



Winona Family YMCA

YOUTH FACILITY GUIDE

Age guidelines are designed to keep youth safe while enjoying the benefits of the Y.

	Ages 0-11	Ages 12-15	Ages 16-17
Fitness Classes	10-15 may attend classes with an adult or at Instructor discretion.	10-15 may attend classes with an adult; at Instructor discretion.	YES
Wellness Center- cardio and strength equipment and racquetball courts	NO ACCESS to cardio or strength equipment. May use Racquetball Courts with adult.	May use space WITH adult supervision, or alone with passing of the Teen Weight Room Orientation.	May use space without an adult. Teen Weight Room Orientation optional, but recommended.
Family Fun Center	May use space under adult supervision	NO ACCESS	NO ACCESS
Kids Corner	Reservations required.	NO ACCESS	NO ACCESS
Pool, Sauna, Steam Room and Whirlpool	Ages 7 and younger <u>Passed swim test</u> must have an adult in the pool within arm's reach. Yellow wristband. <u>Did not pass swim test</u> must have an adult in the pool within arm's reach and wear a life jacket if in the deep end. No wristband. Ages 8-11 <u>Passed swim test</u> may swim independently, with a supervising adult on the pool deck. Yellow wristband. <u>Did not pass swim test</u> must have an adult in the pool within arm's reach and wear a life jacket if in the deep end. No wristband. Ages 12-14 <u>Passed swim test</u> may swim without an adult present. Green wristband. <u>Did not pass swim test</u> must have a supervising adult in the water with them. No wristband. Under 16 may use Whirlpool under direct supervision of an adult.		Access to the pool and whirlpool without an adult. NO Access to Sauna or Steam Room until 18 and older.
Gymnasium	May use space under adult supervision	May use space without adult supervision	May use space without adult supervision