

YMCA FITNESS CENTER

AGE POLICY

- ▼ Individuals ages **9 and under** cannot be in the weights/cardio areas
- ▼ Individuals **ages 10-12** can be utilizing the weights/cardio areas when directly supervised by a parent/guardian
- ▼ Individuals must be **13 years and older** to be utilizing the weights/cardio areas without direct supervision
- ▼ Individuals must be **13 years and older** to participate in group fitness classes
- ▼ Individuals ages **10 years and older** can be on the track unsupervised
- ▼ Individuals **ages 6-9** can be on the track with direct supervision by a parent/guardian
- ▼ Individuals **5 and under** can be on the track in a single stroller or carrier with a walking parent/guardian