

FAMILIES WELCOME HERE

	Cardio Equipment	1 st Floor Strength Equipment	Basement	Basketball Gym	Lap & Instructional Pool	Hot Tub, Sauna, Steam Room	Group Ex Classes	Lobby Areas
Ages 6 wks+	STOP	STOP	STOP	Legal Guardian	Legal Guardian	STOP	STOP	Legal Guardian
Ages 8-11 yrs old	Legal Guardian *Family Fitness Hours Only	STOP	STOP	Legal Guardian	Legal Guardian	STOP	STOP	Legal Guardian
Ages 12-15 yrs old	Legal Guardian or **FAST	Legal Guardian or **FAST	STOP	Legal Guardian or Waiver	Legal Guardian or Waiver	Legal Guardian or Waiver	Legal Guardian or Waiver	Legal Guardian or Waiver
Ages 16 yrs+	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes

***FAMILY FITNESS HOURS:** Monday - Sunday: 12:00 pm - Close (M-F: 10pm; Sat: 7pm; Sun: 6pm)

****FAST:** A program to teach kids how to safely use cardio and strength equipment. 12 – 15 yr olds MUST pass to use without parent.

● FAST registration is found on the AustinYMCA.org website under the TL schedule’s page.

If your child is between the ages of 12-15 and has a waiver on file: they are allowed to use the Basketball Gym, Pool area, and Lobby without a Legal Guardian as long as they wear a purple lanyard with a key fob attached to identify their age. If they have passed their FAST course a green lanyard will indicate the addition of Cardio and 1st floor Strength Equipment.

“STOP” means that age group is are not allowed to use the area.

Youth Guests: Guests under the age of 16 yrs must have a legal guardian watching them at all times.

Legal Guardian: Parent or family member of 18 yrs of age or older.



Ages 6 wks – 7 yrs old

Children of this age must be checked into ChildWatch, unless a legal guardian accompanies the child(ren) to one of the specified areas (**Basketball Gym, Lap & Instructional Pool, and the Lobby**).

This age group is **not** permitted to enter the sauna, steam room, and hot tub; Basement; 1st Floor Strength and Cardio Equipment; or Group Ex Classes.

Ages 8 – 11 yrs old

Children of this age must be checked into ChildWatch, unless a legal guardian accompanies the child(ren) to one of the specified areas (**Basketball Gym, Lap & Instructional Pool, and the Lobby**).

During **Family Fitness Hours** children between the ages of 8 – 11 yrs old are permitted to use the **cardio equipment only** as long as they are supervised by their legal guardian.

This age group is **not** permitted to enter the sauna, steam room, and hot tub; Basement; 1st Floor Strength and Cardio Equipment; or Group Ex Classes.

Ages 12 – 15 yrs old

Children of this age have access to the entire facility (except the basement) as long as a legal guardian accompanies and watches them.

If the child is entering the facility without a legal guardian who will watch them, they **must** have a waiver on file and wear a lanyard with their keyfob attached. To use the 1st floor strength and cardio equipment, they **must** have completed and passed the FAST program. To use the lap/instructional pool alone, they **must** have passed a swim test. This age group is **NOT** allowed in the basement. They are allowed to use the Hot Tub, Sauna, Steam Room, and may participate in Group Exercise classes.

Lap & Instructional Pool Policies

6 wks – 7 yrs old: Must be accompanied by a legal guardian in the water at all times

8 – 11 yrs old: Must be accompanied by a legal guardian in the water at all times. Once the child has passed a swim test, they can be in the pool without the adult, but the adult **must** be present in the pool area to watch them.

12 – 15 yrs old: Must have a waiver on file and passed a swim test to be in the pool area without the supervision of a legal guardian