

Albany YMCA

Youth Member Policy

Group Fitness Classes / Upstairs Circuit / Cardio Training

Youth ages 13-17 must have a Health & Fitness Center Release Form signed by a legal guardian followed by two fitness orientations. During adult hours (**M-F 11:30 a.m.-2:00 p.m. and M-Th 5:30-7:00 p.m.**) ages 13-15 must be supervised by a legal guardian.

Free Weight Area

Must be age 15 to use free weight area. Youth ages 15-17 must have a Health & Fitness Center Release Form signed by a legal guardian. Two fitness orientations are required before using this area alone. During adult hours (**M-F 11:30 a.m.-2:00 p.m. and 5:30-7:00 p.m.**) 15 year olds must be supervised by a legal guardian.

Tennis / Racquetball / Basketball

Youth ages 8-10 may participate in **Family Gym**, provided they are supervised by a family member age 16 or older and a legal guardian is in the building. Youth ages 11-12 may participate in family gym (see posted schedule) provided a legal guardian is in the building. Youth ages 13-17 may participate in any of these activities as allowed by the posted schedule or as permitted.

Adult (18 & older) use only during the following hours:

Monday-Friday 11:30 a.m.-2:00 p.m.
Monday-Thursday 5:30-7:00 p.m. (Basketball Court 1)
See Gym Schedule for details.

Indoor Aquatics

Youth ages 10 & under must be under supervision of a legal guardian. Youth ages 11-12 may use indoor pool with a legal guardian in the facility during *Open Swim* hours. Unsupervised youth (17 & under) must pass swim test. Please refer to pool schedule for *Open Swim* hours.

Adult use only during the following hours:

Monday-Friday 11:30 a.m.-2:00 p.m.
Monday-Thursday 5:30-7:00 p.m.

YMCA Sports Park Pool

Youth ages 12 & under must be accompanied by an individual age 16 or older who will assume all responsibility for that child. Unsupervised youth (13-17) must pass swim test.

Central YMCA and Sports Park Playgrounds

All youth 12 & under using playground equipment must be under adult supervision.

Men / Ladies' Health Centers

Must be age 18 or older to use health centers. Family health center memberships provide access for two adult family members. If an additional adult family member wishes access to a health center, please contact the Membership Office. Youth ages 17 & under use girls/women or boys/men locker rooms. A family/special needs locker room (off the pool deck) is also available for those who need assistance.

Other

- ~~☞~~ Monday night is YMCA Family Night. After 5:30 p.m., youth ages 15 & under must be accompanied by a legal guardian.
- ~~☞~~ The YMCA is not responsible for the supervision of youth under the age of 18 that have been left unattended.
- ~~☞~~ All unaccompanied youth 15 & under must exit program areas at least 30 minutes prior to closing the building.

Monday-Thursday 9:00 p.m.
Friday 8:30 p.m.
Saturday 6:00 p.m.

- ~~☞~~ It is the YMCA's policy to notify police when any minor (17 & under) is left unattended at closing.
- ~~☞~~ Occasionally, special events or programs are scheduled which could result in a change in operations.
- ~~☞~~ Child Watch is available for children (6 weeks - 12 years) for a fee during the time the legal guardian is using the facility.

Approved:
YMCA
Board of Directors
19 June 2001
Reviewed:
6 June 2003

