



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Kennebec Valley YMCA Youth Policies

There are some age restrictions regarding youth usage of the YMCA facility.

Youth ages 12 and under are only allowed in the YMCA when accompanied by a parent, guardian, or other adult 18 years of age or older, or when enrolled in a YMCA structured program.

Youth 13-14 years of age are allowed in the building without adult supervision. For use of the Fitness Center and Aquatic's Area please read the restrictions below.

### *Fitness Centers:*

Youth ages 10 or younger, you may not be in the Fitness Center. Youth ages 11-13 may use only the Cardio Equipment in the Fitness Center only under parental supervision (arm's length away). Youth ages 14 or older may use equipment on their own only after the completion of a fitness orientation from a YMCA staff member.

### *Aquatics area:*

Any child under the age of 10, or any non-swimmer, must be within arms' reach of an adult in the water. Non-swimmers must stay in the shallow end; a swim test is required for use of the deep end. Lifeguards may administer a swim test at any time if they feel it is necessary. Lap swimming in the Competition Pool is open to swimmers ages 14 and up.

### *Sauna:*

Members 18 years of age and older may use the Sauna.

### *Gymnasium/Racquetball Court:*

Children ages 11 and up may participate in "Open Gym" activities without adult supervision. Children ages 13 and up who are full KV YMCA members may reserve and use the racquetball court. Equipment may be signed out at the Membership Services Desk. Upon sign out, the staff will need to collect a personal belonging from the member as collateral for equipment being utilized.

### *Group Exercise Classes:*

Children ages 11-12 may participate in group exercise classes when accompanied by an adult; ages 13 and up may participate in these classes on their own.