

BUILDING AREA AGE GUIDELINES**Fitness Center:**

- Ages 12-13: Can work out with a parent/guardian.
- Under 12: If you believe your 11-year-old has the maturity and physical ability to work out with you, discuss an exception with us.
- Ages 14 and up: Can use the fitness center independently.

Pool:

- Ages 8 and under: Must be accompanied by an adult in the water or on the pool deck (see aquatic guidelines for swim test information).
- Ages 9-13: Can be in the pool alone if they pass a swim test, but an adult must remain in the YMCA.

Adult Fitness Classes:

- Ages 8-11: May attend certain classes without weights.
- Ages 12-13: Can attend with a parent.

SportsCenter:

- Ages 10 and under: Must be supervised by an adult.

Child Watch:

- Ages 6 weeks to 8 years: Can stay in the Child Watch room while parents are utilizing the facility. Parents must not leave the building.

FITNESS CENTER GUIDELINES

- Do not drop weights from the rack or overhead position.
- Re-rack weights and return equipment to its proper place.
- Wipe down equipment after use and dispose of paper towels properly.
- Use machines and benches only for their intended purposes.
- Be considerate of others waiting to use equipment. Do not rest on machines between sets.
- Lift and lower weights smoothly and avoid banging them.

SPORTSCENTER FACILITY GUIDELINES

- Wear proper footwear and attire, including shirts and shoes.
- No food or drinks in the gym area; sealed water bottles are allowed. Food can be eaten in the lobby, and all trash must be disposed of properly.
- No dunking or hanging on rims.
- Do not hit, pull, or throw balls at the gym curtain.
- Staff may limit full court games during busy times.

AQUATIC GUIDELINES

To ensure safety, YMCA lifeguards may test any swimmer's competency. Non-swimmers of any age are not allowed in the deep end. Children under 13 are required to pass a swim test to swim in the deep end or without a parent. Tests can be taken once per day.

Swim Test Wristbands:

- Green Band: Ages 9+ can swim anywhere in the pool with a parent or guardian in the building after passing the swim test.
- Red Band: Ages 7-8 can swim anywhere in the pool with a parent or guardian on the pool deck after passing the swim test.
- No Band: Ages 6 and under must have a parent within arm's reach at all times; passing a swim test allows them to enter the deep end with a parent. If the shallow water level is at their armpits, they may swim in the shallow end only with a parent on deck.

LOCKER ROOMS

- Adult locker rooms are available by gender. Children ages 7 and under should be accompanied by a same-gender parent/guardian.
- A family changing room is available in the pool corridor.
- Lockers are for use during operating hours only. Unauthorized locks left overnight may be removed and contents donated to charity.
- No cameras or video recording devices are allowed in the locker rooms to ensure privacy and safety.

SAUNAS

Saunas are available for ages 18+. Proper attire is required while in the sauna, bathing suit is recommended or proper towel coverage. Do not pour excessive amounts of water on the rocks, please use the spray bottles that are provided.

PERSONAL TRAINING

Only YMCA staff members are allowed to provide personal training within the facility. External trainers are not permitted to conduct business or train in the YMCA.

ATTIRE

As a family-oriented organization, appropriate attire is required at all times. Gym shoes and shirts must be worn throughout the facility.

PERSONAL BELONGINGS

The YMCA is not responsible for lost or stolen items. Please leave valuables at home and secure personal belongings in a locker with your own lock.

LOST AND FOUND

Check the lost and found area promptly if you lose something. Items are held for one month before being donated to charity. If an item is stolen or damaged, complete an incident report at the Front Desk.

24/7 VIDEO SURVEILLANCE

To ensure the safety and security of all those in our facilities, as well as the security of our sites, the YMCA of Mount Vernon is equipped with a 24-hour video surveillance system. Security cameras have been installed in open/public areas. We may conduct video and audio surveillance of any portion of our premises at any time, the only exception being private areas of restrooms, showers, and dressing rooms. Video surveillance may only be supplied to authorities via subpoena in compliance with a potential investigation.