



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF THE TWIN TIERS YOUTH POLICIES

YMCA Youth Facility Access Guidelines

- **Children under 8** - No children under the age of 8 are permitted in the YMCA unless participating in a YMCA program or in the same area of a parent/guardian (age 18+).
- **Children age 10 and older (YMCA Members ONLY)**- Allowed to be in the building without a parent/guardian once waivers are signed, youth contract is signed, and a facility orientation has been completed
- **Children age 8-12 years (Non-Members)** - Permitted to use the YMCA during standard operating hours with a parent/guardian present in the building. During the hours of 3 PM and 6 PM, Monday through Friday (during the school year), they must be enrolled in the YMCA After-school Program (if in session) or have a parent/guardian present in the building. Youth MUST be picked up by 6 PM or a parent/guardian must be present in the building.
- **Teens ages 13-17 years** - Allowed to be in the building without a parent/guardian once waivers are signed, youth contract is signed, and a facility orientation has been completed.

Youth Day Pass (Effective 10/17/2022)

- **Children Under 13**- This age group must have a parent/guardian present in the building, therefore must purchase a Family Day Pass. Youth Day Passes will not be available.
- **Teens ages 13-17 years** - Can purchase no more than 3 day passes a month. Waivers and youth contract must be signed by parent/guardian before access to the facility will be granted. Youth must also complete a facility orientation.

*** Youth are not eligible for guest passes unless brought in by another member 18 years or older*

WELLNESS CENTER (Second Floor of the building and all activities)

******* All Wellness Center rules are at the discretion of the Wellness Director. Please contact for questions and concerns

- **Children under 10** - No children under the age of 10 are permitted in the Wellness Center, Group Ex Classes, or the indoor track. Please use Child Watch.
- **Children 10-12 years** -Not permitted in Group Ex classes or to use any weights. May use the cardio equipment and walking track, ONLY if:
 1. Parent and child have completed the youth orientation sheet and signed off.
 2. Youth has been instructed by trainer on proper use of appropriate machines (based on size and physical ability).
 3. Youth remains within arm's distance of parent at all times.
- **Teens ages 13-17 years** - May use the entire Wellness Center, participate in Group Ex Classes, or use the indoor track alone after teen has taken an orientation and signed off on the safety guidelines.

RACQUETBALL COURT

- No one under the age of 8 is permitted in the court.
- Youth ages 8-12 may only use the court with a parent.
- Teens ages 13-17 may use courts on their own with reservation and must be actively using the court for its intended purpose. 4 youth maximum per hour.



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Gymnasium

- **Children under 8** - No children under the age of 8 are permitted in the gyms unless en-rolled in a YMCA program or in the same area of a parent/guardian (age 18+).
- **Children age 8-12 years** - Permitted to use the YMCA during standard operating hours with a parent/guardian present in the building unless enrolled in YMCA program.
- **Teens ages 13-17 years** - Allowed to be in the building without a parent/guardian once waivers are signed, youth contract is signed, and a facility orientation has been completed.

Aquatics

- **Children under 8** - No children under the age of 8 are permitted in the pool unless enrolled in a YMCA program or parent/guardian is in the aquatics area with them.
- **Children age 8-12 years** - Permitted to use the YMCA pool as long as the parent/guardian is in the YMCA building.
- **Teens ages 13-17 years** - Allowed to be in the pool without a parent/guardian once waivers are signed, youth contract is signed, and a facility orientation has been completed.

** No youth are permitted to be in the therapy pool, steam room, or sauna. These areas are only for 18 years and older, unless approved by Aquatics Director otherwise.

Sim Zone

- **Youth Under 17**– Must have a parent in the room with them unless otherwise stated.

Child Watch

- **Youth Under 13**– This space is only for youth under the age of 13. The space is designed for parents to drop youth off while they work out, take a class, or participate in a program (during specified hours). Parents will be asked to provide an emergency contact, what area they will be in, and any underlying medical issues.
- Outside of staffed hours, parents can take youth under 13 into this space, but must remain in the space with the youth.