



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Sumter Family YMCA Age Guidelines

Effective May 1, 2011

Generally, all children ages 9 and under must be accompanied by a parent or guardian over age 18 at all times while in the building unless checked into our Kidscape childwatch ** program or participating in a supervised Y program.

Upon request, youth ages 10 and up who are active members on a family membership are entitled to receive their own Y membership card but must abide by the age allowances listed below.

Area of Facility	0-5 years	6-9 years	10-11 years	12-14 years	15-17 years	18 & up
Fitness Equipment	Red	Red	Red	Yellow *	Green	Green
Indoor Track	Red	Red	Yellow	Green	Green	Green
Gymnasiums	Yellow	Yellow	Green	Green	Green	Green
Racquetball	Red	Yellow	Yellow	Green	Green	Green
Pools	Yellow	Yellow	Green	Green	Green	Green
Health Service Centers	Red	Red	Red	Red	Red	Green
Locker Rooms	Yellow	Yellow	Green	Green	Green	Green
Group Exercise	Red	Red	Yellow	Yellow	Green	Green
Cycle	Red	Red	Red	Red	Green	Green



Age Appropriate with Parent



Age Appropriate



No Access Allowed

* Allowance conditional upon successful completion of Family Fitness 101 Course

** Kidscape Childwatch is available for ages 6 week – 10 years old.