

REV. JULY 11, 2023

YOUTH AGE GUIDELINES

COTTINGHAM CAMPUS YMCA

		YOUTH FITNESS ACCESS AND PROGRAMS OVERVIEW	POOL	CHILD WATCH (members only)	THE "ZONE"	LOCKER ROOM			FITNESS FLOOR			GROUP EXERCISE CLASSES
						Opposite Gender w/ Parent	Same Gender Alone	Family Lockerroom w/ Special Needs	CARDIO EQUIPMENT	PRECOR STRENGTH EQUIPMENT	FREE WEIGHTS	
Cannot be alone in facility	AGE 0-5		• With adult	•	• With adult	•		•				
	6 YEARS		• With adult	•	• With adult			•				
	7 YEARS	Ages 7 and under may use The Zone with direct supervision.	• Must pass swim test	•	• With adult			•				
	8-9 YEARS	<ul style="list-style-type: none"> • Ages 8+ may use The Zone next to the Welcome Center unsupervised so long as they behave and represent the Y's four core values of Caring, Honesty, Respect, and Responsibility. • Ages 9 and under are not permitted in the Fitness Center 	• Must pass swim test	•	•			•				
	10-11 YEARS	Ages 10-11: <ul style="list-style-type: none"> • may use the cardio equipment in the Fitness Center after completion of a one hour Kids Cardio appointment with a Y Fitness Coach. • may participate in group exercise classes with their parent or guardian provided the class does not involve any free weights. • Youth must be at least 52" tall to participate in cycling classes. • Parents must remain in the Fitness Center. • 10 year olds are allowed in child watch. 	• Must pass swim test	• 10 yr olds	•			•	• After Kids Cardio appt			• Participating with adult (no free weights)
Can be alone in facility at 14 & up	12-14 YEARS	Ages 12-14 <ul style="list-style-type: none"> • may use the selectorized equipment in the Fitness Center after completion of 3 x one-hour TeenQuest appointments (this is OPTIONAL just like FitQuest) with a Y Fitness Coach. • Parents must remain in the Fitness Center for 13 and under. • may not use free weights (see exceptions for 13 & 14 yr olds below). Ages 13-14 <ul style="list-style-type: none"> • may use free weights ONLY AFTER completing 8 x 55-minute teen free-weight training sessions with a Y personal trainer and with trainer approval. Ask a Y staff for more information. 	• Must pass swim test		•		•	•	• After Kids Cardio class	• After TeenQuest class	• After Teen Free Weight Training	• Participating with adult (no free weights)
	15+ YEARS	• Ages 15+ have full access to the Fitness Center (machines & free weights) and classes	•		•		•	•	•	•	•	•