



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BRACE FAMILY YMCA AGE POLICIES

LOCKER ROOMS

Family Locker Room	Designated for members under 18, and those that are accompanying minor children.
Adult Locker Room	Reserved for users 18+ only. If you have children with you, please utilize the Family Locker Room.

YOUTH FIT/YKIDS

YKIDS	6 weeks—5 years
YOUTH FITNESS	6—12 years

POOLS

Swim test is required to ensure a safe, fun experience for children ages 0-12. No appointment needed. Ask a Lifeguard for assistance.

Ages 0-9	Parent/Guardian <u>must</u> be in the aquatics facility with the child.
Ages 10-12	Pool Green Band swimmers may use pools independently. If child does not have a green band, parent/guardian must be in aquatics facility with child.
Ages 13-15	May use pools independently (without parent/guardian).

FITNESS CENTER

GROUP EXERCISE

GYM, TRACKS & FIELDS

	Cardio & Strength Equipment	Free Weights	Supervision	"Beginner-Friendly" Classes Only With Parent	With Parent/Guardian	Independent Without Parent	
Ages 10-11*	● With		Parent required in sight.	● With Green Band			●
Ages 12-13*	● With		Parent required on site.		● With Orange Band		●
Ages 14-15**	●	● With	Independent			● No Hot Yoga	●

* Youth Ages 10-15 MUST complete a fitness orientation prior to receiving the appropriate "band" that will need to be worn in the Fitness Center. [SCHEDULE YOUR CHILD'S ORIENTATION](#) at the Fitness Center Desk.

** A Free Weight orientation is available for Youth Ages 14-15 that would like to utilize the Free Weight Room.

Cycle Classes - Regardless of age, participants must be able to reach the pedals (minimum height 4'10").

Hot Yoga - Only Open to members Ages 16+