



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KEEPING YOUTH AND TEENS SAFE AT THE Y

Program Area Age Requirements

In the Fitness Center & Weight Room

Ages 15+ may use all the fitness equipment without adult supervision.

Ages 12 - 14 may use the strength equipment and cardio machines provided they are supervised by an adult.

Ages 11 and under are not permitted to use any equipment.



Joining Group Exercise Classes

Ages 15+ may participate in all group exercise classes; however, for all cycle classes they must meet the height requirement.

Ages 10 - 14 may participate in group exercise classes provided they reach the height requirements and are supervised by an adult.

Ages 9 and under are not permitted to attend classes



Playing in the Gym

Ages 10 and up may use all the space without adult supervision.

Ages 9 and under may use the space provided an adult is in the gym with them.



Fun in the Pools

Ages 12+ may use all the pools without adult supervision.

Ages 11 and under must have a guardian (16+) in the pool area at all times.

Non-swimmers 52" and less must have a guardian (16+) in the water within arms reach at all times

