

WELLNESS CENTER RULES

Youth/Teen Policy

To ensure the safety of our youth and teens, the following policies will apply:

1. Members ages 14 and older are permitted to use the Wellness Center without a parent/legal guardian, but are strongly encouraged to take advantage of their complimentary equipment orientation to learn proper technique on all equipment.
2. Members ages 10-13 years are welcome to use the Wellness Center only after completing the Fit Family Program with their parent/legal guardian. Parent/guardian must directly supervise children in this age group at all times.
3. All youth/teens are expected to follow posted rules, as they apply to all age groups in the YMCA.
4. Please be aware that between January 1 and April 30, children under the age of 14 are not permitted in the Wellness Center on Saturdays until 12:00 pm. This regulation is subject to change with advanced notice.