



# KEEPING KIDS HEALTHY, HAPPY, & SAFE

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## AGE POLICIES FOR FACILITY USE FOR Y MEMBERS 12 & UNDER

J. DOUGLAS WILLIAMS YMCA

### POOL

- All children under 12 must be swim tested and given a wristband before entering the pool.
- All children under 12 must be accompanied by an adult at all times while in pool area.
- No children under the age of 12, regardless of wristband color, may be left at the pool without an adult.
- Each child age 12 and older who pass the swim test, no parent/guardian supervision required.

### WELLNESS FLOOR

- Children under 8 are not permitted on the wellness floor at any time.
- Ages 8-11 may use the cardio equipment with direct parent/guardian supervision on next machine over.
- Ages 12 and up, no parent/guardian supervision required on cardio equipment or weight machines, after initial wellness orientation appointment with Y staff.
- Free weights - age 16 & older only permitted in the free weight room.

### GYMNASIUM

- Children under age 12 must be accompanied by a parent/guardian at all times.
- Members 12 and up may use the facility pending regularly scheduled activities and special events.
- The gymnasium is not staffed during open gym.

### ALL OTHER AREAS (Group Ex Studio, multi-purpose/stretch area, coffee area, locker rooms)

- Children under the age of 12 must be directly supervised by an adult at all times.
- Children 8 & up may participate in cardio classes provided they are able to keep up with other participants.
- Children are not permitted in hallways, locker rooms, coffee area, multipurpose/stretch or any exercise areas without direct parent/guardian supervision or while parent/guardian is exercising.

### FACILITY HOURS

- Mon - Fri: 5a - 9p
- Saturday: 8a - 5p
- Sunday: 12p - 5p

### CHILD DEVELOPMENT HOURS\*\*

- Mon - Thurs: 8a - 1p & 4p - 8:30p
- Friday: 8a - 12:30p & 4p - 7:30p
- Saturday: 8a - 12:30p
- Sunday: 1p - 4p

### KIDS CLUB HOURS\*\* (ages 7- 11)

- Mon - Friday:  
9a - 12p (Summer only)  
5p - 7:30p \*Closes 7pm Fridays
- Saturday: 9a - 12p

\*Non-Members must follow separate age policies listed on Guest Waiver

\*\*Hours subject to change with seasons and for holidays