



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 <small>*No strollers on track due to space</small>		FREE WEIGHTS HOT TUB SAUNA STEAM ROOMS	ACTIVITY CENTER  <small>*With Parent **Only open during staffed hours</small>
		Gym Locker Rooms	Pool Locker Rooms <small>*0-5 With Parent*</small>	Universal Changing Suites <small>*0-5 With Parent*</small>				Main Gym Youth Gym Racquetball Main Pool Instructional Pool	With Adult  <small>*Excluding TRX, cycling and bootcamp</small>	Without Adult	With Adult		
0-5 YEARS	•		•*	•*									•*
6 YEARS	•		•	•									•**
7 YEARS	•		•	•									•**
8-9 YEARS			•	•	• <small>*Must pass Swim test in the pool</small>			•*			•		•
10-11 YEARS			•	•	• <small>*Must pass Swim test in the pool</small>	With FitPath Orientation			•*		•		•
12-14 YEARS			•	•	• <small>*Must pass Swim test in the pool</small>	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.