



J. Smith Young YMCA

Youth Policies

GENERAL AGE – FACILITY GUIDELINES

- **0 to 9 years old** individual must be participating in a Y program or be checked into Child Watch by a parent/guardian
- **9 to 11** individual must be participating in a Y program or have a parent/guardian in the facility with them
- **12 and over** individual may be at the YMCA for a maximum of 4 hours without a parent/guardian present or be participating in a YMCA program

Although youth members ages 12-17 are allowed in the facility without a parent/guardian, the YMCA staff does not directly supervise or take responsibility if the youth leave the facility. All youth who have completed a youth certification will be issued a certificate. We ask that they keep up with the certificate or take a picture of it and have it accessible on their device.

YOUTH POOL USAGE

- **0 to 8 years old** individual must have parent/guardian in the pool with them
- **8 to 12** individual must have parent/guardian within arms reach if declared a non swimmer by the lifeguard
- **13 and over** individual may swim without parent/guardian present

***12 and under all youth age 12 and under will be required to perform a swim test. Following successful completion of the swim test, participants will be given a green safety band to wear in the pool area. Participants under 13 must have a green swim band to go past the stop sign on the wall. Swim test consists of:

- Jump in the deep end of the pool
- Swim front stroke half way across the pool
- Tread water for 60 seconds
- Swim back stroke back to the wall
- Exit the pool unassisted
- Must swim on top of the water (no underwater swimming)
- Must not touch the side of the pool at any point during the test

(If child doesn't pass swim test or refuses to take the test, they are considered a non-swimmer and must stay on shallow end of pool. Child cannot go past stop signs and will be required to wear a life jacket if the water in the shallow end goes higher than their shoulders.)

YOUTH FITNESS CENTER POLICY

- All youth **ages 9-11** are allowed in the main fitness center and allowed to use the Technogym weight machines **ONLY** if a parent/guardian is in the same room with the youth and after the completion of a Youth Fitness Certification. Staff will train youth on appropriate lifting for their age and size.
- All youth **ages 12-14** are allowed in the main fitness center and allowed to use the Technogym weight machines after the completion of a Youth Fitness Certification. Staff will train youth on appropriate lifting for their age and size.
- All youth **ages 15-17** are allowed in the main fitness center and to use weights after the completion of a Youth Fitness Certification.

YOUTH GROUP EXERCISE POLICY

- All youth ages 9 & up may participate in group exercise classes, but must act in accordance with class guidelines or they may be asked to leave for the safety of themselves and others in the class. Youth ages 9-12 should be accompanied by a parent or guardian in the class.

YOUTH GYM/RACQUETBALL COURTS POLICY

- All youth ages 9-11 may use the gym and racquetball courts while a parent/guardian is in the building. They must follow all posted rules and display personal responsibility.
- All youth ages 12 and up may use the gym and racquetball courts as long as they follow all posted rules and display personal responsibility.