

YMCA

AGE POLICY

- ▼ Individuals ages **9 and under** are required to have a parent/guardian with them at all times in the facilities.
- ▼ Individuals ages **10 and above** are allowed inside facilities unsupervised.
- ▼ Individuals must be **13 years and older** to be utilizing the weights/cardio areas without direct supervision.
- ▼ 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 participate in group fitness classes.
- ▼ Individuals ages **10 years and older** can be on the track unsupervised.
- ▼ Individuals **ages 13 and older** may be in the pool unsupervised if they have passed the swim test offered by a YMCA lifeguard. If individuals **ages 13+** have not passed the swim test, they must be supervised by a parent/guardian.
- ▼ Individuals must be **18 years and older** to use the spa.