



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DOWNTOWN YMCA

Youth in Facility Policies

GENERAL AGE GUIDELINES

- **0 to 9 years:** Individual must be participating in a Y program.
- **10 to 11 years:** Individual must be directly supervised by a parent/guardian.
- **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 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 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.

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