



# YMCA Age Access Guide

Age	Aquatic Facilities	Workout Centre						Gymnasium	Family Zone	Indoor Playground / Toddler Zone
		Stretching Area & Courts	Indoor Track	Cardio Machines	Strength Machines	Group Fitness Classes	Free Weights			
0-5	Must be within arms' reach of someone 14 years or older, in pool <sup>1</sup> .	Must be accompanied by adult within arms' reach at all times.		NO ACCESS	NO ACCESS	NO ACCESS	NO ACCESS	Must be actively supervised by someone 14 years or older at all times.	Must be actively supervised by someone 14 years or older at all times	Must be actively supervised by someone 14 years or older at all times
6-7										
8-11	Must be supervised by someone 14 years or older, in pool. Must complete 25m swim to be in deep water.	Must have completed a Workout Centre Orientation and be supervised by an adult at all times <sup>2</sup> .  Can use certain body weight equipment and cardio machines, as determined in Orientation.		NO ACCESS	Must have completed a Workout Centre Orientation and be accompanied by an adult <sup>2</sup> .	NO ACCESS	Must be supervised by someone 14 years or older	FULL ACCESS	NO ACCESS	
12-14	Can swim <b>INDEPENDENTLY</b> Must complete 25m swim to be in deep water.	Can work out <b>INDEPENDENTLY</b> upon completion of Workout Centre Orientation <sup>3</sup> . Access to certain Strength Machines might be restricted (as determined in Orientation).			Can participate with parent/guardian <sup>3</sup> .		FULL ACCESS			
15	FULL ACCESS									
16+	FULL ACCESS									

<sup>1</sup> Please refer to the Aquatics Admissions Policy for more information. <sup>2</sup> Yellow YMCA Shoe Tag must be worn. <sup>3</sup> Red YMCA Shoe Tag must be worn

July 2022

Last Updated: July 29, 2022