



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 need to follow our member pledge.

DOWNSTAIRS WEIGHT ROOM: Must be at least **15**.

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 must be within arm's reach of their parent/responsible adult when on the track. Strollers are allowed.

POOL: Must be at least **8** to be unattended but a guardian 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.

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 suit is mandatory in all open spaces of this room including showers. All changing must occur in changing rooms.

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

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

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 phones use is prohibited in the locker rooms.