



# Youth Policy

Youth of any age are welcome! The Y offers many opportunities for families to engage in activities that not only strengthen the individual, but also connect the family.

## Family Time

The Y is a great place for families to enjoy being together and being active! There is time each day for families to play during open gym, open swim, in the game room or at the climbing wall. Each month the Cooper Y also offers special family events that are free or of minimal cost to Lincoln YMCA members.

## Facility Use

For times when youth will be using the Y, we ask that the outlined YMCA guidelines be followed:

### Ages 14 & Over

- Full facility use

### Ages 9 - 13

- Full use of indoor pool during open swim times
- Full use of the outdoor pool during open swim times if part of a Lincoln YMCA family/household membership
- Full use of gyms during open gym times
- Full use of the game room when not reserved for YMCA programming
- Full use of the climbing wall during open climb hours and after successful completion of the Climbing Wall class
- Group Exercise Classes:
  - \* 12 - 13 year old graduates of the Youth Fitness class
- Quick Fit Studio:
  - \* 9 - 11 year olds with parent present in studio
  - \* 12-13 year olds with parent present in studio or graduates of the Youth Fitness class
- Workout Area:
  - \* 12 - 13 year old graduates of the Youth Fitness class
- Youth Fitness class - see Youth Fitness class flyer for details:
  - \* 12-13 year olds, 11 year olds if turning 12 during the class session

### Ages 5 - 8

- Child Watch
- Kid's Quest
- Youth can participate in the following with a responsible caregiver 16 years of age or older present:
  - \* Indoor pool during open swim times
  - \* Outdoor pool during open swim times (must be part of a Lincoln YMCA family/household membership)
  - \* Youth gym during open gym times
  - \* Game room when not reserved for YMCA programming
  - \* Climbing wall during open climb hours after successful completion of the Climbing Wall class
  - \* Youth participating in Y programming must be escorted in to the program area and signed in if necessary

### Ages 6 weeks - 4

- Child Watch
- Youth can participate in the following with a responsible caregiver 16 years of age or older present:
  - \* Indoor Pool during open swim times - Parent or caregiver must be within arms reach at all times
  - \* Outdoor Pool during open swim times - Parent or caregiver must be within arms reach at all times (must be part of a Lincoln YMCA family/household membership)

Cooper Y

## Locker Room Policy

The Y requests that children age 6 and above use the appropriate youth shower and locker areas. The Cooper YMCA has a designated locker area for youth who are not directly supervised by their parents. Contact the front desk with questions.

## Program Participation

Youth are also welcome to register and participate in the following YMCA programs. See specific program brochures or visit our website for details and age requirements:

- Art & Music
- Dance
- Fundays
- Gymnastics
- Home School Gym
- Martial Arts
- Parent's Time Out
- Summer Day Camps
- Swim Lessons
- Swim Club

## Photo/Video Disclosure Statement

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<b>Cooper</b>	<b>Downtown</b>	<b>Fallbrook</b>	<b>Northeast</b>	<b>Youth Sports</b>	<b>Camp Kitaki</b>
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