



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AGE POLICY

The Henderson Family YMCA strongly encourages parents and guardians to use good judgment regarding the supervision of their children while at the YMCA. Please refer to the diagram below for quick reference and the descriptions thereunder for greater detail. Members, participants, and guests, of all ages, are expected to abide by the YMCA's Code of Conduct. The YMCA is not a "hang out" for teens or a substitute for supervised child care. The YMCA reserves the right for staff to make discretionary decisions regarding prolonged attendance by unsupervised teens, including contacting a parent or guardian with a request to pick up the teen.

QUICK REFERENCE GUIDE	0-5yr	6-10	11	12	13	14	15+
Basic Facility							
Nursery							
Kids Zone							
Pool							
Steam Room, Sauna, Spa							
Gym							
Kids Gym							
Racquet Courts							
Playground							
Free Weight Room							
Wellness Center							
Group Exercise Classes							

- Allowed in specified area with a parent or guardian age 16 or older
- Allowed in specified area
- NOT ALLOWED in area
- Must complete WWF certification
- If Kids Zone is closed, 2 hours

BASIC FACILITY: Members must be at least 13 years of age to be left unsupervised at the YMCA. Children ages 12 and under must be accompanied and supervised by a parent or guardian (age 16 or older) or enrolled and participating in a supervised YMCA program.

Nursery: Children ages 6 weeks - 5 years old may be left in the nursery up to a maximum of two (2) hours each session (morning & evening), however, a parent or guardian must remain in the building.

Kids Zone: Children ages 6-12 years old may attend Kids Zone, however, a parent or guardian must remain in the building. If Kids Zone is closed, children ages 6-12 may be left in the Nursery for up to two (2) hours.

POOL: Children ages 7 and older (who can swim without aid as determined by lifeguard) may be in the pool without adult supervision, however, a parent or guardian must remain in the building. All children ages 6 and under, as well as children ages 7 and older (who require a swimming aid as determined by lifeguard) must be accompanied in the pool by a parent or guardian and remain within arm's reach of the parent or guardian at all times.

GYM/RACQUET COURTS: Persons ages 13 and older are permitted to use the gym and racquet courts. Children ages 12 and younger must be directly supervised by a parent or guardian.

KIDS GYM: Persons ages 12 and younger are permitted to use the Kids Gym when accompanied and supervised by a parent or guardian (age 16 or older) or enrolled and participating in a supervised YMCA program. Persons 13 years and older may use the Kids Gym for organized activities (i.e. pickleball, badminton). *Please do not dunk on the basketball goals in the Kids Gym.*

WELLNESS CENTER: Persons age 15 years and older may use the Wellness Center. Members ages 13 and 14 years must complete the Weights, Wellness & Fitness (WWF) certification in order to use the Wellness Center. Members ages 11 and 12 years must complete the Weights, Wellness & Fitness (WWF) certification and be directly supervised by a parent or guardian in order to use the Wellness Center. Guests ages 14 and under may not use the Wellness Center.

FREE WEIGHT ROOM: Persons age 15 years and older may use the Free Weight Room.

GROUP EXERCISE CLASSES: Persons age 13 and older may attend group exercise classes. With the instructor's express permission and at the instructor's discretion, children ages 12 and younger may participate in a group exercise class with a parent or guardian who is also participating in the class. Some classes may not be appropriate for some children.

Any special circumstances which may merit an exception to this Age Policy must be approved in writing by the appropriate YMCA Director, in consultation with other YMCA staff.