

# YMCA OF SOUTHERN MAINE Youth Facility Access

NOTE: General Facility Access without Parent/Guardian Supervision begins at age 10.

AGE RANGE	WELLNESS					AQUATICS		OTHER	
	Cardio Equipment	Strength Equipment	Group Exercise	Steam/Sauna	Pool	Gymnasium	Bowling		
Under 7	No Access	No Access	Specialized youth group exercise classes	No Access	Access with parent/guardian supervision (1:2 ratio) within arms length reach, regardless of whether they pass the swim test or not. *See Swim Test Policy handout for more details*	With parent or guardian (18 years or older) supervision	With parent or guardian (18 years or older) supervision		
7 - 9	Access only as part of supervised program or with certification from wellness staff based on physical and emotional maturity and parent or guardian (18 years and older) supervision	No Access	Access to specialized youth group exercise classes or to regular group exercise classes after certification from wellness staff based on physical and emotional maturity and with parental or guardian (18 years and older) supervision	No Access	Access: If pass swim test – can swim if parent or guardian (18 years and older) is in the building; If don't pass swim test – swim only within arm's length reach of parent or guardian (18 years and older) (1:2 ratio)*See Swim Test Policy for more details*	Access	Access		
10 - 11	Access after orientation and certification based on physical and emotional maturity	No Access	Access to specialized youth group exercise classes or to regular group exercise classes after certification from wellness staff based on physical and emotional maturity and with parental or guardian (18 years and older) supervision	No Access	Access: If pass swim test – can swim alone in building; If don't pass swim test – swim only within arms length reach of parent or guardian (18 years and older) (1:2 ratio) *See Swim Test Policy handout for more details*	Access	Access		
12 - 14	Access after orientation and certification based on physical and emotional maturity	Access after orientation and certification based on physical and emotional maturity	Access to specialized youth group exercise classes or to regular group exercise classes alone after certification from Wellness Director based on physical and emotional maturity	No Access	Access: If pass swim test – can swim alone in building; If don't pass swim test – swim only within arms length reach of parent or guardian (18 years and older) (1:2 ratio) *See Swim Test Policy handout for more details*	Access	Access		
15 - 17	Access	Access	Access	No Access	Access	Access	Access		
EXCEPTIONS							Swim Team Kids by decision of Aquatics Director		