



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Facility Guidelines for Children and Youth

In order to provide a safe and positive experience for the youth of our community, the following guidelines related to facility use by YMCA members and guests will apply. These guidelines apply to the Auburn Valley YMCA facility and may vary from other YMCA program venues such as off-site teen centers, outdoor facilities and camps.

**"Supervising individuals" are defined as persons 18 years or older.**

**The following general guidelines apply to all youth who are not participating in a supervised, structured program while in the facility:**

**Youth ages 9 and under** must have direct supervision at all times.

**Youth ages 10-13** must be accompanied by a supervising individual who remains in the building. The supervising individual does not have to be in the same area as the youth. The youth may sign themselves in and out of the program areas if required and follow the age restrictions posted for specific rooms and activities.

**Youth ages 14 and older** may use the facilities and programs without supervision. They may participate in adult fitness classes unaccompanied by an adult. Orientation to the facility and equipment is strongly recommended.

### **Age Guidelines for Specific Areas:**

**Strength/Cardiovascular Fitness Rooms:** Youth ages 14 and older may use these areas without supervision after completing an orientation with YMCA Health & Wellness staff. Youth ages 10-13 must have taken Youth Fitness Training before entering the Fitness Center AND must be accompanied by a supervising individual who remains in the room and is actively monitoring the youth. Youth age 9 and under are not permitted in weight/cardiovascular rooms.

**Exercise Classes:** Youth ages 10-13 may participate with a supervising individual if they are willing and able to follow class structure. Youth ages 14 and older can participate without a supervising individual

**Child Watch/Adventure Zone:** Children ages 6 weeks - 5 years old are included Child Watch. Children ages 5-11 may go to Adventure Zone. Parents must check-in and check-out children and must stay on YMCA grounds.

**Pool (this applies to open/recreational swim times):** Youth ages 14 and older may use the pool unaccompanied. Youth ages 10-13 must be accompanied by a supervising individual who remains in the building. Youth ages 9 and under must have direct supervision at all times. All youth are subject to swim testing and the applicable restrictions based on swimming ability which may include an adult accompanying the child in the water.

**Whirlpool:** Children under 6 are not permitted to use the spa. Children 6-13 are only permitted to use the spa during open swim times when accompanied by an adult who is in the water at the same level as the child.

**Locker/Shower Facilities:** Youth age 4 and under may use the opposite sex locker room if accompanied by a supervising individual. Children 5 years and older must use the same gender locker room and showers or use the Family Locker Rooms.

**Teen Center:** Youth ages 11-18 may use the Teen Center, or 6<sup>th</sup> - 12<sup>th</sup> graders and may sign themselves in and out of the Teen Center.