



Keeping Youth & Teens Safe at the YMCA

Program Area Age Requirements

FITNESS CENTER

Infants, who are not yet crawling, may be in the Fitness Center while in a car seat with their parent during specified hours with a waiver signed by both the parent and Fitness Center staff.

11-15 year olds may use the Fitness Center under the direct and constant supervision of an adult family member (18+).

Ages 11 and under are not permitted to use any equipment in the fitness center. (Unless enrolled in a youth fitness class led by a YMCA staff member)

Uplift graduates may use the Fitness Center without adult supervision.

LOCKER ROOMS

Youth, ages four and under, may use the same locker room as their supervising adult regardless of gender.

Youth, ages 5-15, must use the same locker room of their gender identity with their supervising adult present at all times.

Youth who have not taken Uplift under the age of 16 require adult supervision at all times while in the locker rooms. Adult supervision is considered an adult family member age 18 or older.

AQUATICS

Children 3 months through pre-kindergarten must have an adult family member (18+) in the water with them at all times. Lifeguards may require the adult to stay within arms' reach based upon a child's ability regardless of pool depth.

School aged children may participate in youth swim programs without an adult or during family swims with adult family member (18+).

All participants under 13 years of age must pass a swim test to move past the designated shallow end of the pool.

11-15 year olds may participate in water fitness classes under the direct and constant supervision of an adult family member (18+). 11-13 year olds must pass a swim test to participate in water fitness. Uplift graduates may participate in water fitness classes without adult supervision.

TEEN CENTER

Teen Center is available for all teens in our community in 6th - 11th grade.

Parents may participate with teens only during our special Parent/Teen nights. (see Family Program calendar)

GYMNASIUM

For the safety of children and adults, children are not permitted in the gym or studio during adult activities.

11-15 year olds may participate in Adult Open Gym under the direct and constant supervision of an adult family member (18+). Uplift graduates may participate in Adult Open Gym without adult supervision.

During winter, spring, and summer school vacations, Young Adult and Youth members age 11-15 may participate in Adult Basketball after 1:00 pm if they are under the direct and constant supervision of an adult family member (18+). Uplift graduates may participate in Adult Basketball after 1:00 pm.

Family gym times are for children 12 years of age and younger accompanied by an adult family member (18+).

STEAM ROOM

Available to members and guests ages 16+. Steam room showers are available for family use while using the family dressing room.

**Thank you for helping us
keep our youth and teens
safe while at the Y!**

The Wenatchee Valley YMCA may change, alter or amend any rules, regulations or policies to ensure the safety and comfort of all members.

GROUP EXERCISE

Infants who are not yet crawling may be with their parent during group exercise classes while in a car seat once a waiver has been reviewed and signed by both parent and Fitness staff.

11-15 year olds may participate in group fitness classes under the direct and constant supervision of an adult family member (18+).

Uplift graduates may participate in group fitness classes without adult supervision.

RACQUETBALL COURTS

Youth age 15 and under may use the courts only under the direct and constant supervision of an adult family member over the age of 18. Uplift graduates may use the courts without adult supervision.

Only Wenatchee Valley YMCA members who have successfully completed the Uplift program or are age 16 or older may reserve court time.

CHILD WATCH & KID ZONE

The Child Watch area is for healthy children crawling through the age of five while their parents are using the Y facility.

The Y Kid Zone is for those in grades K-5 while parents are using the Y facility.

The Child Watch and Y Kid Zone area are open only under the direct supervision of Y staff. (See program hours for current schedule)



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Wenatchee Valley YMCA

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