



# Cumberland Cape Atlantic YMCA YOUTH FACILITY AGE GUIDELINES

The YMCA is dedicated to supporting strong, healthy families. The following guidelines are in place to ensure your children are cared for, safe, and properly supervised during each visit. FOR FULL GUIDELINES AND CODE OF CONDUCT, SEE MEMBER SERVICES.

- All members must have an active facility or program membership and must check in prior to use. Anyone under 13 must have a parent or adult guardian present at time of check-in to enter the facility or participate in programs
- Everyone is required to follow the YMCA code of conduct, and cooperate with on duty YMCA staff members. Anyone not in compliance with age guidelines, or general facility policies will be subject to disciplinary actions.
- The YMCA reserves the right to verify a child's age .
- All guardians must be 18 years of age or older.



## Kontes Pool

- **10 and under** MUST have a parent/adult (18+) IN the water with them, within arm's length (max of 2 children per 1 adult).
- **11-12** may swim in assigned family swim lanes while their parent/adult guardian remains on YMCA premises.
- **13-17** may swim in designated lanes without an adult.

Must be 18+ to swim in Adult lanes

- **18+** Open access based on pool schedule

All swimmers under 18 years old are required to pass a Deep Water Test, otherwise must remain in designated lanes. All Swimmers must cooperate with Aquatics staff at all times, follow all pool rules, and remain in assigned lanes based on the weekly schedule..



## Davis Room\*

This room is available to facility members 18+ only at times when it is not being used for a YMCA class or program.

- **ANYONE UNDER 18** must be supervised by a parent at all times while using this room.
- Equipment is only to be used by adults 18+.
- Eligible Members can see Member Services for Door Access Code.
- Members must wait until all class participants have exited the room prior to entry.



## Milam Center

- **10 and under** MUST have a parent/adult supervising them in the same space at all times during their visit.
- **11-12** can be in this space given a parent/adult remains on YMCA premises for the entire duration of their visit
- **13+** may use this space without an adult.

ALL are subject to court availability based on weekly schedule.



## Family Health & Adventure Center\*

- **10 and under** MUST have a parent/adult supervising them in the same space at all times during their visit.
- **11-12** can use in this space given a parent/adult remains on YMCA premises for the entire duration of their visit.
- **13+** may use this space without an adult.



## Free Weight Room & Family Fitness Center\*

- **10 and under** ARE NOT PERMITTED in this space AT ANY TIME.
- **11-15** can be in this space while their parent or adult 18+ remain with them in the same space at ANY TIME or this age group may use this space without a parent/adult DURING TEEN TIMES only.
- **16+** may use this space at any time.

\* This space is exclusively for Facility members (unless specific program indicates otherwise)