



Youth Policy

2018

ymcalincoln.org

For times when youth will be using the YMCA, we ask that the outlined YMCA of Lincoln policy and facility use guidelines be followed. Due to the close proximity and programming associated with Moore Middle School at the Copple Family YMCA and Schoo Middle School at the Fallbrook YMCA, age guidelines differ at these locations.

Ages 14+ (Copple Family and Fallbrook YMCA 15+)

- Full facility use
- At Fallbrook and Copple Family between the hours of 3:00pm-5:00pm, when LPS is in session, anyone 14 years of age or younger must be participating in a supervised program or be accompanied by a parent/guardian

Ages 12-13 (Copple Family and Fallbrook YMCA 12-14)

- Full use of pools during open swim times
- Full use of gyms during open gym times
- Full use of Game Room when not reserved for YMCA programming
- Full use of Cooper Climbing Wall during open climb hours and after successful completion of Climbing Wall class
- May attend Group Exercise classes once they graduate from the Youth Fitness Training class
- May utilize Quick Fit Studio with a parent/guardian present
- May utilize Quick Fit Studio without a parent/guardian present only if a graduate of the Youth Fitness Training class
- May utilize Workout Area once they graduate from the Youth Fitness Training class

Ages 9-11

- Full use of pools during open swim times
- Full use of gyms during open gym times
- Full use of Game Room when not reserved for YMCA programming
- Full use of Cooper Climbing Wall during open climb hours and after successful completion of Climbing Wall class
- May utilize Quick Fit Studio with a parent/guardian present

Ages 5-8

- Child Watch
- Kids Quest
- **Youth can participate in the following with a responsible caregiver age 16+ present:**
 - * Indoor Pool during open swim times
 - * Outdoor Pool at Cooper, Copple Family or Fallbrook during open swim times; must have an adult or family/household membership
 - * Youth Gym during open gym times
 - * Game Room when not reserved for YMCA programming
 - * Climbing Wall at Cooper during open climb hours and after successful completion of Climbing Wall class

Ages 6 weeks-4 years

- Child Watch
- **Youth can participate in the following with a responsible caregiver age 16+ present:**
 - * Indoor Pool during open swim times (parent/guardian or caregiver must be within arms reach at all times)
 - * Outdoor Pool at Cooper, Copple Family or Fallbrook during open swim times (parent/guardian or caregiver must be within arms reach at all times; must have an adult or family/household membership)
 - * Youth Gym during open gym times

Youth Fitness Training Class - See Youth Fitness Training flyer for details:

- Children ages 12+ or age 11 if turning 12 during the class session

Lincoln YMCA

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The Y requests that children age 6+ use the appropriate youth shower and locker areas. The Copple Family, Downtown, Fallbrook and Cooper facilities have designated locker areas 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 listed below. See specific program brochures or visit our website for details and age requirements.

- * Art & Music
- * Dance
- * Fundays
- * Gymnastics
- * Home School Gym
- * Kid's Night Out
- * Summer Day Camps
- * Swim Lessons
- * Swim Club
- * Swim Team
- * Youth Gym

Photo/Video Disclosure

Membership enrollment, entry into facilities or property/grounds, participation in YMCA programs and/or events grants permission and consent for participant(s) to be photographed or videotaped, audiotaped or recorded and waives any privacy rights with regard to the display of such photographs, broadcasts, recordings, etc. in presentations, publications, websites, social media, news, radio, TV and other means. If you have concerns with the use of these items, you are responsible for personally notifying a Branch Director in writing. The YMCA does not control, regardless of your circumstances, the taking or use of photos/videos, etc. at "public events" such as athletic events, outreach events, etc. where members of the public/community/media are invited.