



YMCA

We build strong kids,  
strong families, strong communities.

## ACCESS POLICY

AGE	BUILDING	CARDIO/COND/CLASS	POOL
0 – 5	Arm’s Reach of Adult	Not allowed in Area	Arm’s Reach of Adult
6 – 9	Supervised by Adult	Not allowed in Area	Supervised by Adult Unless child passed swim test
10 – 12	Access to all Areas Unsupervised until 8 pm	Cardio only with AIM #1 NEW in September 2011	Access to all Areas Unsupervised until 8 pm
13 – 15	Access to all Areas	Access allowed with AIM #2 NEW in September 2011	Access to all Areas
16 +	Access to all Areas	Access to all Areas	Access to all Areas

- Adult supervision must be provided by an individual 16 years or older
- Kids under 10 years old may participate in YMCA programs without direct supervision if the program requires “sign in” such as drop in sports, etc – the only exception is Kids Club when kids are coming from school by bus otherwise an adult must drop off and pick up the kids at program area so they are not navigating the building on their own
- Building – all areas; café, gym, change rooms, hallways, multi purpose rooms, courts, fitness areas
- Cardio/Cond/Class – all areas with machines, free weights, fitness studio and gym during adult fitness classes – kids 6 to 12 may access the kids bikes in spin room with an adult outside of regular class times
- Pool – pool, wading pool and pool deck – a shower is required prior to using the pool or hot tub
- Sauna can be accessed by individuals 14 years and older - hot tub by individuals 13 years and older – maximum time in the sauna and hot tub for all ages is **10 minutes** – please see signage for usage details
- **NEW!** – beginning in September 2011 kids and youth must have been trained in AIM #1 to access cardio machines and AIM #2 to access conditioning machines and classes depending on their age group. Those who have graduated from AIM prior to the end of 2010 will be granted access as per the previous policy as long as they wear their AIM tag.
- All kids under 13 must be adult supervised after 8 pm

***In keeping with our values of caring and responsibility, the Access Policy has been designed to ensure a healthy and safe environment for all. Member etiquette applies to all age groups.  
Thank you for your support and cooperation in this important matter.***

*(Updated Dec 26, 2010)*