



YOUTH POLICIES

Parkview Huntington Family YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Age Guidelines

Age	Supervision	Areas Permitted * Specific Restrictions
0-6 years	<p>Parent must accompany child in all these areas.</p> <p>Childcare available during "Play & Learn" hours. Parent must remain in the building.</p>	<ul style="list-style-type: none"> • Gym • Racquetball Court • Indoor Track* • Hallways & Locker Rooms • Pool*
7 years to 5th grade	Parent must be in the building.	<ul style="list-style-type: none"> • All areas listed above • Hang Out Room
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"> • All areas listed above • Wellness Area / Weight Room*

Area Guidelines

Wellness Area	Ages 11 and under are <u>NOT permitted</u> in the Wellness Area.	Middle School Students (Ages 12+) 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 blue wrist band when in the Wellness Area.	High School Students (Under 16 years old) must complete an orientation with a YMCA Wellness Coach before utilizing any fitness equipment. After completing this orientation, this age group may utilize all equipment in the Wellness Area. He/she must also wear an orange wrist band when in the Wellness Area. Ages 16+ orientation not required, but available upon request

How do I get an orientation with a YMCA Wellness Coach?

Please see the front desk to make an appointment.
Expect it to take 30-60 minutes.

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

Indoor Track	Ages 11 and under 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.	Ages 12+ may utilize the track if following the track rules and acting responsibly.	
Pool	Ages 14 and under 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.		
	Red Band <ul style="list-style-type: none">• Must have an adult in the water with them at all times• Child only permitted in the "warm water" pool• Child must remain in water that is less than armpit deep• Child may NOT use the slide• Child may be required to wear a lifejacket	Yellow Band <ul style="list-style-type: none">• Must have an adult in the pool area• Child only permitted in the "warm water" pool• Child must remain in water that is less than armpit deep• Child may NOT use the slide	Green Band <ul style="list-style-type: none">• Child permitted to swim in the "warm water" and "lap" pools.• Child may utilize the slide.