

YOUTH AGE PARTICIPATION GUIDELINES

AGES:	0-7	8	9	10	11	12	13	14	15+
GENERAL FACILITY (includes gymnasium and track)	Must be accompanied by a parent/ guardian, participating in a YMCA program, or checked into Kids Zone. (8-year-olds may also use Kids Zone, OR other areas of the facility as long as an adult is on site.)	Must have a parent/ guardian in the facility or be in a YMCA program.		(11 or in sixth grade) Permitted at the YMCA without adult supervision.					
POOL	Refer to General Facility guidelines regarding age to be in the pool area with or without adult supervision. Swim test will be given and colored band awarded based on ability for access to shallow/deep end of pool(s).								
FITNESS CENTER (cardio, strength, and free weight areas)	Not allowed in Fitness Center with or without adult supervision.			(11 or in sixth grade) Fitness Center orientation is required. Once the orientation is completed, may use Fitness Center areas with or without direct adult supervision.				Orientation is not required in order to use without adult supervision.	
GROUP EXERCISE				May participate in group exercise with direct adult (25+) supervision.		May participate in group exercise without adult supervision as long as acting in accordance with class guidelines.			
YOUTH CENTER (Maple)				May use the Youth Center at Maple when staffed.					



This chart is meant to be used as a guide for our youth members and guests ages 0-15. However, the YMCA reserves the right to modify guidelines as appropriate at certain times and in certain areas.

YMCA of Greater Kalamazoo
Maple and Portage Sites