

# WITHNELL FAMILY YMCA AGE & USAGE GUIDELINES

## POOL RULES

Parent/guardian  
must swim with  
children under 6 y.o.

Parent/guardian must  
be in pool area with  
children under 14 y.o.

-AGES 9 & UNDER ARE NOT ALLOWED ON THE WELLNESS FLOOR

-ALL MEMBERS 15 AND UNDER MUST GO THROUGH A YOUTH  
ORIENTATION IN ORDER TO UTILIZE WELLNESS FLOOR ALONE

- = Direct adult supervision-parent/guardian must be within arms reach of youth
- = Can be used after Youth Orientation is completed
- = No Youth Orientation required

| YOUTH AGES | FREE WEIGHTS & FUNCTIONAL FITNESS AREA |               |   |                |
|------------|----------------------------------------|---------------|---|----------------|
|            | CARDIO MACHINES                        | FIXED WEIGHTS |   | GROUP EXERCISE |
| 10-12      | ●                                      | ✗             | ✗ | ●              |
| 13-15      | ●                                      | ●             | ✗ | ●              |
| 16-17      | ●                                      | ●             | ● | ●              |