

# KEEPING KIDS SAFE



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## AGE GUIDELINES | UNIVERSITY Y STUDENT CENTER

	CHILD WATCH	LOCKER ROOMS			ALONE IN FACILITY (2 HOUR MAX)	CARDIO EQUIPMENT	STRENGTH EQUIPMENT	GROUP EXERCISE CLASSES		INDOOR TRACK		FREE WEIGHTS
		Opposite Gender With Parent	Same Gender Alone	Universal Locker Room without Parent				Designated Classes	All Classes	WITH ADULT	WITHOUT ADULT	
0-5 YEARS	●	●						●		●		
6 YEARS	●		●	●				●		●		
7 YEARS	●		●	●				●		●		
8-9 YEARS			●	●				●			●	
10-11 YEARS			●	●	●	With FitKids			●		●	
12-14 YEARS			●	●	●	With FitKids	With FitKids		●		●	
15+ YEARS			●	●	● Anytime: no limit	● Without FitKids	● Without FitKids		●		●	●

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