



# YOUTH POLICIES

Parkview Huntington Family YMCA

FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Age	Supervision	Areas Permitted *Specific Restrictions
0-6 years	<p><b>Parent must accompany child in all these areas.</b></p> <p>Childcare available during "Play &amp; Learn" hours. Parent must remain in the building.</p>	<ul style="list-style-type: none"> <li>· Gym</li> <li>· Racquetball Court</li> <li>· <b>Indoor Track*</b></li> <li>· <b>Hallways &amp; Locker Rooms</b></li> <li>· <b>Pool*</b></li> </ul>
7 years to 5th grade	Parent must be in the building unless child is participating in a program.	<ul style="list-style-type: none"> <li>· All areas listed above</li> <li>· <b>Hang Out Room</b></li> </ul>
6th grade to 8th grade	<p>Maximum of 2 hours at the YMCA without a parent/guardian supervision or while participating in a program.</p> <p>Although this age group is allowed at the YMCA without an adult, the YMCA staff does NOT directly monitor or take responsibility if the youth leaves the facility.</p>	<ul style="list-style-type: none"> <li>· All areas listed above</li> <li>· <b>Wellness Area / Weight Room*</b></li> </ul>

## Area Guidelines

<b>Wellness Area</b>	<b>Ages 11 and under</b> are <u>NOT permitted</u> in the Wellness Area.	<b>Ages 12-13</b> must complete an orientation with a YMCA Wellness Coach before utilizing any fitness equipment. After completing this orientation, this age group may only utilize selectorized (TechnoGym) machines and must wear a <b>blue wristband</b> when in the Wellness Area.	<b>Ages 14-15</b> must complete an orientation with a YMCA Wellness Coach before utilizing any fitness equipment. After completing this orientation, this age group may utilize selectorized (TechnoGym) machines and cardio (treadmills, ellipticals) machines. He/she must also wear an <b>orange wristband</b> when in the Wellness Area.
<b>Free Weight Area</b>	<b>Ages 13 and under</b> are <u>NOT permitted</u> in the Free Weight Area.	<b>Ages 14-15</b> must complete an orientation with a YMCA Wellness Coach that's specific to the use of free weights. The youth must wear an <b>orange wrist band</b> and <b>must be accompanied by a parent</b> while in the Free Weight Area.	<b>Ages 16+</b> no restrictions on equipment use in the Wellness Area or Free Weight Area

How do I get an orientation with a YMCA Wellness Coach? Please see the front desk to make an appointment. Expect it to take about an hour.

Where do I get a swim (red, yellow, green) or fitness (blue, orange) band? Ask the front desk and they will verify the appropriate color band for the child and will provide the band.

**Area Guidelines**

<b>Indoor Track</b>	<b>Ages 11 and under</b> must be <u>accompanied by a parent</u> in close proximity. Children disturbing others or causing congestion on the track may be asked to leave the track.	<b>Ages 12+</b> may utilize the track if following the track rules and acting responsibly.	
<b>Pool</b>	<b>Ages 14 and under</b> are required to take a swim test administered by our lifeguards. The child will be assigned a color, which indicates their current swimming ability level. If the child does not take the swim test, he/she will automatically be assigned a red band.		
	<p><b>Red Band</b></p> <ul style="list-style-type: none"> <li>· <b>Must have an adult in the water with them at all times</b></li> <li>· Child only permitted in the "warm water" pool</li> <li>· Child must remain in water that is less than armpit deep</li> <li>· Child may NOT use the slide</li> <li>· Child is required to wear a lifejacket</li> </ul>	<p><b>Yellow Band</b></p> <ul style="list-style-type: none"> <li>· <b>Must have an adult in the pool area</b></li> <li>· Child only permitted in the "warm water" pool</li> <li>· Child must remain in water that is less than armpit deep</li> <li>· Child may NOT use the slide</li> </ul>	<p><b>Green Band</b></p> <ul style="list-style-type: none"> <li>· Child permitted to swim in the "warm water" and "lap" pools.</li> <li>· Child may utilize the slide.</li> </ul>