

Attention Parents with Children ages 9-13

“No one under the age of 9 is allowed in the fitness center”

Family Time

“Family Time” is a designated time in which children between the ages of 9-13 are allowed to use the cardio equipment in our fitness center under the supervision of a parent.

No child under the age of 9 is allowed in the fitness center.
Children ages 14 & 15 may use the cardio equipment ONLY without a parent present.

Family Time

Parents MUST stay with your child(ren) at all times.

“Family Time” Days and Times

- Monday – Friday- *5:00am – *4:00pm; 7:30pm-9:00pm *some restrictions may apply
- Saturdays – 12:00pm – 6:00pm
- Sundays – 12:00pm – 6:00pm

**Keep in mind that children will only be allowed to use the cardio equipment.
They are not allowed to use machines or free weights.
Ask about Teen Certifications for children ages 14 & 15.**

The mission of the YMCA is to put Judeo-Christian principles into practice through programs that build a healthy spirit, mind, and body for all.