

Rules, Regulations, and Age Requirements

FACILITY:

Children must be 11 years of age to be in the facility without a parent. Children age 10 and under must have an adult age 18 or older within the facility while they visit unless they are participating in a YMCA program, activity, or are participating on a YMCA team. The adult must be present immediately after the program, activity or team event ends. The length of time a child 15 or under can visit the YMCA without participating in a program will be 5 hours.

CARDIO ROOM:

Members must be 11 years old. Eleven and twelve year olds are permitted in the cardio room after completing an equipment orientation. Parents must also sign a code of conduct and consent statement.

WEIGHT ROOM:

Members must be 13 years of age.

INDOOR TRACK:

Members must be 8 years of age. Members seven years old and younger must be accompanied with an adult.

STEAM ROOM / SAUNA:

Children under 7 years of age are not permitted due to health risks. Members ages 7-12 must be with an adult.

WHIRLPOOL:

Children age 12 and under are not permitted to use the coed whirlpool due to safety concerns. Only 10 individuals may be in the whirlpool at a time.

SWIMMING POOL:

Members must be 8 years of age. Members under 8 years of age must be accompanied by an adult.

LOCKER ROOMS:

Children 6 and under must be accompanied by a parent. A family locker room area is provided for mother/son and father/daughter changing. Areas are separate and designated for adults and children in the men's and women's locker rooms.

RACQUETBALL PROCEDURES AND POLICIES:

*Reservations may be made in person or over the phone, up to one week in advance for a one hour maximum.

*Players must check in at the Customer Service Desk prior to playtime.

*Notice of cancellation would be appreciated up to 24 hours in advance.

*Goggles and proper footwear are required while playing. Black sole shoes are not permitted.

*Only YMCA members can reserve a court. Members must be 10 years old to reserve a court.

*Non-members may play with members, but must pay the guest fee.