



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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 YMCA facility.

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.
- Children through age 9 who are enrolled in a program must be picked up from the program room by a designated adult. Identification may be required.
- After 9 pm, children under age 12 must be directly supervised by an adult.
- Children under age 12 may not attend adult classes.

We reserve the right to contact the proper local authorities if we have concerns about the welfare of a child.

CHILDCARE

Play and Learn is for children age six weeks through six years. Parent or guardian must remain on YMCA property. **There is a two-hour limit during morning hours and a two-hour limit during evening hours.**

Mon-Thurs: 8:30 am-1:00 pm
4:00-8:00 pm

Friday: 8:30 am- :00 pm

Saturday: 9:00 am-1:00 pm

WELLNESS CENTER, WEIGHT ROOM & COURTSIDE ROOM USE

Children under age 12 may not use the Wellness Center, the Free Weight Room, or Courtside Room. Youth ages 12-14 may use the Wellness Center after completing the Youth Strength Training course. Youth 15 or older may use the Free Weight Room, Courtside Room, and all facilities.

THE ZONE: AN INTERACTIVE YOUTH CENTER

(Ages 7-12) **FREE** The Zone: Interactive Youth Center is available to youth ages 7-12. This is a supervised activity center.

- Creative board games
- Dance Dance Revolution
- 2 Wii Fitness units on our new flat screen televisions
- Pop-a-Shot
- Air Hockey/Table Tennis
- Billiards
- Handheld exercise equipment
- Supervised instruction

* Limited to no more than 12 children at a time and children may be limited to one hour at a time when The Zone has reached capacity.

LOCKER ROOM USE Children age 7 and older should use gender-appropriate locker rooms or the special needs restroom. The key and restroom policy are available at the Welcome Center.

WHIRLPOOL USE Children under age 7 are not allowed in the whirlpools or whirlpool areas. Children ages 7-13 may use

the greenhouse whirlpool only. Youth age 14 and up may use both whirlpools.

STROLLERS ON THE TRACK Watch for children crossing the track at all times!

- Strollers can be used only in the walking lane.
- Double-wide strollers and jogging strollers are not allowed.
- Jogging while pushing a stroller is not allowed.
- Strollers are allowed on the track only during the following hours:

Monday-Friday	5:00-8:00 am 1:30-3:30 pm
Saturday	6:00-9:00 am 2:30-4:30 pm
Sunday	1:00-4:00 pm

For safety reasons, use of strollers will be at the discretion of the building supervisor.

POOL RULES

In compliance with Indiana state law, everyone entering the pool or whirlpool areas must take a head-to-toe shower. Help keep our pools clean!

For your safety, lifeguards will restrict access if pools have reached maximum capacity.

Main Pool:

- Hours are posted in the pool area and locker rooms.
- Two lanes are always available for lap swimming. When lap swimming, please share the lane with others.
- Senior swim lane(s) are reserved on Monday, Wednesday, and Friday from 1:00-3:00 pm for swimmers age 60 and over.
- Aqua joggers may use the lanes alongside regular swimmers.
- The first lane is always available for recreational swimming.
- Children under age 9 who are enrolled in aquatics programs must be picked up from the program room by a designated adult. Identification may be required.
- Children who are under age 7 or wearing a flotation device must be accompanied by an adult in the water and within arms reach at all times.
- All pool emergencies are signaled by a long, loud whistle blast. Please exit the pool at this time and comply with lifeguard requests.

Whirlpool Use:

- In compliance with the YMCA of the USA guidelines, children under age 7 are not allowed in the whirlpool or whirlpool areas.
- Children ages 7-13 may use the greenhouse whirlpool only.
- Youth ages 14 and up may use both whirlpools.