



# YOUTH AGE GUIDELINES for Y FAMILY CENTERS

	NO ADULT REQUIRED	POOLS SWIM TEST REQUIRED. ADULT SUPERVISION PENDING RESULTS	STAY & PLAY	PLAYGROUND	ROCK WALL OPEN CLIMB	FAMILY GAME ROOM	GYMNASIUM OPEN/FAMILY GYM	FITNESS FLOOR			GROUP EXERCISE
								CARDIO EQUIPMENT	STRENGTH EQUIPMENT	FREE WEIGHTS	
AGES 0-4		★ With adult	★	★ Must be with adult		★ Must be with adult	★ Must be with adult				
AGES 5-7		★ With adult	★	★ Must be with adult	★ Must be with adult	★ Must be with adult	★ Must be with adult				
AGES 8-9		★ With adult	★	★ Must be with adult	★ Must be with adult	★ Must be with adult	★ Must be with adult	★ Kids Cardio wristband; must be with adult			
AGES 10-12		★ Adult supervision pending swim test results	★ Age 10 only		★ Adult must be in center	★ Adult must be in center	★ Adult must be in center	★ Kids Cardio wristband; adult must be in center			
AGES 13-15	★	★			★	★	★	★ With Kids Cardio wristband	★ With Teen Quest wristband	★ With Teen Quest 2.0 wristband	★
AGES 16-17	★	★			★	★	★	★	★	★	★

This is an overview of the Y in Central Maryland youth age guidelines. Complete rules and guidelines for all areas are available online at [ymaryland.org/memberhandbook](http://ymaryland.org/memberhandbook). Thank you and safely enjoy your time at the Y!