



AGE GUIDELINES

MEL KORUM FAMILY YMCA

	ALONE IN FACILITY (2 HR MAX)	POOLS		CHILD WATCH	REC ROOM	LOCKER ROOMS				CARDIO EQUIPMENT		PRECOR STRENGTH EQUIPMENT	GROUP EXERCISE CLASSES	INDOOR TRACK		FREE WEIGHTS	HOT TUB		
	MAIN GYM YOUTH GYM RACQUETBALL	TODDLER	INSTRUCTIONAL MAIN			OPPOSITE GENDER WITH PARENT	SAME GENDER ALONE	UPSTAIRS LOCKER ROOM	FAMILY SUITE LOCKER ROOMS	DOWNSTAIRS	UPSTAIRS			WITH ADULT	WITHOUT ADULT			SAUNA	STEAM ROOM
0-5 YEARS		★ WITH ADULT	★ WITH ADULT	★	★ WITH ADULT	★			★ WITH ADULT						★				
6 YEARS		★ WITH ADULT	★ WITH ADULT	★	★ WITH ADULT	★			★ WITH ADULT						★				
7 YEARS			★ WITH ADULT	★	★ WITH ADULT		★		★ WITH ADULT						★				
8-9 YEARS	★		★ MUST PASS SWIM TEST IN POOL.		★		★		★				★ PARTICIPATING WITH ADULT			★			
10-12 YEARS	★		★ MUST PASS SWIM TEST IN POOL.		★		★		★	WITH FITPATH OR YOUTH/TEEN FITNESS CLASS YELLOW WRIST BAND.			★ PARTICIPATING WITH ADULT			★			
13-14 YEARS	★		★ MUST PASS SWIM TEST IN POOL.		★		★		★	WITH FITPATH OR YOUTH/TEEN FITNESS CLASS RED WRIST BAND.	WITH FITPATH OR TEEN FITNESS CLASS RED WRIST BAND.	WITH FITPATH OR TEEN FITNESS CLASS RED WRIST BAND.	★			★			
15+ YEARS	★ ANY TIME: NO LIMIT.		★				★	★	★	★	★	★	★			★			★