



Policies on Age Limitations Fitness and Sports at the Wayne YMCA

Children ages 12 (or in the seventh grade) and over may use the Y's facilities unattended. This includes the Fitness Center, Wellness Coaching Room, Group Exercise Classes, Gymnasium, Pool, Squash, Racquetball, and Tennis Courts after signing a Code of Conduct with their parent or guardian and attending a mandatory Fitness Center orientation.

Below is a specific list detailing the ages and policies for each of the Wayne YMCA Fitness and Sports departments. Please feel free to speak to any staff member if you have questions or need further clarification.

Fitness Center and Group Exercise Classes:

- Children must be 12 years old or in the seventh grade to use the Fitness Center after a mandatory Fitness Center Orientation
- Children under 12 years can use the Wellness Coaching Room during Teen Hours with their parent or guardian and only with special permission from the Fitness Director
- Children ages 9 and up can participate in Group Exercise classes with a parent or guardian. This does not include Group Cycling or Aquatics classes
- Children ages 12 years or older or in seventh grade can participate in Group Cycling and Aquatics classes
- Children under 12 years must be supervised by a parent or guardian in the pool area (in the Observation Deck)

Gymnasium:

- Children ages 9 and up can use the gymnasium unsupervised if they are wearing a Y approved bracelet

Squash, Racquetball, and Tennis Courts:

- Children ages 12 and up only can use the squash, racquetball, and tennis courts

Indoor Track:

- Adults ages 18 and up ONLY can use the Indoor Track. Younger members must get special permission from the Sports Director

Thank you for your cooperation regarding these policies.
We want the Y to continue to be a safe and healthy place for the entire community.