



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PARKVIEW HUNTINGTON FAMILY YMCA

Youth Policies

GENERAL AGE – FACILITY GUIDELINES

- **0 to 6 years:** Individual must be participating in a Y program or checked into ChildWatch by parent/guardian.
- **7 years to 5th grade:** Individual must have a parent/guardian in the facility or be participating in a Y program.
- **6th grade to 17 years:** Individual may be on the Y premises for a maximum of three hours per day without parent/guardian supervision, or be participating in a Y program. Thus, afterschool participants must be picked up before 6:00 pm.
- * **Although youth members ages 6th grade to 17 years are allowed in the YMCA without an adult, the YMCA staff does not directly monitor or take responsibility if the youth leave the facility.**

YOUTH POOL USAGE

- **14 and Under:** All youth age 14 and under will be required to perform a swim test. Following the test, each patron will be given a colored safety band to wear in the pool area. If a patron refuses to take a swim test, they will be given a red band.
 - **Red Band:**
 - Must have an adult in the water with them at all times
 - Remain in water that is less than armpit deep
 - May NOT use the slide
 - May be required to wear a lifejacket (provided by the Y)
 - **Yellow Band:**
 - Must have an adult in the pool area
 - Remain in water that is less than armpit deep
 - May NOT use the slide
 - **Green Band:**
 - Allowed in all pool areas, including the slide

YOUTH WELLNESS CENTER POLICY

- **12 to 13 years (Blue Band):** Children are allowed to use the selectorized (Matrix, Sports Art) equipment AFTER completing a selectorized Orientation (register at the front desk). Children must wear their blue wrist band while in the Wellness Center.
- **14 to 15 years (Orange Band):** Teens are allowed to use the cardio, cables, and selectorized equipment AFTER completing a Cardio and Strength Wellness Orientation (register at the front desk). Teens must wear the orange wrist band while in the Wellness Center.

YOUTH FREE WEIGHT ROOM POLICY

- **14 to 15 years (Orange Band):** Teens are allowed to use free weight room WITH PARENT after completing a free weight orientation (register at the front desk). Teens must wear the orange wrist band while in the Wellness Center.

YOUTH GROUP EXERCISE CLASS POLICY

- **14 and Up:** Teens are allowed to participate in all Group Exercise classes but must act according to class guidelines or they may be asked to leave for the safety of themselves and others in the class.

YOUTH INDOOR TRACK POLICY

- **12 and Up:** Teens are allowed to utilize the track when following track rules and displaying personal responsibility.
- **11 and under:** To use the track, children under 12 must be accompanied by a parent in close proximity, follow track rules, and display personal responsibility.