



# Fitness and Gymnasium Participation Policy for Children and Youth

Proper supervision of children and youth while in the YMCA is essential to ensure safety and security. All youth 11 years and under must be in a program or in the building under the supervision of a parent or adult guardian.

*The YMCA reserves the right to determine if supervision is adequate.*

- **Children 6—11 yrs** may actively participate in classes with a parent or adult guardian. Both child and parent must participate.
- **Children 6—11 yrs** may participate in the Fitness Centre as long as they are closely supervised by a parent or adult guardian at all times.
- **Children 10 –11 yrs** are permitted to attend open gym unaccompanied. However, parents must arrange drop off and pick up immediately before and after. Children must not be left unattended.
- **Youth ages 12 yrs and older** may participate in the Fitness Centre and group fitness classes. An orientation is strongly recommended. Appropriate behavior on the equipment is expected.

Parents are responsible for the safety of their children in the Fitness Centre and classes. Please ask an instructor or staff person if help is required.



# Swimming Pool Participation Policy for Children and Youth

Proper supervision of children and youth while in the YMCA is essential to ensure safety and security. All youth under 11 years must be in a program or in the building under the supervision of a parent or adult guardian.

*The YMCA reserves the right to determine if supervision is adequate.*

- **Children under 8 years** of age must be supervised by a parent or guardian in the water within arm's reach. All children not toilet trained must wear swim diapers or rubber pants.
- **Children 8-9 yrs** If able to successfully demonstrate comfort in the water and complete a facility swim test may swim independently, however, a parent or guardian must be in the pool area.
- **Children 10-11 yrs** are permitted to attend open swim unaccompanied, however, parents must arrange drop off and pick up immediately before and after. Children must not be left unattended.
- **Youth 12 yrs and older** If able to successfully demonstrate comfort in the water and complete a facility swim test may swim independently.