

YOUTH FACILITY GUIDE



Follow this guide to learn where children and teens can exercise at the Foundation YMCA
Age guidelines are designed to keep youth safe while enjoying the benefits of the Y.

	AGES 6 WKS – 12 YRS	AGES 13 YRS – 14 YRS	AGES 15 YRS – 17 YRS
CHILD WATCH	Yes.	No.	No.
BASKETBALL COURT	Yes—must be under direct adult 18+ supervision at all times.	Yes—must be signed in by an adult 18+ and receive a white wristband. 2 hrs max.	Yes—Without adult supervision.
GENERAL AREA John Benson Community Space Main Lobby	Yes—must be under direct adult 18+ supervision at all times.	Yes—must be signed in by an adult 18+ and receive a white wristband. 2hrs. max.	Yes—Without adult supervision.
POOL/ AQUATICS CENTER	Yes—must be under direct adult 18+ supervision at all times.	Yes—must be signed in by an adult 18+ and receive a white wristband. 2 hrs. max.	Yes—Without adult supervision.
SAUNA	No.	No.	No.
WELLNESS FLOOR, INDOOR TRACK, & STUDIOS	Yes- Ages 10-12 can use wellness floor after completion of TNT with direct Adult 18+ supervision. No- Ages 9 and under are not permitted on the 2 nd floor. No- Free weight area.	Yes- With an adult in the Building. Must be signed in by an adult 18+, receive a white wristband and have completed TNT. No- Without Adult in Building.	Yes- Full access to the wellness floor, track & studios.
GROUP EX CLASSES	No.	Yes- Must be supervised by an adult 18+ at all times during class, receive a white wristband and have completed TNT. No- Without Adult in Building	Yes- Full access to the group ex classes.

PLEASE NOTE:

- Members must be 18+ years old to bring a guest.
- Ages 12 & under not allowed to sit on the fitness floor/group ex classes while parents/guardian participates.**
- For safety reasons, members ages 13-14 can not reenter the building once they have left without an adult check-in.
 - Once signed in, members 13-14 may be in the facility for a maximum of 2 hours without adult supervision.
- Direct adult supervision means maintaining consistent direct line of sight and must be able to get to child within 30 seconds in case of an emergency.**