



SUPERVISION REQUIREMENTS

The YMCA has established a minimum age for youth to use the facilities. Children under the age of 12 must be part of a family membership and must be accompanied by a parent or guardian who is 18 years or older. Parents will sign off on the Code of Conduct and will be held responsible for the behavior of their children.

GROUP EXERCISE CLASSES

Members ages 10-14 may participate in all classes upon completion of a wellness orientation and must be accompanied by and in direct supervision of an adult who is also a member. Children under 12 must be part of a family membership. Exceptions may apply based on the equipment used in classes. This might include cycling programs where the bike fit is critical and Body Pump where the equipment may need to be modified. Members should speak with the instructors in advance of taking the class.

WELLNESS CENTER

Members ages 10 – 11 may use the Wellness Center after an orientation and under the direct supervision of a parent or guardian who is also a member. Youth/Teen (ages 12-17) members may work out alone after they have had an orientation. The Y offers free Wellness Orientations with trained Wellness Coaches to help participants of all ages learn safe, effective workout techniques and to learn the proper use of equipment. Children under 12 must be part of a family membership

WRIST BANDS

Youth are required to check in with wellness floor staff when heading upstairs to the floor. An attendant will confirm completion of orientation then distribute a wrist band. This will enable staff to easily identify those who are safely eligible to utilize the equipment. Beginning the last week of March our staff will enforce the orientation requirement with more diligence. We can help to schedule an orientation as needed. Children will be asked to participate in activities in the gymnasium or utilize the social area near the fireplace.

ORIENTATIONS

Beginning March 21st Youth/teens are asked to check in with a wellness center associate, on the floor, to receive a wrist band prior to working out. Register for Orientations [here](#).

Youth/Teen Name _____

Key Tag # _____

Parent signature _____

Date _____