

CAPITAL DISTRICT YMCA

Member Age Requirements

Youth under 12 years of age must be directly supervised by an adult in the facility unless participating in a staff supervised area or a staff led activity

You must be 18 to supervise a minor

Unsupervised Areas

Sauna/Steam Room/Whirlpool	Adults Only 18+
Open Gym	12 years +
Track: Strollers: Mon-Fri (9am – 2pm) Sat & Sun (2pm-7pm)	11 Years old and under must have parent present 12 Years old may use the track without supervision
Adult Locker Rooms	Adults Only 18+
Youth Locker Rooms/Family Locker Room	Parents with children of the <i>opposite gender</i> must use the <u>Family Locker Room</u> . Parents with children of the <i>same gender</i> may use either <u>Youth Locker room</u> or <u>Family Locker Room</u>

Staff Supervised Areas

Recreational Swim	Youth under 13 years old must have an adult IN THE POOL AREA at all times. Youth requiring a flotation device must have an adult IN THE POOL with them at all times
Ice Rink	Youth under 12 years old must have an adult in the rink area
Lap Swim	Must be able to swim 2 consecutive lengths
Wellness Area	Ages 12&13 must be accompanied by an adult. Ages 14+ are allowed on their own after a wellness orientation

Staff Led Activities

Adult League/Pick up Sports	Adults Only
Aqua Aerobics Classes	12 years & up
Group Exercise Classes	14 years & up
Personal Training	14 years & up
Fitness Evaluations	Adults Only
Prime Time	6-11 years old
Kids Corner	2 months – 5 years old
Teen Nights	5 th Grade- 8 th Grade