



YMCA YOUTH POLICY

Children under the age of 12 must be supervised by an adult at all times while in the building, in visual line of sight and in the same room. ChildWatch is available for children 11 and under during ChildWatch hours.

CORNING FITNESS CENTER & GET STARTED ROOM

- Children 9 years and under are not allowed to use machinery or equipment.
- Children 9 years and under may be on the fitness floor with guardian (18+ years), within arm's reach and out of danger.
- Children 10 and 11 years old may use the fitness equipment once they have completed a fitness orientation and are within sight of guardian (18+ years).
- A fitness orientation is recommended for youth 12-17 years of age.

FREE WEIGHT ROOM

- Youth 11 years and under are not allowed in the weight room.
- Youth 12 years+ may be in the weight room. A fitness orientation is recommended for children 12 to 17.

HOINESS FAMILY KIDS FITNESS CENTER

- Children 11 years and under must be accompanied by a guardian (18+ years) in the Kids Fitness Center at all times.
- The Kids Fitness Center is an unsupervised area and not a drop off fitness center for children under the age of 12.

AQUATIC CENTER

Children under the age of 11 are required to have a swim test by a YMCA Lifeguard. Children that have not completed a swim test will be deemed a non-swimmer and is required to follow the Red Band rules until a swim test can be completed. Swim tests will be conducted by YMCA personal as available. Please see the Lifeguard on duty to check for availability.

Red Band -Non-Swimmer: Non-swimmers are limited to the shallow pool and the shallow end of the deep pool. Children under the age of 11 must have a guardian (18 years or older) in the pool, within arm's reach at all times and actively supervising the child. If the guardian is supervising more than one Red Band child, one child may be without a life jacket, all others must be in a Coast Guard approved lifejacket.

ChildWatch

ChildWatch is available 3 hours per day, for youth 6 weeks to 11 years, for active Family Members. Youth must be registered in ChildWatch and have current immunization records on file. For more information contact our ChildWatch program staff.

SUGGESTED ACTIVITIES FOR YOUTH UNDER THE AGE OF 11:

Kids Fitness Center: Ask Fitness Floor Staff to access this area. Adult exercise equipment is available in this room so parents can enjoy working out while kids have fun playing games. (Refer to youth policy for more information).

Open Swim: Refer to pool schedules for times.

Rock Wall: Open Wednesday nights 6pm to 8pm, times subject to change.

Racquetball Courts: Call or stop by membership desk to reserve a court up to 48 hours in advance. Racquetball courts may be utilized for a variety of activities: Racquetball, kick a soccer ball, Wally Ball, beach ball games, volleyball or tennis without a net, circle games. Racquetball equipment may be checked out from the Membership Desk, goggles are required when playing handball or racquetball. Members may bring in their own equipment.

Toddler Open Gym – Youth 18 months to 5 years of age. Refer to the Thomas Kids Gym Schedule for open gym times.

Indoor Track – Youth under 11 years must be in visual line of sight of a guardian (18+ years).

Group Exercise Classes (land and water) – Youth may participate with a guardian (18+ years), youth must be able to safely participate in the class and stay with their guardian. Visit with the class instructor for more information or questions.

Youth Programs are also available at the Y.

Swim lessons, karate, after school care, youth sports, dance, tumbling, gymnastics. Visit our website at www.billingsymca.org for more information and pricing.