



**KIDS AT THE Y—GUIDELINES**

We love our Y kids! For the safety and comfort of all members, we have established the following guidelines regarding young people in the Monroe County YMCA facilities.

**GENERAL RULES**

**Children six and under:** must have an adult within arm’s reach at all times or be checked in to Play and Learn or a Y program.

**7-9:** if not enrolled in a program, must have an accompanying adult on Y premises.

**10+:** are free to utilize the building without an adult on the premises.

**0-11:** cannot attend adult classes or sit in classrooms or hallways.

We respectfully request that you do not bring your child to the Y if they exhibit any signs of illness within the prior 24 hours (i.e. fever, vomiting, diarrhea, etc.).

After 9:00 pm, children under age 12 must be directly supervised by an adult.

Our Y is considered a “Safe Place.” We reserve the right to contact local authorities if we have concerns about the welfare of a child.

**PLAY & LEARN**

Play & Learn is for children six weeks through six years old. A parent or guardian is required to remain on Y property. There is a two-hour limit during morning hours and a two-hour limit during evening hours.

**THE ZONE: AN INTERACTIVE YOUTH CENTER**

To best serve our families, each branch offers a Youth Zone, providing a safe and fun environment for kids ages 7–12. Kids can enjoy supervised play for one hour while parents take advantage of all the Y facility has to offer.

**WELLNESS CENTER, WEIGHT ROOM, GROUP EXERCISE ROOMS, AND COURTSIDE ROOM**

The Y promotes and supports family activity. To ensure safety of all our members:

**Children 11 and under:** are not allowed in adult group exercise classes (no participation, sitting, or being carried).

**12+:** can attend adult classes as long as they are able to perform exercises as instructed.

**12-14:** may use only the Wellness Center after completing the Youth Strength Training course. Courtside and Free Weight Room are off limits.

**15+:** may use all areas.

**LOCKER ROOMS**

**Children six and under:** are allowed in either male or female locker rooms with accompanying adult.

**7+:** must use gender appropriate locker rooms.

**\*At the Southeast Y: A single family locker room is available. Ask Welcome Center**

**for assistance.**

**CHILDREN IN THE POOL**

* Follow the directions of the lifeguard(s) at all times.
* All children not yet potty-trained must wear a swim diaper—do not change diapers poolside.
* Only Coast Guard-approved flotation devices are allowed—no water wings, inner tubes, rafts, mermaid tails, etc.
* Any child in a flotation device must be within arm’s reach of an adult in the pool at all times.
* Toys are permitted at the discretion of the lifeguard in the Multipurpose Pool.
* For safety in the hot tubs, we recommend that the full trunk is submerged, not just limbs and never the head.

**Six and under:** must be accompanied by an adult in the pool.

* Children under age seven may not use the hot tubs.

**7-11:** must pass a Y swim test or be accompanied by an adult at all times.

* + Children ages 7–11, with adult supervision, may use the Southeast Y Multipurpose Hot Tub only—no longer than 15 minutes.

**12+:** may be in the pool without supervision of an adult—lifeguards may require a swim test for those who appear to be non-swimmers.

* + Children ages 12 and up may use both Southeast Y hot tubs—no longer than 15 minutes.

**TRACK USAGE**

**Southeast Y**

* Single strollers only can be used in the walking and jogging lanes at the Southeast Y ONLY.
* Stroller hours are as follows:
* M-F: 5:00-8:00 am & 11:00 am-4:00 pm
* Sat: 6:00-8:00 am & 2:00–4:00 pm
* Sun: 11:00 am–4:00 pm

**Northwest Y**

* Youth ages 7-11 may utilize the track with parents during designated days/times. Youth must stay within arm’s reach of parent and follow all rules and guidelines.
  + M-F: 4:00-7:00 pm
  + Sat: 11:00 am-3:00 pm
  + Sun: 1:00-4:00 pm
  + School Breaks: 10:00 am-12:00 pm