



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LEXINGTON FAMILY YMCA

Youth in Facility Policies

GENERAL AGE GUIDELINES

- **0 to 11 years:** Individual must be participating in a Y program or directly supervised by a parent/guardian 18 years of age or older.
- **12 to 14 years:** Individual may be on the Y premises but does not need to be directly supervised by parent/guardian. Parent/Guardian must be on the Y premises.

Full membership privileges are given to anyone 15 years old and older once a waiver of liability has been signed by the parent/guardian.

AGE RESTRICTIONS FOR SPECIFIC AREAS

YOUTH LAKE USAGE

- **15 and under:** Swimmers must be accompanied by a parent/guardian 18 years of age or older at all times.

***Individuals 10 years old or older are permitted to swim in the deep area. Anyone younger than 10 is only allowed in the shallow area.**

***Swimming and boating are only allowed while a YMCA lifeguard is on duty.**

***All swimmers are required to wear a lifejacket.**

YOUTH WELLNESS CENTER USAGE

- **10 to 11 years:** Parent/guardian 18 years of age or older must accompany children in the Wellness Center. Children are allowed to use the cardio equipment AFTER completing a Cardio Wellness Orientation (Register at the Welcome Center). Children must wear their badge while in the Wellness Center.
- **12 to 14 years:** Teens are allowed to use the cardio AND pin select equipment AFTER completing a Cardio and Strength Wellness Orientation (Register at the Welcome Center). Teens must wear their badge while in the Wellness Center.

***Children under 10 years old are not allowed in the Wellness Center.**

***Children/Teens under 15 are not allowed to use the free weight equipment.**

YOUTH GROUP EXERCISE PARTICIPATION

- **Up to 11 years:** Children are encouraged to participate in any class labeled “family friendly” or “youth friendly”. Children under 12 are NOT allowed to participate in any Group Exercise Class not designated family or youth friendly.
- **12 to 14 years:** Teens are allowed to participate in Yoga and any Cardio Group Exercise Classes.
- **15 and Up:** Teens are allowed to participate in all Group Exercise Classes.

Full membership privileges are given to anyone 15 years old and older once a waiver of liability has been signed by the parent/guardian.