



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUTH CENTER POLICY AND REGULATIONS

TRACK USAGE

Members (Grade 8 and under)

Welcome to use the track with adult supervision who are age 18+
(Youth privileges may be revoked for not following the posted track usage guidelines)

Members (Grade 9 and up)

Welcome to use the track independently.

Stroller Usage

Adults are permitted to use the track with a stroller however, must remain in a lane and be mindful of walkers and runners.

(The track is not reserved for stroller use only)

WELLNESS CENTER

Members (Grade 3 through Grade 8)

Permitted to use Wellness Center under the following conditions.

- Youth must be closely supervised by an adult (age 18+), within an arms-length away, at all times in the Wellness Center.
- Youth, along with their legal guardian, must complete a Youth Fitness Orientation
- Youth are not recommended to use Cybex strength equipment or free weights
- Youth and a supervising adult agree to follow rules of facility and training guidelines as posted in and around the Wellness Center.*

Please see separate guide regarding Summer Youth Policy for Grade 3 through Grade 8

Members (Grade 9 and up) – Welcome to use the Wellness Center independently.

*Youth Wellness Center privileges may be revoked at the discretion the YMCA at any time for not following the above conditions.

GROUP FITNESS STUDIOS & CLASS USAGE

Members must be **(Grade 7 and up)** to participate in adult group fitness classes.

* For questions about our Youth Center Policy and Regulations, please contact Deanna Graham, Health & Wellness Director at deanna@sdymca.org

(REVISED June 15, 2017)



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WHY DO WE HAVE A POLICY FOR YOUTH MEMBERS IN THE WELLNESS CENTER AND FOR ADULT GROUP FITNESS CLASSES?

The American College of Sports Medicine (ACSM) and the YMCA of the USA recognizes that strength training can be a safe and effective activity for children and adolescents, provided that the program or activity is properly designed and competently supervised.

According to the ACSM, The goal of youth strength training should be to improve the musculoskeletal strength of children and adolescents while exposing them to a variety of safe, effective and fun training methods. Children can participate in strength related activities, such as push-ups and sit-ups, if they can safely perform these types of exercises and follow instructions. A variety of training programs and many types of equipment, such as rubber tubing, have proven to be safe and effective.

Adult strength training guidelines and training philosophies should not be imposed on youngsters who are anatomically, physiologically or psychologically less mature.

Based on this information, the Exeter Area YMCA developed the Youth Center Policy and Regulations to encourage safe, effective and fun activity focusing on YOUTH DEVELOPMENT, HEALTHY LIVING and SOCIAL RESPONSIBIITY in the Wellness Center.

The Exeter Area YMCA appreciates your recognition and support of the Youth Facility Policy and Regulations. The Exeter Area YMCA staff will ensure the policy will be followed to encourage a safe and fun exercise experience for all participants.

(REVISED June 15, 2017)