

Darien YMCA Youth Supervision Policy

Children under 11 must be accompanied by an adult at all times (with the exception of open gym). Please see the following rules for each department:

Wellness Center: Minimum age is 13 years old, which constitutes a Student Fit membership. All Student Fit members must complete a Wellness Center youth certification (free of charge) with one of our personal trainers before being allowed to use the Wellness Center (please see wellness center student hours)

Training Center: Minimum age is 15 years old. If the student is 15 years or older, they will be orientated with the Training Center during their initial youth certification.

Personal Training: Minimum age is 10 years old. This option is open to children of members and children who hold youth memberships. Non-member children are also permitted to personally train at an increased rate.

Group Exercise Classes: Minimum age is 15 years old

Open Gym: 10 years of age and older. Children under the age of 10 must be accompanied by an adult.

Aquatic Swim Lessons: Children under the age 5 need to have a parent/guardian on sight at the Y during their swim lessons. School age children can be dropped for swimming lessons but a parent/guardian need to be at the Y for pick when the lessons are finished.

Aquatics: Children 8 & under must have a parent/guardian (min of 17 years) with them in the water and in the locker rooms at all times.

Aquatics: Children 9—11 must have a parent/guardian supervising them on the pool deck at all times. If a 9 to 11 year old is a non-swimmer a parent/guardian is required to swim with their child.

Aquatics: Children 12 years and older are allowed to use the pools without direct supervision. Parents are strongly encouraged to be in the building while their child is swimming.

Gymnastics: Children must be accompanied by a parent or guardian until the instructor has opened the door for classes. A parent/guardian need to pick up their children at the end of the class. Under no circumstances should a child be left alone by a parent or guardian on the Mezzanine or downstairs Alcove area. Team members of all ages may be dropped off at the front entry way to the Y, but parents MUST park their cars and come in when picking up their child from practice.

The YMCA would prefer that all children under 16 years of age be picked up at the "Y" instead of having them walk home or bicycle home.

****During the hours of 5—8 PM on the weekdays, all students of perspective ages must be accompanied by a parent or guardian in either the Wellness Center or the Training Center.**