



GUIDELINES FOR KIDS AT THE Y

To ensure the safety of our members, we ask that you please observe the following policies:

GROUP EXERCISE

AGES 9 AND UP

May attend yoga classes with a parent/guardian

AGES 12 & UP

May attend cardio classes with a parent/guardian

AGES 14 & UP

May attend any class with a teen certification

AGES 16 & UP

May attend any class

FITNESS CENTER

AGES 9-13

May do body weight exercises with a parent/guardian (no weight lifting)

AGES 9-12

May use cardio equipment with a parent/guardian (no weight equipment)

AGES 13 & UP

May use cardio equipment alone

AGES 14-15

May use strength equipment with a teen certification

AGES 16 & UP

May use strength equipment alone

If an exercise class is labeled as family, younger children may attend with a parent/guardian. Children can also participate in our other programs, including youth sports, swim lessons, PlayZone, Tae Kwon Do, and more! Kids ages 8 and up may play basketball in the gym.

NOTE: Due to insurance liabilities, children may not be in the Group Exercise Room unless they are participating in the class. Children who are left unsupervised or who are not fully participating may be asked to leave the program area.