



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KEEPING KIDS SAFE

AGE GUIDELINES | BREMERTON FAMILY YMCA

	CHILD WATCH	LOCKER ROOMS			ALONE IN FACILITY (2 hour max.)	CARDIO EQUIPMENT	STRENGTH EQUIPMENT	GROUP EXERCISE CLASSES		INDOOR TRACK		FREE WEIGHTS HOT TUB SAUNA STEAM ROOMS	ACTIVITY CENTER *With Parent **Only open during staffed hours
		Gym Locker Rooms	Pool Locker Rooms	Universal Changing Suites *0-11 With Parent*				Main Gym Youth Gym Racquetball Main Pool Instructional Pool	With Adult *Excluding TRX, cycling and bootcamp	Without Adult	With Adult		
0-5 YEARS	●		●	● *									● *
6 YEARS	●		●	● *				● *					● **
7 YEARS	●		●	● *				● *					● **
8-9 YEARS			●	● *	● *Must pass Swim test in the pool			● *			●		●
10-11 YEARS			●	● *	● *Must pass Swim test in the pool	With FitPath Orientation			● *		●		●
12-14 YEARS			●	●	● *Must pass Swim test in the pool	With FitPath Orientation	With FitPath Orientation		● *		●		●
15+ YEARS		●	●	●	Anytime: No limit	All Equipment	All Equipment		●		●	●	●

NOTE: Parents of youth younger than 8 years must remain within the facility, including when a child is checked into a supervised YMCA program.

*Universal Changing Rooms are also available for members who need additional privacy.