



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Youth Wellness Center Policy:

Youth ages 7 – 15 can utilize the wellness center upon participation in a Youth Fitness Orientation consisting of 2 sessions.

Youth Fitness Orientations may be scheduled at the YMCA front desk.

Upon completion of session 1 the youth member will receive a RED lanyard for their membership card which they must wear in the fitness center while exercising.

Lanyard and membership card must always be worn while exercising for appropriate designation.

Youth may begin exercising after completion of session 1. However, session 2 must be completed within 2 weeks to maintain eligibility.

If the lanyard is lost, upon member verification at the front desk the youth will be able to purchase a new lanyard. Replacement lanyards are \$1.00.

Age Policy:

After completion of youth wellness orientation youth can utilize the Wellness Center as follows:

Ages 7-10 Allowed to use Cardiovascular and Stretching Equipment with Parent participation

Ages 11-12 Allowed to use Cardiovascular, Stretching, and Selectorized Weight Equipment with parent participation

Ages 13-15 Allowed to utilize all fitness equipment and attend any group exercise class without parent participation

*Youth are required to wear designated Y lanyard with membership card at all times.