



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY™

AGE GUIDELINES FOR OUR FACILITY

All youth under the age of 12 require an adult or guardian in the facility with them at all times. Members over 18 are permitted to bring a younger guest in the facility **only if the legal parent/guardian has signed a Guest Waiver.**

Prior to any youth participation in the building and/or classes, all youth between the ages of 9-15 must participate in the **YOUTH CERTIFICATION PROGRAM.**

To register for the Youth Certification course, please see the Membership team. The class takes just over an hour. Each participant will be given a colored wrist band based on their age and the restrictions within our facility.

RED: ages 9-10. Must remain alongside of a parent at ALL TIMES and are only permitted in the CARDIO area only. This age group also requires parent/guardian supervision in the gymnasium as well.

YELLOW: ages 11-12. These youth do not need to be beside a parent/guardian. However they are restricted to the CARDIO area only.

GREEN: Ages 13-up. These youth are permitted in both the Cardio and Strength areas without needing parental/guardian supervision.

GROUP EXERCISE CLASSES:

Ages 8-12 may participate in youth or family group exercise classes.

Ages 13-17 may participate in any group exercise class. However, if joining a cycling class, they must fit properly on the bikes.

GYMNASIUM/BASKETBALL COURTS:

Children ages 12 years and younger require adult/parent/guardian supervision at all times.

Questions regarding the Youth Certification: MLEwis@fcymca.org

Questions regarding youth and guest passes: kgiriffiths@fcymca.org