

# FACILITY AGE GUIDELINES



The following guidelines apply to all youth not participating in a supervised or structured program while in the Henderson County Family YMCA.

## Ages 10 and Younger

- ALL YOUTH 10 and younger must have an adult IN THE FACILITY at all times
- 8 and under must have DIRECT SUPERVISION in all areas of the facility
- Youth 9 & 10 years old may utilize the Rec Center and basketball gyms without direct supervision of their parent or guardian
- Youth 9 & 10 years old must pass a swim test to use the pool without direct supervision from a parent or guardian
- Childwatch is available for youth age 1 through 8.

## Ages 11-13

- Youth 11-13 may be in the facility without a supervising adult.
- This age group may use the Rec Center, swimming pool, track, raquetball court, and basketball gyms
- Youth 12 and under will be required to take a swim test to swim in the deep end of the lap pool
- This age group MAY NOT use the fitness center or group fitness rooms.
- This age group MAY attend fitness classes with a parent or supervising adult
- A Youth Code of Conduct waiver must be signed by the child and their guardian.

## Ages 14-17

- Youth 14-17 may use all areas of the facility EXCEPT the upstairs locker rooms.
- This age group may attend in-person group fitness classes
- This age group MAY NOT use exercise room for virtual classes without a supervising adult in the room with them.
- Youth ages 14 and 15 are required to complete a Youth Fitness Fundamentals program before using the fitness center.
- A Youth Code of Conduct waiver must be signed by the child and their guardian.

## Childwatch Hours and Usage

### Monday through Friday

7:45 am to 11:00 am / 4:30 pm to 7:00 pm

Saturday 8:30 am to 11:00 am

Sunday CLOSED

CHILDWATCH IS FOR MEMBERS AGE 1-8. CHILDREN AGED 6-8 WILL CHECK IN AT THE RECREATION CENTER. THERE IS A TWO HOUR TIME LIMIT FOR EACH VISIT.