



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Age Guidelines

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 Childwatch/Kidscape 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.

|               | Basketball Courts           | Locker Rooms                | Swimming Pools              | Group Exercise Classes      | Indoor Track                | Cycle Classes               | Fitness Center Weight Room  | Health Service Locker Rooms |
|---------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|
| 0 - 5 years   | Age appropriate with parent | Age appropriate with parent | Age appropriate with parent | No Access Allowed           | No Access Allowed           | No Access Allowed           | No Access Allowed           | No Access Allowed           |
| 6 - 9 years   | Age appropriate with parent | Age appropriate with parent | Age appropriate with parent | Age appropriate with parent | No Access Allowed           | No Access Allowed           | No Access Allowed           | No Access Allowed           |
| 10 - 11 years | Age appropriate             | Age appropriate             | Age appropriate with parent | Age appropriate with parent | Age appropriate with parent | No Access Allowed           | No Access Allowed           | No Access Allowed           |
| 12 - 14 years | Age appropriate             | Age appropriate             | Age appropriate             | Age appropriate with parent | Age appropriate with parent | Age appropriate with parent | Age appropriate with parent | No Access Allowed           |
| 15 - 17 years | Age appropriate             | Age appropriate             | Age appropriate             | Age appropriate             | Age appropriate             | Age appropriate             | Age appropriate             | No Access Allowed           |
| 18 years & up | Age appropriate             | Age appropriate             | Age appropriate             | Age appropriate             | Age appropriate             | Age appropriate             | Age appropriate             | Age appropriate             |



Age appropriate



Age appropriate with parent



No Access Allowed

\* Allowance conditional upon successful completion of Family Fitness 101 Course\*\* Kidscape/Childwatch is available for ages 6 week – 12 years old.