

# YOUTH WELLNESS

## GUIDELINES



### OUR MISSION

The Treasure Valley Family YMCA works to strengthen the foundation of our community by developing successful youth, engaging people in healthy living, and inspiring a commitment to social responsibility. We provide support and opportunities that empower people and communities to learn, grow, and thrive. And, we are determined to never turn anyone away due to inability to pay.

### YOUTH FACILITY GUIDELINES

At the Y, we believe every child is of promise and we are committed to having a positive impact on each and every one. Please use the following guidelines when planning your participation in activities at the Y. Also visit our website: [ymcatvidaho.org](http://ymcatvidaho.org).

- Children 0-6 years old are required to be accompanied by a parent or adult guardian in the facility.
- Kids 7-9 years old are required to be accompanied in the facility by a person that is at least 12 years old. We recommend they spend no longer than 3 hours in the facility.
- Those 10+ years old are welcome in the facility unaccompanied. Recommended max time spent per visit is 4 hours.

### GROUP EXERCISE CLASSES

We offer a variety of family-friendly classes, which are noted in the group exercise class descriptions at [ymcatvidaho.org](http://ymcatvidaho.org). Please see class descriptions for more details.



### » WEIGHT ROOM

- Youth must be 15 years or older to use the free weights and weight room areas
- **Wipe down all equipment after use**
- Work with others: take turns between long sets.
- Re-rack weights when finished
- Be friendly to other members.

### » CARDIO MACHINES

- **Ages 7-9 must work out with a guardian within arm's reach.**
- Guardians should be 15 years or older and should not leave youth unattended
- **Ages 10-14 must work out with a guardian or complete the youth strength training course**
- No Youth under 15 years allowed on Jacob's Ladder or Step Mills.

### » STRENGTH MACHINES

- No Access for youth ages 7-9
- Youth ages 10-14 may use approved strength machines with a guardian or after completing the youth strength training course

### » TRACK

- Ages 0-9 must have a guardian within arms reach
- Be courteous and watch out for others

### » OTHER

- Wear athletic clothing: no jeans on equipment.
- Use cell phones for music or viewing videos: cell phones are not allowed in locker rooms.
- **Close-toed shoes required in all fitness areas**
- Youth must act responsible while working out

### COURT SPORTS



- Youth ages 10 and older may use the basketball courts and racquetball courts unless otherwise designated.
- Youth ages 9 and younger may participate in free/open family gym time with a parent or guardian.
- Racquetball, squash, handball, and wallyball participants have priority over those using the courts for other activities.
- All noon ball participants must be 18+ and out of high school.



AGE	CARDIO	STRENGTH	FREE WEIGHTS
7-9	All Cardio EXCEPT Jacob's Ladder and Step Mills (within arm's reach of parent/guardian)	No Access	No Access
10-14	All Cardio EXCEPT Jacob's Ladder and Step Mills (Youth Strength Class required, or with parent/guardian)	May use approved weight machines with guardian or after completing the Youth Strength Class	No Access
15+	Full Access	Full Access	Full Access

# YOUTH AQUATICS

## GUIDELINES (AGES 7-18)

### GENERAL POOL GUIDELINES:

Please be RESPECTFUL of the YMCA facility and staff by following these health and safety rules:

1. Everyone under the age of 18 must take a swim test to enter any of the pools.
2. No flotation devices other than U.S. Coast Guard Approved life jackets may be used for non-fitness purposes.
3. Any child wearing a U.S. Coast Guard Approved life jacket must be within arm's reach of a parent or guardian that is in the water unless swimming in the kiddie pool.
4. Kick boards, leg buoys, flotation belts, and snorkels are to be used only in a lap lane for fitness purposes.
5. No eating, drinking, chewing gum or glass containers are allowed on the pool deck
6. No one with an open wound(s), rash(es) or communicable disease(s) may enter the water. All bandages must be removed before entering the pools.
7. No running, pushing, yelling or horseplay are allowed in the aquatic center.
8. A child must be at least 6 months old to swim in any pool.
9. Children under the age of 7 must have a parent or guardian in the aquatic center.
10. Children 7-9 must have a parent or guardian in the facility, and have a green necklace.

### PRETZEL SLIDE GUIDELINES:

1. All yellow and green necklace participants and those over 18 years of age may go down the slide unaccompanied.
2. Two people may go down the pretzel slide together if one participant is 16 and older with a green necklace and the other participant is 6 and under with a red or blue necklace.
3. All participants must go down the slide feet first either seated or on their back.
4. Once at the bottom of the slide, participants must immediately swim to the exit.

### ROLE MODELS WANTED!

Do you love helping out? When you turn 14 you can begin volunteering at the Y! We are always looking for responsible refs and team coaches as well as extra help playing games with the little ones in Child Watch.

### SWIM TESTING

Every person under the age of 18 entering the water must be tested and issued a necklace indicating their swimming ability every time they swim, with the exception of swim team and swimming lesson participants. Swim team and swim lesson participants will automatically receive a necklace from staff during their lessons, otherwise they will need to go through the swim testing procedure. Participants are required to wear their necklaces at all times while in the aquatic center.

- **RED:** No test required. Swimmer must remain within arm's reach of an adult, or a 16 year old who has passed a green test, at all times.
  - Access to kiddie pool, where participants under 6 are supervised by an adult prepared to enter at all times.
  - Access to instructional pool or shallow 50-meter pool within arm's reach of adult, or 16 year old who has passed a green test, at all times.

- **BLUE:** (Caldwell and Tomlinson South Only) Swimmer must show they are able to right themselves from their back in shallow water without assistance.
  - Access to shallow beach area only. Access to river or shallow rec pool within arm's reach of adult, or 16 year old who has passed a green test, at all times.

- **YELLOW:** Swimmer must swim 12 yards on front, demonstrating strong, forward progression and horizontal body positioning.
  - Access to kiddie pool, instructional pool, pretzel slide, and shallow 50-meter pool.

- **GREEN:** Swimmer must jump in water that goes over the head and swim 25 yards on front, demonstrating strong, forward progression, with arm recovery out of water, and horizontal body positioning.
  - Access to all pools.



### DROP SLIDE GUIDELINES:

1. Only green necklace participants and those over 18 years of age may go down the drop slide.
2. All participants must go down the slide feet first.
3. Once at the bottom of the slide, participants must immediately swim to the exit.

Learn more about volunteering at your Treasure Valley Family YMCA by visiting [ymcatvidaho.org](http://ymcatvidaho.org)