



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HOCKOMOCK AREA YMCA YOUTH & TEEN MEMBER FACILITY USAGE GUIDELINES

Thank you for being a member of the Hockomock Area YMCA family. Serving families, youth and teens is at the core of our YMCA's mission and therefore we have some unique guidelines in place to allow for our younger members the opportunity to enjoy their Y membership to the fullest. We encourage you to get your youth/teen involved in our programs as they are designed specifically for them. Please keep in mind that per our Association's policy, youth under the age of 12 years old must be accompanied by an adult in our facility.

Wellness Center guidelines:

- Children ages 8 & 9 can sign up for a free Cardio Kids program that will teach them about how to use cardio equipment in a safe and fun way. Once this free class has been completed, your child can work out alongside a guardian or a responsible adult on the cardio equipment in our wellness centers.
- Children Ages 10-12 can sign up for a free Youth Strength Training program that will teach them how to utilize both the cardio equipment and the selectorized equipment in a safe and respectful manner. Upon completion, your child can work out alongside a guardian and or responsible adult in our wellness center.
- Teens ages 13+ are welcome to use all the equipment in our wellness center without a parent or guardian. We suggest they take advantage of the free member orientations so they can learn to use the equipment safely and respectfully.

Group Exercise Classes: Teens ages 13+ are welcome to participate in group exercise classes.

Gymnasium: Youth and teens may use the gymnasium during posted open gym hours.

Pool: Youth (age 10-17) may use the pool during family swim and when they pass the swim test. Swim testing will take place each time they use the pool. Pool availability is based on the pool schedules posted on our website www.hockymca.org. Children cannot be in the pool area alone if under the age of 12.

Teen Center: Youth in grades 6-12 are welcome to participate in our Teen Centers. Teen Center hours will be posted in the facility and on our website. During the hours of operation, teens will be required to sign in.

To avoid loitering, youth and teens should be engaged in one of the areas above. If found loitering or behaving in a manner that is not in line with our YMCA's mission or member code of conduct, the youth or teen will be asked to leave the facility.

As a reminder, the Hockomock Area YMCA is a safe place for all. The use of drugs, alcohol, vapes or smoking in or on property is prohibited. Possession of weapons, acts of violence, theft or use of vulgar or disrespectful language towards staff or members will not be allowed. The YMCA reserves the right to terminate a person's membership if they violate any of these rules or if they create an unsafe space for others.