



Fergus Falls Area Family YMCA Age Policy

IN THE BUILDING: Must be at least **10** to be unaccompanied. Children under **15**, here for longer than 3 hours, will have a parent called or be sent home. All members and guests need to follow our member pledge.

DOWNSTAIRS WEIGHT ROOM: Must be at least **15**. Please see our Health and Wellness Director for options for those 14 and younger.

RACQUETBALL COURTS: Must be at least **15** or be accompanied by a responsible adult 18 or older.

UPSTAIRS FITNESS CENTER: Must be at least **15** to be unaccompanied, at this age they can use the track or use the machines unsupervised. Please see our Health and Wellness Director for options for those 14 and younger. Small children may not be on the track without being within arm's reach of their parent/responsible adult. Strollers are allowed.

POOL: Must be at least **8** to be unattended but the parent needs to remain in the building. Children 7 and younger need to have the parent/responsible adult over 18 in the pool area. It is up to the lifeguard's discretion if the parent needs to be in the pool with them or support the child from the pool deck.

FITNESS CLASSES: This will be left to the class instructor's discretion and nature of the class.

MEN'S LOCKER ROOM: This locker room is **ONLY** for men ages **18** and up.

WOMEN'S LOCKER ROOM: This locker room is **ONLY** for women ages **18** and up.

BOYS LOCKER ROOM*: This locker room is for boys under the age of **18** and for fathers to use with small children. Father with daughters may use this locker room (we encourage use of curtained areas) until the girls reach the age of **5**. At this point, the girls must use the **GIRLS** locker room and dad will have to support them from outside the doorways.

GIRLS LOCKER ROOM*: This locker room is for girls under the age of **18** and for mothers to use with small children. Mother with sons may use this locker room (we encourage the use of curtained areas) until the boys reach the age of **5**. At this point, the boys must use the **BOYS** locker room and mom will have to support them from outside the doorways.

*The **BOYS** and **GIRLS** locker rooms are equipped with changing stations for your convenience.

Family & Special Needs Changing Room: We invite you to use the unisex bathroom on the lower level between the men's and women's locker rooms as needed or contact the front desk for other options.

Locker Room Courtesy Rules

- Keep your children close by when using locker rooms.
- When bringing strollers or wheel chairs into locker rooms, please make sure that they are not left in the middle of walking isles when not in use.
- Please help us keep the locker rooms clean. The next person to use the space will appreciate your kindness.
- Please refrain from using cell phones in the locker rooms. With phones being able to take pictures, we don't want anyone interpreting your use of the phone inappropriately.