



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Kennebec Valley YMCA Youth Policies

Ages 9 and Under

- Are only allowed in the YMCA when accompanied by a parent, guardian, or other adult 18 years of age or older, or when enrolled in a YMCA structured Youth Program.
- Must be within arms reach of an adult in the water. Non-swimmers must stay in the shallow end; a swim test is required for use of the deep end. Lifeguards may administer a swim test at any time if they feel it is necessary.
- May not participate in Group Exercise classes.
- May not be in the Fitness Center.
- May not use the racquetball court.
- Must be 18 years of age and older to use the Sauna.

Ages 10-13

- Youth ages 12 and under may participate in Open Gym with adult supervision. Youth ages 13 and up may participate in Open Gym without adult supervision.
- May use both the Family Fun Pool and Competition Pool without adult supervision. Lifeguards may administer a swim test at any time if they feel it is necessary.
- May participate in group exercise classes when accompanied by an adult.
- Youth 10 and under are not allowed in the Fitness Center. Youth ages 11-13 may only use the Cardio Equipment in the Fitness Center under parental supervision (arms length away).
- May not use the racquetball court.
- Must be 18 years of age and older to use the Sauna.

Ages 14 and Up

- May participate in Open Gym without adult supervision.
- May use both the Family Fun Pool and Competition Pool without adult supervision. Lifeguards may administer a swim test at any time if they feel it is necessary.
- May participate in Group Exercise classes without adult supervision.
- Youth ages 14 and up may use equipment on their own only after the completion of a fitness orientation from a YMCA staff member. A fitness orientation can be scheduled by contacting Kim Gagne at Kim@kvymca.org.
- May reserve and use the racquetball court.
- Must be 18 years of age and older to use the Sauna.