



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

YOUTH GUIDELINES

In order to provide a safe and positive experience for the youth of our community, the following guidelines related to facility use by YMCA members and guests will apply. These guidelines apply to all YMCA of the Inland Northwest facilities.

GENERAL AGE GUIDELINES

The following general guidelines apply to all youth who are not participating in a supervised, structured program while in the facility.

- Youth ages 6 and under must have direct supervision at all times by a supervising individual or be signed into Child Watch.
- Youth ages 7-11 must be accompanied by a supervising individual who remains in the building. The supervising individual does not have to be in the same area as the youth so long as the youth is in a designated age-appropriate area. The youth must follow the age restrictions posted for specific rooms and activities.
- Youth age 12 and older are not required to be accompanied by a supervising individual but are subject to the age restrictions for specific areas as outlined below.
- The recommended length of time for a visit to the Y for an unsupervised youth not in a YMCA program is 3 hours or less.

AGE RESTRICTIONS FOR SPECIFIC AREAS

AQUATICS (Central Y, North Y & Valley Y)

- Children ages 4 and under must have an adult with them **IN THE WATER AT ALL TIMES** and within arms reach.
- Children ages 5-6 must have an adult with them **IN THE POOL AREA**.
- Children ages 7 and under must be accompanied, in the water, by an adult 18 years of age or older when using the Lazy River at the North YMCA.
- Spa, Sauna, & Steam Room are reserved for ages 15 and older.
- Lap Swim lanes are reserved for ages 14 years and older. Lead Guards may approve younger swimmers. A swim test may be required.
- Age and height restrictions for slides & water features posted at branch.

LOCKER ROOMS

- Children ages 4 and under may accompany an adult of the opposite gender into the locker room.
- Children ages 5 and older must use gender-appropriate locker rooms.
- All-Gender Changing Rooms are available for those needing assistance from a person of the opposite gender.
- Youth ages 15 and older are to use the designated adult locker room areas at Central and North.

CLIMBING WALL (Valley Y)

- Available for ages 4 and up with adult supervision.
- Parents may use the climbing wall with children ages 4 and up outside of staffed hours if they possess a current YMCA Belay Certification.

FAMILY/YOUTH ACTIVITY CENTER (Central Y, North Y & Valley Y)

- Youth age 6 and under must have direct supervision from a supervising individual at all times.
- Youth age 7-11 must have adult supervision present in the YMCA facility.
- See Member Services for Y Staffed hours.

WELLNESS CENTER AGE RESTRICTIONS

- For safety reasons, youth under age 10 are not permitted in the Wellness Center.
- Non-members under the age of 18 are not allowed in the Wellness Center.
- All Youth must attend a free Youth Wellness Center Training to use the Cardio (ages 10-15) and Strength (ages 12-15) equipment.
- Youth ages 10-11, after completing a Youth Wellness Center Cardio Training, may only use the Cardio equipment with direct parental supervision.
- Youth ages 12-15, may access the Wellness Floor without adult supervision after completing the Youth Wellness Center Trainings.
- Youth Wellness Center trainings must be completed in this order: Cardio, Strength then Free-Weights. Free-Weights training available for a fee for youth ages 12-15.

TEEN CENTER & YOUTH ACTIVITY CENTER

- Teen Center is reserved for use ages 12-18 at the Central Y & North Y.
- Youth Activity Center is reserved for use ages 7-17 at the Valley Y.

SKATE PARK (Valley Y)

- Under age 12 must be accompanied by a supervising individual.
- All skaters must check in at Member Services. A signed waiver is required, along with a wristband.