbeaches.org



SCHEDULE FOR JULY & AUGUST!

Summer
July 6th -
August 29th

GROUP SWIM LESSON DESCRIPTIONS

Parent/Child: Accompanied by an adult, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while adults learn about water safety, drowning prevention, and the importance of supervision.

Swim Basics (Ages 3-5): This class enables students, ages 3 to 5, to gain basic water safety and swimming skills. Swimmers become comfortable and confident in the water through practicing safe water habits, engaging in underwater exploration, and learning how to swim to safety if they fall into a body of water.

Swim Basics (Ages 5-12): This class enables students, ages 5 to 12, to gain basic water safety and swimming skills. Swimmers become comfortable and confident in the water through practicing safe water habits, engaging in underwater exploration, and learning how to swim to safety if they fall into a body of water.

Swim Strokes: This class, for ages 5 to 12, introduces and refines strokes. Having mastered the fundamentals, students learn additional water safety skills and build stroke technique for front crawl, breaststroke, back stroke, butterfly, sidestroke, and elementary backstroke. Students develop skills that can help prevent chronic disease, increase overall well-being, and foster a lifetime of physical activity.

Drowning Prevention Coalition (Safety Around Water Curriculum):
This program, for ages 6 months to 12 years old, focuses on building essential water safety and self-rescue skills to help reduce the risk of drowning. Participants gain confidence while learning how to safely move to the wall, float to rest, and respond effectively in an emergency situation.

Teen & Adult: This class, for ages 12 and older, encompasses all stages of swim lessons. The first day of class includes an assessment of current skills and comfort in the water. Students will then be grouped together by similar skill level to allow for appropriate progressive instruction ranging from swim basics to swim strokes.

Adaptive Swim Lessons: This class is designed to support swimmers with diverse needs through individualized instruction in a safe, inclusive environment. Participants build confidence and develop water safety and swimming skills at their own pace, with an emphasis on comfort, independence, and personal success.

Competitive Swim Program:
This program is designed for swimmers ready to take the next step beyond swim lessons. Participants build endurance, refine technique, and develop competitive skills through aquatics conditioning, with the opportunity to progress into a structured YMCA swim team.
This program is not currently offered.

Private Swim Lessons: These one-on-one lessons provide individualized instruction tailored to each swimmer's needs and goals. Participants receive focused guidance to build confidence, improve technique, and develop water safety and swimming skills at a personalized pace.



WEEKDAY MORNING

SUMMER

July 6th–August 29th

YMCA of Palm Beaches

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
Stage 1/2 (Ages 3–5) 8:45–9:15am	Stage 1/2 (Ages 5–12) 8:45–9:15am	Stage 1/2 (Ages 3–5) 8:45–9:15am	Stage 1/2 (Ages 5–12) 8:45–9:15am	Stage 1/2 (Ages 3–5) 8:45–9:15am	Stage 1/2 (Ages 5–12) 8:45–9:15am	Stage 1/2 (Ages 3–5) 8:45–9:15am	Stage 1/2 (Ages 5–12) 8:45–9:15am
Stage 3 (Ages 3–5) 8:45–9:15am	Stage 4 (Ages 5–12) 8:45–9:15am	Stage 3 (Ages 3–5) 8:45–9:15am	Stage 4 (Ages 5–12) 8:45–9:15am	Stage 3 (Ages 3–5) 8:45–9:15am	Stage 4 (Ages 5–12) 8:45–9:15am	Stage 3 (Ages 3–5) 8:45–9:15am	Stage 4 (Ages 5–12) 8:45–9:15am
Stage 1/2 (Ages 3–5) 9:20–9:50am	Stage 1/2 (Ages 5–12) 9:20–9:50am	Stage 1/2 (Ages 3–5) 9:20–9:50am	Stage 1/2 (Ages 5–12) 9:20–9:50am	Stage 1/2 (Ages 3–5) 9:20–9:50am	Stage 1/2 (Ages 5–12) 9:20–9:50am	Stage 1/2 (Ages 3–5) 9:20–9:50am	Stage 1/2 (Ages 5–12) 9:20–9:50am
Stage 3 (Ages 5–12) 9:20–9:50am	Stage 4 (Ages 5–12) 9:20–9:50am	Stage 3 (Ages 5–12) 9:20–9:50am	Stage 4 (Ages 5–12) 9:20–9:50am	Stage 3 (Ages 5–12) 9:20–9:50am	Stage 4 (Ages 5–12) 9:20–9:50am	Stage 3 (Ages 5–12) 9:20–9:50am	Stage 4 (Ages 5–12) 9:20–9:50am
Stage A/B (Ages 0–3) 9:55–10:25am	Stage 1/2 (Ages 5–12) 9:55–10:25am	Stage A/B (Ages 0–3) 9:55–10:25am	Stage 1/2 (Ages 3–5) 9:55–10:25am	Stage A/B (Ages 0–3) 9:55–10:25am	Stage 1/2 (Ages 5–12) 9:55–10:25am	Stage A/B (Ages 0–3) 9:55–10:25am	Stage 1/2 (Ages 3–5) 9:55–10:25am
Stage 3 (Ages 5–12) 9:55–10:25am	Stage 5/6 (Ages 5–12) 9:55–10:25am	Stage 3 (Ages 5–12) 9:55–10:25am	Stage 5/6 (Ages 5–12) 9:55–10:25am	Stage 3 (Ages 5–12) 9:55–10:25am	Stage 5/6 (Ages 5–12) 9:55–10:25am	Stage 3 (Ages 5–12) 9:55–10:25am	Stage 5/6 (Ages 5–12) 9:55–10:25am
Stage A/B (Ages 0–3) 10:30–11:00am	Stage 1/2 (Ages 3–5) 10:30–11:00am	Stage A/B (Ages 0–3) 10:30–11:00am	Stage 1/2 (Ages 3–5) 10:30–11:00am	Stage A/B (Ages 0–3) 10:30–11:00am	Stage 1/2 (Ages 3–5) 10:30–11:00am	Stage A/B (Ages 0–3) 10:30–11:00am	Stage 1/2 (Ages 3–5) 10:30–11:00am
Stage 1/2 (Ages 5–12) 10:30–11:00am	Stage 5/6 (Ages 5–12) 10:30–11:00am	Stage 1/2 (Ages 5–12) 10:30–11:00am	Stage 5/6 (Ages 5–12) 10:30–11:00am	Stage 1/2 (Ages 5–12) 10:30–11:00am	Stage 5/6 (Ages 5–12) 10:30–11:00am	Stage 1/2 (Ages 5–12) 10:30–11:00am	Stage 5/6 (Ages 5–12) 10:30–11:00am
Adaptive Swim Lessons 8:45–9:15am 9:20–9:50am 9:55–10:25am 10:30–11:00am		Adaptive Swim Lessons 8:45–9:15am 9:20–9:50am 9:55–10:25am 10:30–11:00am		Adaptive Swim Lessons 8:45–9:15am 9:20–9:50am 9:55–10:25am 10:30–11:00am		Adaptive Swim Lessons 8:45–9:15am 9:20–9:50am 9:55–10:25am 10:30–11:00am	



WEEKDAY AFTERNOON

SUMMER

July 6th–August 29th

YMCA of Palm Beaches

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
Stage 1/2 (Ages 3-5) 4:30-5:00pm	Stage 1/2 (Ages 5-12) 4:30-5:00pm	Stage 1/2 (Ages 3-5) 4:30-5:00pm	Stage 1/2 (Ages 5-12) 4:30-5:00pm	Stage 1/2 (Ages 3-5) 4:30-5:00pm	Stage 1/2 (Ages 5-12) 4:30-5:00pm	Stage 1/2 (Ages 3-5) 4:30-5:00pm	Stage 1/2 (Ages 5-12) 4:30-5:00pm
Stage 3 (Ages 3-5) 4:30-5:00pm	Stage 4 (Ages 5-12) 4:30-5:00pm	Stage 3 (Ages 3-5) 4:30-5:00pm	Stage 4 (Ages 5-12) 4:30-5:00pm	Stage 3 (Ages 3-5) 4:30-5:00pm	Stage 4 (Ages 5-12) 4:30-5:00pm	Stage 3 (Ages 3-5) 4:30-5:00pm	Stage 4 (Ages 5-12) 4:30-5:00pm
Stage A/B (Ages 0-3) 5:05-5:35pm	Stage 1/2 (Ages 3-5) 5:05-5:35pm	Stage A/B (Ages 0-3) 5:05-5:35pm	Stage 1/2 (Ages 3-5) 5:05-5:35pm	Stage A/B (Ages 0-3) 5:05-5:35pm	Stage 1/2 (Ages 3-5) 5:05-5:35pm	Stage A/B (Ages 0-3) 5:05-5:35pm	Stage 1/2 (Ages 3-5) 5:05-5:35pm
Stage 4 (Ages 5-12) 5:05-5:35pm		Stage 1/2 (Ages 5-12) 5:05-5:35pm	Stage 4 (Ages 5-12) 5:05-5:35pm	Stage 4 (Ages 5-12) 5:05-5:35pm		Stage 1/2 (Ages 5-12) 5:05-5:35pm	Stage 4 (Ages 5-12) 5:05-5:35pm
Stage 1/2 (Ages 3-5) 5:40-6:10pm	Stage 1/2 (Ages 5-12) 5:40-6:10pm	Stage 1/2 (Ages 3-5) 5:40-6:10pm	Stage 1/2 (Ages 5-12) 5:40-6:10pm	Stage 1/2 (Ages 3-5) 5:40-6:10pm	Stage 1/2 (Ages 5-12) 5:40-6:10pm	Stage 1/2 (Ages 3-5) 5:40-6:10pm	Stage 1/2 (Ages 5-12) 5:40-6:10pm
Stage 3 (Ages 5-12) 5:40-6:10pm	Stage 5/6 (Ages 5-12) 5:40-6:10pm	Stage 3 (Ages 5-12) 5:40-6:10pm	Stage 5/6 (Ages 5-12) 5:40-6:10pm	Stage 3 (Ages 5-12) 5:40-6:10pm	Stage 5/6 (Ages 5-12) 5:40-6:10pm	Stage 3 (Ages 5-12) 5:40-6:10pm	Stage 5/6 (Ages 5-12) 5:40-6:10pm
Stage 3 (Ages 3-5) 6:15-6:45pm	Stage 1/2 (Ages 5-12) 6:15-6:45pm	Stage 1/2 (Ages 3-5) 6:15-6:45pm	Stage 1/2 (Ages 5-12) 6:15-6:45pm	Stage 1/2 (Ages 3-5) 6:15-6:45pm	Stage 1/2 (Ages 5-12) 6:15-6:45pm	Stage 1/2 (Ages 3-5) 6:15-6:45pm	Stage 1/2 (Ages 5-12) 6:15-6:45pm
Stage 5/6 (Ages 5-12) 6:15-6:45pm	Teen & Adult 6:15-6:45pm	Stage 3 (Ages 3-5) 6:15-6:45pm	Teen & Adult 6:15-6:45pm	Stage 3 (Ages 3-5) 6:15-6:45pm	Teen & Adult 6:15-6:45pm	Stage 3 (Ages 3-5) 6:15-6:45pm	Teen & Adult 6:15-6:45pm
Adaptive Swim Lessons 8:45-9:15am 9:20-9:50am 9:55-10:25am 10:30-11:00am		Adaptive Swim Lessons 8:45-9:15am 9:20-9:50am 9:55-10:25am 10:30-11:00am		Adaptive Swim Lessons 8:45-9:15am 9:20-9:50am 9:55-10:25am 10:30-11:00am		Adaptive Swim Lessons 8:45-9:15am 9:20-9:50am 9:55-10:25am 10:30-11:00am	



WEEKEND LESSONS

SUMMER

July 6th–August 29th
YMCA of Palm Beaches

FRIDAY

SATURDAY

DPC Safety
Around Water
(Ages 0–3)
4:30–5:00pm

DPC Safety
Around Water
(Ages 3–5)
4:30–5:00pm

Stage 1/2
(Ages 3–5)
8:45–9:15am

Stage 1/2
(Ages 5–12)
8:45–9:15am

Stage 3
(Ages 3–5)
8:45–9:15am

Stage 3
(Ages 5–12)
8:45–9:15am

Stage 4
(Ages 5–12)
8:45–9:15am

DPC Safety
Around Water
(Ages 0–3)
5:05–5:35pm

DPC Safety
Around Water
(Ages 3–5)
5:05–5:35pm

Stage 1/2
(Ages 3–5)
9:20–9:50am

Stage 1/2
(Ages 5–12)
9:20–9:50am

Stage 3
(Ages 5–12)
9:20–9:50am

Stage A/B
(Ages 0–3)
9:20–9:50am

Stage 4
(Ages 5–12)
9:20–9:50am

Stage A/B
(Ages 0–3)
9:55–10:25am

Stage 1/2
(Ages 3–5)
9:55–10:25am

Stage 3
(Ages 3–5)
9:55–10:25am

Stage 1/2
(Ages 5–12)
9:55–10:25am

Stage 5/6
(Ages 5–12)
9:55–10:25am

Stage 1/2
(Ages 3–5)
10:30–11:00am

Stage 1/2
(Ages 5–12)
10:30–11:00am

Stage 3
(Ages 3–5)
10:30–11:00am

Stage 3
(Ages 5–12)
10:30–11:00am

Stage 5/6
(Ages 5–12)
10:30–11:00am

Stage 1/2
(Ages 3–5)
11:05–11:35am

Stage 1/2
(Ages 5–12)
11:05–11:35am

Stage 3
(Ages 3–5)
11:05–11:35am

Stage 3
(Ages 5–12)
11:05–11:35am

Stage 4
(Ages 5–12)
11:05–11:35am

DPC Safety
Around Water
(Ages 3–5)
5:40–6:10pm

DPC Safety
Around Water
(Ages 5–12)
5:40–6:10pm

Stage 1/2
(Ages 3–5)
11:40–12:10pm

Stage 1/2
(Ages 5–12)
11:40–12:10pm

Stage 3
(Ages 3–5)
11:40–12:10pm

Stage 3
(Ages 5–12)
11:40–12:10pm

Stage 5/6
(Ages 5–12)
11:40–12:10pm

Stage 1/2
(Ages 3–5)
12:15–12:45pm

Stage 1/2
(Ages 5–12)
12:15–12:45pm

Stage 3
(Ages 3–5)
12:15–12:45pm

Teen & Adult
12:15–12:45pm

Stage 4
(Ages 5–12)
12:15–12:45pm

DPC Safety
Around Water
(Ages 5–12)
6:15–6:45pm

DPC Safety
Around Water
(Ages 5–12)
6:15–6:45pm

Stage 1/2
(Ages 3–5)
12:50–1:20pm

Stage 1/2
(Ages 5–12)
12:50–1:20pm

Stage 3
(Ages 5–12)
12:50–1:20pm

Teen & Adult
12:50–1:20pm

Stage 5/6
(Ages 5–12)
12:50–1:20pm

Adaptive Swim Lessons

4:30–5:00pm
5:05–5:35pm
5:40–6:10pm
6:15–6:45pm

Adaptive Swim Lessons

8:45–9:15am
9:20–9:50am
9:55–10:25am
10:30–11:00am
11:05–11:35am
11:40–12:10pm
12:15–12:45pm
12:50–1:20pm

AQUATIC PROGRAM OVERVIEW

The YMCA of the Palm Beaches offers a variety of aquatic programs and opportunities for all ages and abilities, including swim lessons, water safety programs, aqua fitness and mobility classes, recreational swimming (Club Y), and lap swimming. Each offering is designed to support safety, skill development, and overall wellness in a welcoming environment.

GROUP SWIM LESSONS

Our group swim lesson program provides structured, progressive instruction for swimmers of all ages and abilities. Participants build confidence, develop swimming skills, and practice essential water safety through guided instruction in a supportive group environment.

PRIVATE SWIM LESSONS

These one-on-one lessons provide individualized instruction tailored to each swimmer's needs and goals. Participants receive focused guidance to build confidence, improve technique, and develop water safety and swimming skills at a personalized pace.

ADAPTIVE SWIM LESSONS

This program is designed to support swimmers with diverse needs through individualized instruction in a safe and inclusive environment. Participants build confidence and develop water safety and swimming skills at their own pace, with a focus on comfort, independence, and personal progress.

AQUA AEROBICS

These instructor-led classes provide a low-impact, full-body workout using the natural resistance of water. Participants improve strength, flexibility, and cardiovascular endurance while exercising in a supportive, joint-friendly environment suitable for all fitness levels.

AQUA MOBILITY

These low-impact classes focus on improving flexibility, balance, and range of motion in a supportive aquatic environment. Participants use gentle movements and the natural properties of water to reduce tension, increase mobility, and support overall joint health.

LAP SWIM

Lap swimming provides designated space for individuals to swim for exercise, training, or personal fitness. Participants are expected to share lanes as needed and follow lane etiquette to ensure a safe and respectful environment for all swimmers.

We aim to provide as many lap lanes as possible during all operational hours. However, due to scheduled programs and facility use, lane availability may vary throughout the day and week. At minimum, one lap lane will always be available during open hours.

RECREATIONAL SWIM & CLUB Y

Recreational Swim provides members and families with the opportunity to enjoy the pool in a fun, safe, and welcoming environment. Whether you're swimming laps, playing with family and friends, or simply cooling off, Recreational Swim offers dedicated pool time for leisure and enjoyment.

Club Y is our enhanced recreational swim experience that takes pool fun to the next level. In addition to open swim time, Club Y features music, deck games, family activities, and special themed experiences designed to encourage engagement, connection, and active fun for all ages. Club Y creates a lively atmosphere where families can make memories, participate in organized activities, and enjoy an exciting community-focused pool experience.

SWIM CAMPS

Swim camps provide a fun, structured environment where participants build swimming skills, improve water safety, and stay active in the water. Through a combination of instruction, games, and guided swim activities, swimmers develop confidence while continuing to progress in a supportive group setting. In addition to time in the pool, participants also engage in games, arts and crafts, and organized activities outside of the water, creating a well-rounded camp experience.

Training & Certification Courses

These courses are designed to prepare participants for emergency response situations in and around the water. Through hands-on instruction and skill-based training, participants can earn American Red Cross certifications in lifeguarding (including deep water), CPR/AED, and First Aid, building the confidence and qualifications needed for employment or personal preparedness.

POOL RULES & Guidelines

YMCA of the Palm Beaches

To ensure a safe and enjoyable experience for all members, the following rules must be followed at all times:

General Safety

- Lifeguards are on duty at all times and have full authority in the aquatic area
- All participants must follow staff instructions
- Running, rough play, or unsafe behavior is not permitted
- No diving unless in designated areas
- In case of emergency, please notify lifeguards or front desk staff immediately
- First aid kits and emergency phones are available on-site

Swim Attire & Hygiene

- Proper swim attire is required at all times
- Shower with soap before entering the pool or hot tub
- Children who are not toilet trained must wear swim diapers
- Clean plastic or rubber-soled deck shoes are recommended

Youth Supervision

- Non-swimmers must remain in designated shallow areas

Health & Safety Restrictions

- Do not enter the pool if you have:
 - A communicable disease
 - Open wounds or infections
 - Vomited or had diarrhea within the past 2 weeks
- Individuals with medical conditions should not swim alone

Pool Conduct

- No food, gum, or glass containers on the pool deck (water bottles permitted)
- No alcohol or drugs permitted in the aquatic area
- Photography is only allowed with prior YMCA staff approval
- Whistles, foul language, or disruptive behavior are not permitted

Equipment & Use

- Coast Guard-approved life jackets are permitted
- Non-approved flotation devices are not allowed
- Follow all posted depth and usage guidelines
- No prolonged breath holding or unsafe underwater activities

Weather Closures

- Pools may close temporarily due to lightning or severe weather
- Safety closures are at the discretion of YMCA staff

CONTACT INFORMATION

Ryan Cohron Jr. | Aquatics Director | rcohron@ymcapalmbeaches.org | (561)508-4027