



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KEEPING YOUTH AND TEENS SAFE AT THE Y

Facility and program area age requirements: Children ages 11 and under may not be left unsupervised at the facility. They must be signed into Kidscape, and a parent must be on the premises, unless they are actively registered and involved in a YMCA program.

Working out 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 with an adult.
- **Ages 11 and under** are not permitted to use any equipment or be in the area.

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 if they reach the height requirements and are supervised by an adult.
- **Ages 9 and under** are not permitted to attend classes.

Using the MX4 Room

- **Ages 18+** may use all the MX4 room for independent exercise.
- **Ages 15+** may participate in MX4 classes.
- **Ages 12-14** may participate in MX4 classes provided they are with an adult.

Indoor Track

- **Ages 15+** are allowed with proper use.
- **Ages 10 - 14** require parent supervision.
- **Ages 9 and under** are not allowed.

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.

Playing in the Basketball Gyms

- **Ages 12 and up** may use the courts without adult supervision.
- **Ages 11 and under** may use the courts provided an adult is in the gym with them.

Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Code of Conduct

- Respect your YMCA facilities, programs, staff and fellow members.
- Profane language, harassment and violence are strictly prohibited.
- Abide by rules, policies and guidelines posted in each area of the facility.
- Dress appropriate to the activity in which you are participating. Shirts are required in all areas.
- Tobacco, alcohol, illegal substances or weapons, including concealed weapons are not allowed on YMCA property or during YMCA programs.
- We reserve the right to deny access to anyone who appears to be under the influence of drugs or alcohol.
- Children ages 11 years old, or under, may not be left unsupervised at the facility. They must be signed into Kidscape unless they are actively involved in a YMCA program and a parent must be on the premises.
- Registered sex offenders are not eligible for membership or program participation and are not allowed on Y property or within premises of Y activities.
- Respect the privacy of others by only taking photos/videos of your family members or consenting adults. Cameras are prohibited in locker rooms.

Any violation of the above referenced acts will be subject to sanctions including, but not limited to:

- Removal from the YMCA facility.
- Suspension of up to one year from the facility and/or from participating/attending in any and all YMCA hosted or sponsored programs and functions.
- Termination of membership privileges with the YMCA.