

AGE GUIDELINES

FACILITY

- If you are 9 years old and under, you must...
 - be under the direct supervision of a responsible member 16 years or older at all times while in the building.
- If you are 10 to 12 years old, you may...
 - be in the facility without direct supervision, but must have a responsible member 16 years or older in the building.
- If you are 13 and older you may...
 - use all areas of the facility unaccompanied by an adult. Exceptions include the Wellness Center and, when applicable, saunas, steam rooms, and whirlpools. Access to the Wellness Center is available for ages 13–15 only after completing a Youth & Family Orientation.
- Ages 16 and older may use all areas of the Y.

WELLNESS CENTER AND EXERCISE STUDIOS

- If you are 7 to 12 years old, you may...
 - participate in group exercise classes with a ¥ next to them on the schedule, with a responsible member 16 or older. You must be actively participating and supervised.
- If you are 10 to 12 years old, you may...
 - be in the Wellness Center if you are under direct supervision of a responsible member 16 or older, have completed a Youth & Family Orientation, and have the bracelet that serves as proof of completion of the orientation.
- If you are 13 to 15 years old you may...
 - be in the Wellness Center or attend group exercise classes without adult supervision only after you have completed a Teen Orientation. You must have the bracelet that serves of proof of completion of the orientation with you at all times while at the Y.

LOCKER ROOMS

- Please be courteous and aware of the privacy needs of all our members in the men's and women's locker rooms and monitor your children while using these areas.
- Children ages 4 and under are permitted in the locker rooms of the opposite gender when accompanied by an adult.
- For greater privacy, and for mixed-gender families with children older than 4, certain centers have all-gender restrooms available.