



YOUTH GUIDELINES

YMCA OF WESTERN NORTH CAROLINA

Not all features available at all locations

| Age | Area of Participation | |
|---|--|--|
| | Must be within arm's reach of guardian | Guardian must be in the building |
| 6 weeks–6 yrs | <ul style="list-style-type: none"> General facility Gymnasium Climbing wall (with signed waiver) | <ul style="list-style-type: none"> Pool Track Youth Development Center |
| | Must be within sight of guardian | Guardian must be in the building |
| 7–9 years | <ul style="list-style-type: none"> General facility Pool (after a successful swim test; the guardian must remain in the aquatics area but may be out of the water) Gymnasium Track Climbing wall (with signed waiver) Family-friendly group exercise classes (those marked with a ∞ on the schedule) | <ul style="list-style-type: none"> Ages 7–12: Kids Zone, Youth Lounge, or 7 Up Club |
| The Youth & Family Orientation is required for youth to use the Wellness Center and strongly encouraged for use of other areas of the facility | | |
| | Must be within sight of guardian | Guardian must be in the building, but is not required to stay with youth in these areas. |
| 10–12 years | <ul style="list-style-type: none"> Family-friendly group exercise classes (those marked with a ∞ on the schedule) Wellness Center (orientation required, no free-weight use allowed) Racquetball courts | <ul style="list-style-type: none"> Lobby Pool (after successful swim test, or wearing lifejacket) Gymnasium and track Climbing wall (with signed waiver) Ages 7–12: Kids Zone, Youth Lounge, or 7 Up Club |
| No guardian required; Teen Orientation strongly encouraged | | |
| 13–15 years | <ul style="list-style-type: none"> General facility Track Climbing wall (with signed waiver) Racquetball courts | <ul style="list-style-type: none"> Pool Gymnasium Wellness Center (<u>orientation required</u>, no free-weight use allowed,) Group exercise classes (except for cycle or those that use free-weights) |
| 16+ years | Full facility use; Teen Orientation encouraged, but not required | |



YOUTH GUIDELINES

YMCA OF WESTERN NORTH CAROLINA

Youth under the age of 13 may not be in the facility without a responsible adult or guardian. Youth 13 and under may use certain areas of the facility without direct supervision, as outlined in these guidelines.

Free Youth & Family Orientations can be scheduled at the Member Service Desk or in the Wellness Center. The one-hour orientation covers basics of exercise science, how to safely use the equipment in the Wellness Center, and Wellness Center and group exercise class etiquette. Completion of the Youth & Family Orientation is required for youth ages 10–15 to participate independently in certain Y activities. Upon completion of the orientation, youth will receive a bracelet that they should wear when using a YMCA of Western North Carolina facility.

A member must be 18 years or older to bring a guest. One guest individual or guest family allowed per member.

Additional facility policies, based on center availability

- Youth must be 16 years or older to use the hot tub, steam room, and sauna
- For greater privacy, and for mixed-gender families with children older than 4, centers have all-gender restrooms available.
- For safety, only youth who fit in the required safety harness will be permitted to use the climbing wall.
- Swim test:
 - * Swim 25 yards without stopping or touching the bottom or wall.
 - * Tread water for 1 minute.
 - * Exit the pool without assistance.
 - * Swimmers who do not pass the swim test must wear an approved life jacket or be in the pool within an arm's reach of a guardian. Swimmers will be retested each visit for their own safety.

In instances where youth behave inappropriately, they will be held accountable in the following ways:

- Verbal warning by Y staff
- Notification to parent/guardian
- Asked to leave the Y premises