



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF THE TWIN TIERS YOUTH POLICIES

FACILITY GUIDELINES

- **Children prior to 4th Grade** - Prior to reaching the 4th Grade, children may utilize:
 - ⇒ Child Watch
 - ⇒ Open Swim
 - ⇒ YMCA programs with enrollment
 - ⇒ Be with a responsible caregiver (age 18+) who is visibly present.
- **Children 4th to 8th Grade** - Children may utilize:
 - ⇒ Open Swim
 - ⇒ Racquetball court or walking track with a parent
 - ⇒ YMCA Afterschool Activities during the hours of 3 PM and 6 PM, Monday through Friday
 - ⇒ Otherwise, they may use the YMCA during standard operating hours.

WELLNESS CENTER (Cardio/weights)

- **Children prior to 4th Grade** - Please use Child Watch.
- **Children 4th to 8th Grade** - May use the Wellness center until 9PM 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 with a responsible caregiver at all times.
- **Children 9th to 12th Grade** - May use the walking track and Wellness Center alone until closing after teen and parent have taken an orientation and signed off on the safety guidelines. May also use the racquetball court on their own.

REMINDERS

- All members are required to review and acknowledge the YMCA Code of Conduct and Waiver of Liability on an annual basis.
- Please use the appropriate shower and locker areas based upon age.
- Programs may have specific guidelines and expectations that will be communicated with enrollment.

Youth under age 18 MUST be members of the YMCA of the Twin Tiers to use the Wellness Center. Youth visiting the YMCA on a day pass or guest pass are NOT eligible to use the Wellness Center.