

YOUTH WELLNESS

GUIDELINES (AGES 7-18)



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. We believe everyone, regardless of their financial situation, deserves access to our services. All children deserve the chance to realize their potential. No one is denied the Y's service due to the 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 at www.ymcatvidaho.org.

- Children 0-6 years old are required to be directly supervised by a parent or adult guardian at all times unless in a staffed program or service (KidZone)
- Kids 7-11 years old are required to be accompanied in the facility by a person that is at least 12 years old.
- Those 12+ years old are welcome in the facility unaccompanied.
- Recommended max time spent per visit is 3 hours.

YOUTH STRENGTH TRAINING (YST)

Youth will learn safe use of fitness equipment and proper etiquette on the fitness floor. This class is required for children 10-11 in order to exercise independently in designated fitness areas. While not required for children 12-14, it is highly encouraged.

GROUP EXERCISE CLASSES

We offer a variety of family-friendly classes, which are noted in the group exercise class descriptions at www.ymcatvidaho.org. Please see class descriptions for more details.

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.

» CARING

- Take care of your body: warm up, stretch, cool down.
- Work with others: take turns between long sets.
- Be friendly to other members.

» HONESTY

- If you are ages 7-9, you must work out with a guardian within arm's reach.
- Adult locker rooms are for adults 19 and older.

» RESPECT

- Act appropriately and use equipment correctly.
- Be respectful of staff and other members.
- Respect other people's property.

» RESPONSIBILITY

- Be on time for classes and appointments.
- Wear appropriate clothing and shoes for your activity
- Re-rack weights, replace all used equipment, and place used towels in bins after cleaning equipment.



AGE	CARDIO	STRENGTH	FREE WEIGHTS
7-9	May use equipment with a orange tag when in arms reach of an adult guardian	No Access	No Access
10-11	May use equipment with a yellow tag when in arms reach of an adult guardian	May use equipment with a yellow tag when in arms reach of an adult guardian	No Access
10-11 w/ YST	May use equipment with a blue tag when wearing YST badge	May use equipment with a blue tag when wearing YST badge	No Access
12-14	May use equipment with a green tag	May use equipment with a green tag	No Access
15+	Full Access	Full Access	Full Access

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COURT SPORTS

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- 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.

» CARING

- Take care of your body: warm up, stretch, cool down.
- Work with others: take turns between long sets.
- Be friendly to other members.

» HONESTY

- If you are ages 7-9, you must work out with a guardian within arm's reach.
- Adult locker rooms are for adults 19 and older.

» RESPECT

- Act appropriately and use equipment correctly.
- Be respectful of staff and other members.
- Respect other people's property.

» RESPONSIBILITY

- Be on time for classes and appointments.
- Wear appropriate clothing and shoes for your activity
- Re-rack weights, replace all used equipment, and place used towels in bins after cleaning equipment.



AGE	CARDIO	STRENGTH	FREE WEIGHTS
7-9	May use equipment with a orange tag when in arms reach of an adult guardian	No Access	No Access
10-11	May use equipment with a yellow tag when in arms reach of an adult guardian	May use equipment with a yellow tag when in arms reach of an adult guardian	No Access
10-11 w/ YST	May use equipment with a blue tag when wearing YST badge	May use equipment with a blue tag when wearing YST badge	No Access
12-14	May use equipment with a green tag	May use equipment with a green tag	No Access
15+	Full Access	Full Access	Full Access

YOUTH AQUATICS

DOWNTOWN BOISE 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 unless eating is taking place on the bleachers or tables by the kiddie pool.
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 age 7-11 must have an adult guardian in the facility or a guardian over the age of 16 in the aquatics center, regardless of the necklace color, and must follow the necklace rules.
11. Children 12 and up can be in an aquatics facility alone but they must have a green necklace and follow all necklace rules.

PRETZEL SLIDE GUIDELINES:

1. All yellow and green necklace participants and those over 18 years of age may go down the slide unaccompanied if at least 4ft (48 in.) tall.
2. Two people may go down the pretzel slide together if one participant is 16 or 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.

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.

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 recreational 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, recreational pool, pretzel slide.

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 parts of the pools and amenities based on the availability.

YOUTH AQUATICS

WEST BOISE 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 unless eating is taking place on the bleachers or tables by the kiddie pool.
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 age 7-11 must have an adult guardian in the facility or a guardian over the age of 16 in the aquatics center, regardless of the necklace color, and must follow the necklace rules.
11. Children 12 and up can be in an aquatics facility alone but they must have a green necklace and follow all necklace rules.

PRETZEL SLIDE GUIDELINES:

1. All yellow and green necklace participants and those over 18 years of age may go down the slide unaccompanied if at least 4ft (48 in.) tall.
2. Two people may go down the pretzel slide together if one participant is 16 or 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.

DIVING BOARDS GUIDELINES:

1. Participants must have a green necklace.
2. All dives must be front facing.
3. Single bounce only, please.
4. No swim goggles can be worn.
5. One person at a time.

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, within the fenced area, 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.

YELLOW:

Swimmer must swim 10 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 parts of the pools and amenities based on the availability.

YOUTH AQUATICS

TOMLINSON SOUTH MERIDIAN GUIDELINES (AGES 7-18)



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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 unless eating is taking place on the bleachers or tables by the kiddie pool.
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 age 7-11 must have an adult guardian in the facility or a guardian over the age of 16 in the aquatics center, regardless of the necklace color, and must follow the necklace rules.
11. Children 12 and up can be in an aquatics facility alone but they must have a green necklace and follow all necklace rules.

BIG YELLOW SLIDE GUIDELINES:

1. All participants may go down the slide unaccompanied if at least 4ft (48 in.) tall.
2. All participants must go down the slide feet first either seated or on their back.
3. Once at the bottom of the slide, participants must immediately exit the slide.

LAZY RIVER:

1. Please follow all swim testing and usage guidelines.
2. Remain in the water at all times unless exiting the lazy river or the pool.

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 shallow kiddie pool, where participants under 6 are supervised by an adult prepared to enter at all times.
- Access to kiddie pool deep end, shallow recreational pool and lazy river within arm's reach of adult, or 16 year old who has passed a green test, at all times.

BLUE:

Swimmer must show they are able to right themselves from their back in shallow water without assistance.

- Access to lazy river or shallow recreational 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, shallow recreational pool, lazy river.

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 parts of the pools and amenities based on the availability.

YOUTH AQUATICS

CALDWELL 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 unless eating is taking place on the bleachers or tables by the kiddie pool.
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 age 7-11 must have an adult guardian in the facility or a guardian over the age of 16 in the aquatics center, regardless of the necklace color, and must follow the necklace rules.
11. Children 12 and up can be in an aquatics facility alone but they must have a green necklace and follow all necklace rules.

PRETZEL SLIDE GUIDELINES:

1. All yellow and green necklace participants and those over 18 years of age may go down the slide unaccompanied if at least 4ft (48 in.) tall.
2. Two people may go down the pretzel slide together if one participant is 16 or 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.

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.

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 beach, shallow recreational pool, river

BLUE:

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 recreational 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 beach, river, shallow recreational pool, pretzel slide (must be 4 ft. or taller).

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 parts of the pools and amenities based on the availability.