

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 12** individual must be participating in a Y program or have a parent/guardian in the facility with them
- **13 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 13-17 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.

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 may use the cardio equipment in the cardio room ONLY if a parent/guardian is in the same room with the youth and after the completion of a Youth Fitness Certification.
- All youth ages 12-14 are allowed in the main fitness center and 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 FREE WEIGHT AREA POLICY

- All youth ages 15-17 may use the free weight equipment after the completion of a Youth Fitness Certification. Youth are expected to follow all posted rules and display personal responsibility.

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 GYM/RACQUETBALL COURTS POLICY

- All youth ages 9-13 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 13 and up may use the gym and racquetball courts as long as they follow all posted rules and display personal responsibility.

Age	Child Watch	Age	Kids Business	Age	Fitness Center	Age	Bowling	
6 wks	Allowed during designated times M-F 8:15am -1:00 pm M - T 4:15 -8:00 pm Sat 8:30am -12:30 pm	6 wks	Allowed during designated times M-F 8am-8 pm Sat 8:30am - 12:00 pm	6 wks	Not Permitted	6 wks	With an Adult	
5		5		5		5		
6		6		6		6		6
7		7		7		7		7
8		8		8		8		8
9		9		9		9		9
10	Not Permitted	10	Not Permitted	10	With an Adult	10	Allowed at all times	
11		11		11		11		
12		12		12		12		
13		13		13		13		
14+		14+		14+		14+		

Age	Gymnasium	Age	Aquatic Center	Age	Racquetball	Age	Group Ex Classes
6 wks	With an Adult	6 wks	With an Adult	6 wks	With an Adult	6 wks	Not Permitted
5		5		5		5	
6		6		6		6	
7		7		7		7	
8	Permitted during designated times * Please see below	8	Available During Open Swim	8	With an Adult	8	With an Adult
9		9		9		9	
10		10		10		10	
11		11		11		11	
12	Allowed at all times	12	Allowed at all times	12	Allowed at all times	12	Allowed at all times
13		13		13		13	
14+		14+		14+		14+	

**Available anytime school is not in session and the gym is not rented

All ages listed above must be members of the Y or must have purchased a day pass. The same is true when referring to a parent or an adult. Adult is defined as a responsible person who is at least 18 years of age, and in a supervisory role of the child.