

THE YMCA WELCOMES YOUTH AT ALL FACILITIES

Youth Policy

For the safety of all our young members and guests, we ask that you follow these YMCA guidelines.

Members

Age 14 and over

Are invited to use the full facility during regular designated hours of operation.

Age 12-13

Must first complete the Youth Fitness Training Class and can then use the Workout Area /Quick Fit Studio when supervised by a YMCA workout supervisor or parent. They can then also participate in-group exercise classes after a fundamental introduction if accompanied by a parent.

Age 9-13

Are always welcome as registered participants in supervised programs or as participants in scheduled supervised activities. Youth participants ages 10-13 may use the Quick Fit Studio during Y-Kids in action hours or when supervised by their parent or guardian.

Age 6-13

Youth that come to the Y with their parents are welcome to use Kids Quest for activities such as study time, games, movies, reading.

Non-members

All non-member youth 14 and under must be checked in/signed in by their parent or guardian.

Note:

All youth activities may not be available during all hours of operation. Please check with your YMCA branch location to coordinate your family visits with youth programs, open gym, and other activities that your children may participate in.

