

YMCA General Age Requirements

The YMCA's age requirements have been developed with safety and the core values of Caring, Honesty, Respect, and Responsibility in mind.

Please Note: This is a general guideline. The YMCA reserves the right to make adjustments as needed and to determine what "responsible" behaviors are for supervisors of young children.

Ages 6 months to 10 years: Can attend Clubhouse or **must be under direct supervision** of a parent/guardian at all times.

Ages 10 to 12 years: Can be in the gym, racquetball court, walking track and the pool on their own. Can use the Wellness Center once they have completed the Youth Wellness Orientation but **must be under direct supervision** of an adult (18+).

Ages 13 years: Can be in the gym, racquetball court, walking track and the pool on their own. Can use the Wellness Center after completion of the Youth Wellness Orientation **unsupervised**. Ages 13 and below are not allowed in the free weight room.

Ages 14 & Up: Full access to the facility **unsupervised** including free weight room access (downstairs).

Locker room use for young children: All children 6 years old and under can access the locker room of the opposite sex when accompanied by an adult.