



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# NORTHWEST FAMILY YMCA

## Youth in Facility Policies

### GENERAL AGE GUIDELINES

- **0 to 7 years:** Individual must be participating in a Y program or directly supervised by a parent/guardian 18 years of age or older.
- **8 to 11 years:** Individual may be on the Y premises unsupervised provided a parent/guardian is also on the premises.
- **12 to 14 years:** Individual may be on the Y premises for a maximum of two hours per day without parent/guardian supervision.

**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 POOL USAGE

- **11 years and under:** Swimmers must be accompanied by a parent/guardian 18 years of age or older at all times. **Over 48" and passes the swim test** - the parent/guardian must remain on the pool deck but is not required to be in the water. **Under 48" or fails/eleects not to take the swim test** - the parent/guardian must be in the water within arm's reach at all times.
- **12 to 14 years:** Swimmers may be in the pool area without a parent/guardian. **Over 48" and passes the swim test** - they have full access to the entire pool. **Under 48" and/or fails/eleects not to take the swim test** - they must remain in the shallow area at all times.
- **15 and up:** Swimmers are not required to take a swim test.

**Swimmers under 48" are required to wear a lifejacket at all times if they are unable to pass the swim test.**

## 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. Teens must be 4’11” or taller to participate in Group Cycle classes. Teens are NOT allowed to participate in any class that uses weights or is considered high intensity such as Pilates, BODYPUMP, or Kettlebells.
- **15 and Up:** Teens are allowed to participate in all Group Exercise Classes.