

SAFETY FOR ALL AGE GUIDELINES

YMCA OF PIERCE AND KITSAP COUNTIES



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

	Minimum Age WITHOUT Adult Supervision	Minimum Age WITH Adult Supervision
Cardio Equipment (with Orientation)	10 years	8 years
Child Watch	6 weeks to 6 years	-
Climbing Wall	15 years With belay certification	5 years With belay certification and proper equipment
Courts: Racquetball, Handball, Wallyball	10 years	All Ages
Drop Off at Facility	10 years 2 hours per day maximum	-
Free Weights (dumbbells)	15 years	-
Group Exercise Classes	15 years	10 years
Gyms	10 years	All Ages
Locker Rooms	10 years	0-5 Years: Use designated locker room with parent 5-9 Years: Use family locker room with parent
Multipurpose Rooms	15 years	All Ages
Pools: Main and Instructional	10 years Dependent upon swim test level	All Ages
<p>SWIM TESTS are completed on the pool deck. For all levels, youth under the age of 10 years MUST have adult supervision (varies based on test level achieved). RED BAND: Adult MUST be in pool within arm's distance. YELLOW BAND: Recreational swimming pool only. Parent MUST be on the pool deck or in the water. GREEN BAND: Recreational or lap pool. Parent is not required on pool deck unless swimmer is under the age of 10 years.</p>		
SelectORIZED Equipment (with Equipment Orientation)	12 years	12 years
Steam Room Sauna	15 years	-
Therapy Pool Hot Tub	15 years	Under 15 Years: Must have doctor's note and parent supervision
Track	10 years	All Ages

- Youth, under the age of 10 years, must be directly supervised by a parent, guardian, or family member 15 years or older while in any Y facility unless participating in a YMCA-sponsored program such as swimming lessons, gymnastics, etc. Supervision includes actively monitoring youth and able to immediately intervene to correct and guide disruptive or unsafe behaviors.
- Parents/guardians of youth under the age of 10 years must remain in the facility. If the youth is in a YMCA supervised program, the parent or guardian may be in a different part of the building.
- Membership is required for active participation in all parent/child programs including Parent and Child Swim Lessons and Toddler Gym.
- Youth, 10-14 years, may be in a YMCA building up to a maximum of two hours per day without supervision.
- Youth should not loiter in exercise areas, free weight room, tracks, hallways, locker rooms, or meeting areas.
- If an unsupervised youth, under the age of 18 years, is engaging in inappropriate or disrespectful behavior, their parent/guardian will be notified and asked to remove them from the Y premises for the day. Further disciplinary action will be taken if necessary.

Find activities and programs for your family at www.ympcpc.org/schedules