



# MEMBER POLICIES AGE GUIDELINES

All ages are welcome at the Y. To ensure that everyone has a safe and enjoyable time at the Y, there are guidelines for activities kids and teens can participate in —with or without parents or guardians.

## 10 AND UNDER

- Must be accompanied by a parent or guardian at all times while at the YMCA, including youth enrolled in sports or aquatic programming with the exception of Child Watch (6 months – 7 years)
- Must be accompanied by an adult parent or guardian (18+) in the water.
- Kids aged 10 and under are not allowed in the fitness center and base fitness at any time.

## 11-14 YEARS

- Must be supervised by a parent or guardian (18+) that is in the building, but does not have to remain in the same area—except for the indoor track and wellness center, where a parent must accompany, and in the water, if a child needs a PFD in order to swim, parent or guardian must be in the water no matter the age.
- Youth ages 11-14 that are enrolled in Youth Programs must have a parent or guardian (18+) remain onsite.
- May use the Turf Area as a space to do body weight and calisthenics.

## 15-18 YEARS

- Has access to indoor and outdoor basketball court, wellness room, base fitness (16+), Olympic pool, Group X Classes, Spin Room, Aerobic Studios 1 and 2, Boxing Loft (16+), 2nd Floor Open Recreational Area, Steam Room and Sauna (16+).

## 18+ YEARS

- Has full access to the facility.

## NOTES

- If anyone needs a PFD in order to swim, no matter the age, a parent or guardian (18+) must be in the water with them.
- Spin Room, Aerobic Studios, Meeting Rooms are not open to members when classes are not in session.
- Please defer to Olympic Pool and Alumni Pool schedules for availability.