



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 guardian called or be sent home. All members and guests must follow our member pledge.

DOWNSTAIRS WEIGHT ROOM: Must be at least **15**. *See below for options for youth ages 13-14.*

INTERACTIVE LEARNING CENTER: Must be at least **7** to be unsupervised in the ILC. Children 6 and under must be supervised by a responsible person at least 12 years of age or older.

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

GYM SPACES/LOBBY: Must be at least **7** to be unattended but a guardian needs to remain in the building. Children 6 and under must be supervised by a responsible person at least 12 years of age or older at all times.

UPSTAIRS FITNESS CENTER: Must be at least **15** to be unaccompanied, at this age they can use the track or use the weight machines unsupervised. *See below for options for youth ages 12-14.* Small children must be within arm's reach of their parent/responsible adult when on the track. Strollers are allowed.

POOL: Must be at least **7** to be unattended but a guardian needs to remain in the building. Children 6 and younger need to have the parent/responsible guardian over 16 in the pool area. It is up to the lifeguard's discretion if the guardian 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.

FAMILY CHANGING ROOM*: The Family Changing Room is an ADA accessible changing space for families and those with accessibility needs or care providers. This is also the designated changing space for males under the age of 18. Clothing or swimsuit is mandatory in all open spaces of this room including showers. All clothes changing must occur in changing rooms.

FEMALE LOCKER ROOM*: This locker room is for females of any age.

INFANT CHANGING STATIONS: *The FAMILY CHANGING ROOM, front lobby bathrooms, child watch bathrooms, and FEMALE locker room are equipped with changing stations for your convenience.

YOUTH OPTIONS: Youth ages **12-14** are eligible to participate in the *Smart Start: Cardio Training* which allows access to the upstairs cardio equipment. Youth ages **13-14** are eligible to receive the *Smart Start: Weight-Room Training* which allows access to the free weight-room and upstairs weight machines. Youth participants in these trainings must follow the member pledge. Parents and youth must sign the Weight Room Agreement. Access will be revoked if member pledge expectations are not met.

Locker & Changing Room Guidelines

- Keep your children close by when using locker & changing rooms.
- Please keep strollers, wheel chairs, and walkers clear of walking isles when not in use.
- Please be respectful. Keep the locker room clean and use appropriate language and behavior.
- Cell phone use is prohibited in the locker rooms.