

 **KIDS AT THE Y—GUIDELINES** Revised 11/18

We love our Y kids! For the safety and comfort of all members, we have established the following guidelines regarding young people in the YMCA facilities

**GENERAL RULES**

* Children under age 7 must have an adult with them at all times.
* Children ages 7-9 who are not enrolled in a program must have an accompanying adult on the YMCA premises.
* After 9 pm, children under age 12 must be directly supervised by an adult.
* We respectfully request that you do not bring your child to the Y if they exhibit any signs of illness within the prior 24 hours (i.e. fever, vomiting, diarrhea)

We reserve the right to contact local authorities if we have concerns about the welfare of a child. Our YMCA is considered a “Safe Place.”

**PLAY & LEARN**

Play & Learn is for children six weeks through six years. Parent or guardian are required to remain on YMCA property. There is a 2-hour limit during morning hours and a 2-hour limit during evening hours.

**THE ZONE: AN INTERACTIVE YOUTH CENTER**

In order to best serve our families, each branch offers a Youth Zone providing a safe and fun environment for kids’ ages 7 – 12. Kids can enjoy supervised play for 1 hour while parents take advantage of all the YMCA facility has to offer.

**WELLNESS CENTER, WEIGHT ROOM, GROUP EXERCISE ROOMS & COURTSIDE ROOM**

The Monroe County YMCA promotes and supports family activity. To ensure safety of all our members:

**11 & under** are not allowed in adult group exercise classes (participation, sitting or being carried)

**12+** can attend adult classes as long as they are able to perform exercises as instructed.

**12-14** may use only the Wellness Center after completing the Youth Strength Training course. Courtside and Free Weight Room for your safety is off limits.

**15+** may use all areas.

**LOCKER ROOMS**

 **6 & under** are allowed in either male or female locker rooms with accompanying adult.

 **7+** must be use gender appropriate locker rooms.

 **\* A single family locker room is available. Ask Welcome Center for assistance.**

**CHILDREN IN THE POOL**

* Obey the directions of the lifeguard(s) at all times
* All children not yet potty-trained must wear a swim diaper –do not change diapers poolside
* Only Coast Guard approved flotation devices are allowed –no water wings, inner tubes, rafts, mermaid tails,etc.
* Any child in a flotation device must be within arm’s reach of an adult in the pool at all times
* Toys are permitted at the discretion of the lifeguard in the Multipurpose Pool
* For safety in the hot tubs, we recommend that the full trunk is submerged, not just limbs and never the head.

**6 and under:** must be accompanied by an adult in the pool

* Children under age 7 may not use the hot tubs

**7-11:** must pass YMCA swim test or be accompanied by an adult at all times

* + Children ages 7 – 11, with adult supervision, may use the SE Multipurpose Hot Tub only – no longer than 15 minutes

**12+:** may be in the pool without supervision of an adult – lifeguards may require a swim test for those who appear to be non-swimmers

* + Children ages 12 and up may use both SE hot tubs – no longer than 15 minutes

**TRACK USAGE**

**SE**

* Single strollers only can be used in the walking and jogging lanes at SE ONLY.
* Stroller hours are as follows:
* 5-8 am & 11-4 pm (M – F)
* 6-8 am & 2 – 4 pm (Sat)
* 11 am – 4 pm (Sun)

**NW**

* Youth ages 7-11 may utilize track with parents during designated days/times. Youth must stay within arm’s reach of parent and follow all rules and guidelines.
	+ Weekdays 4:00 pm-7:00 pm
	+ Saturday 11:00 am-3:00 pm
	+ Sunday 1:00 pm-4:00 pm
	+ School Breaks 10-noon (Weekday