



KIDS AT THE Y—GUIDELINES

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

GENERAL RULES

- **Children six and under:** must have an adult within arm's reach at all times or be checked in to Play and Learn or a Y program.
- **7-9:** if not enrolled in a program, must have an accompanying adult on Y premises.
- **10+:** are free to utilize the building without an adult on the premises.
- **0-11:** cannot attend adult classes or sit in classrooms or hallways.

MASK POLICY: All children 3 and older must wear a mask unless a medical exemption is requested.

ILLNESS: 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, etc.).

SAFE PLACE: Our Y is considered a "Safe Place." We reserve the right to contact local authorities if we have concerns about the welfare of a child.

PLAY & LEARN

Play & Learn is for children one year through six years old. A parent or guardian is required to remain on Y property. There is a two-hour limit during morning hours, and a two-hour limit during evening hours.

THE ZONE: AN INTERACTIVE YOUTH CENTER

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 one hour while parents take advantage of all the Y facility has to offer.

WELLNESS CENTER, WEIGHT ROOM, GROUP EXERCISE ROOMS, AND COURTSIDE ROOM

The Y promotes and supports family activity. To ensure safety of all our members:

- **Children 11 and under:** are not allowed in adult group exercise classes (no 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 are off limits.
- **15+:** may use all areas.

LOCKER ROOMS

- **Children six and under:** are allowed in either male or female locker rooms with accompanying adult.
- **7+:** must use gender appropriate locker rooms.

***At the Southeast Y: A single family locker room is available. Ask Welcome Center for assistance.**

CHILDREN IN THE POOL AND HOT TUBS

- Follow 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.

- Age limitations:
 - **Six and under:** must be accompanied by an adult in the pool.
 - Children under age seven may not use the hot tubs.
 - **7-11:** must pass a Y swim test or be accompanied by an adult at all times.
 - Children ages 7-11, with adult supervision, may use the Southeast Y 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 Southeast Y hot tubs—no longer than 15 minutes.

TRACK USAGE

Southeast Y

- Single strollers only can be used in the walking and jogging lanes at the Southeast Y ONLY.
- Stroller hours are as follows:
 - M-F: 6:00-8:00 am & 11:00 am-4:00 pm
 - Sat: 8:00-10:00 am & 2:00-4:00 pm
 - Sun: 11:00 am-4:00 pm

Northwest Y

- Youth ages 7-11 may utilize the Northwest Y indoor track while a parent is present.
- Parents must have youth in vision at all times. Parents cannot use exercise machines or equipment while their children are on the track.
- Youth must follow all rules and guidelines as set by the Y.