



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF THE TWIN TIERS YOUTH POLICIES

FACILITY GUIDELINES

- **Children under 10** - No children under the age of 10 are permitted in the YMCA unless enrolled in a YMCA program or within arm's distance of a parent/guardian (age 18+).
- **Children age 10-13 years** - Permitted to use the YMCA during standard operating hours. During the hours of 3 PM and 6 PM, Monday through Friday, they must be enrolled in the YMCA Afterschool Program (if in session) or be within arm's distance of a parent.
- **Three Strike Policy** - To ensure the YMCA is a safe, pleasant and fun-filled environment for everyone, our code of conduct is clearly communicated and consistently enforced.
 1. First strike - loss of membership privileges for 30 days.
 2. Second strike - loss of membership privileges for six (6) months.
 3. Third strike - loss of membership privileges for one (1) year or longer.

WELLNESS CENTER (Cardio/weights)

- **Children under 10** - No children under the age of 10 are permitted in the Wellness Center. Please use Child Watch.
- **Children 10-13 years** - May use the Wellness center if:
 1. Parent and child have completed the youth orientation sheet and signed off.
 2. Youth has been instructed by trainer on proper use of appropriate machines (based on size and physical ability).
 3. Youth remains within arm's distance of parent at all times.
- **Teens 14-17 years** - May use the Wellness Center alone after teen and parent have taken an orientation and signed off on the safety guidelines.

INDOOR WALKING/RUNNING TRACK (If Applicable)

- **Children under 10** - May not use the track (unless in a stroller or papoose.)
- **Children 10-13 years** - may only walk the track within arm's distance of parent at all times provided they have completed youth orientation and follow track safety guidelines.
- **Teens 14-17 years** - May use the track alone after teen and parent have taken an orientation and signed off on safety guidelines.

VIRTUAL FITNESS

- **Children 10-13 years** - May use the virtual system with a parent as long as they are actively engaged in the workout for insured safety.

RACQUETBALL COURT

- No one under the age of 10 is permitted in the court.
- Youth ages 10-13 may only use the court with a parent.
- Teens age 14-17 may use courts on their own.

Youth under age 18 MUST be members of the YMCA of the Twin Tiers to use the Wellness Center. Youth visiting the YMCA on a day pass or guest pass are NOT eligible to use the Wellness Center.