




FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# KEEPING KIDS SAFE

## AGE GUIDELINES | LAKEWOOD FAMILY YMCA

Proper usage = ●	ALONE IN FACILITY (2 hour max. ages 8-14)	CHILD WATCH	YOUTH CENTER	ACCESS CENTER	LOCKER ROOMS				CARDIO MACHINES	STRENGTH AND RESISTANCE MACHINES	GROUP EXERCISE CLASSES		INDOOR TRACK		FREE WEIGHTS HOT TUB SAUNA STEAM ROOMS
	Main Gym Youth Gym Racquetball Main Pool Instructional Pool				Opposite Gender With Adult	Same Gender Alone	Family Locker Room with Adult	Universal Changing Rooms			Designated Classes *Marked on schedule with 	Ability to Participate	With Adult	Without Adult	
0-5 YEARS		●			●		●	● with adult			●		●		
6 YEARS		●	● with adult		●		●	● with adult			●		●		
7 YEARS			● with adult			● with adult	●	● with adult			●		●		
8-9 YEARS	● Must pass swim test in the pool		●	●		●	●	●				●		●	
10-11 YEARS	● Must pass swim test in the pool		●	●		●	●	●	With FitPath or Youth/Teen Fitness Class			●		●	
12-14 YEARS	● Must pass swim test in the pool		Up through 12 years old	●		●	●	●	With FitPath or Youth/Teen Fitness Class	With FitPath or Youth/Teen Fitness		●		●	
15+ YEARS	●			●		●	●	●	All Equipment: First and Second Floors	All Equipment: First and Second Floors		All classes		●	●

NOTE: Youth under the age of 8 must be under the direct supervision of an adult at all times within the facility. When a child under 8 is checked into a supervised YMCA program, parent/guardian/adult must remain in the facility.