



## SUMTER FAMILY YMCA Age Guidelines

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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\*\* 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 Center Weight Room				*		
Indoor Track						
Gymnasiums						
Racquetball						
Pools						
Health Service Locker Rooms						
Locker Rooms						
Group Exercise		***	***	***		
Cycle				***		

No Access Allowed
  Age appropriate with parent
  Age appropriate

\* Allowance conditional upon successful completion of Family Fitness 101 Course

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

\*\*\* Access allowed without parent only during Teen Cycle Classes or Youth Fitness. Please check schedule.