

Youth Programs

Y Sports –These programs are non-competitive leagues that teach the fundamental skills and rules of the sport with focus on the philosophy that “Everybody Plays, Everybody Wins!” Players work on coordination, teamwork and having fun!

Youth CoEd Indoor Soccer Ages 4-17

Registration: Jan. 16-Feb. 18 **Fee:** Members/Free: Non-Members/\$58

Y Swim Lessons - These classes are participant centered and use problem solving and guided discovery teaching approach. Each program is divided into five components: personal safety, personal growth, stroke development, water sports, games and rescue. Look for a schedule of classes and times at the front counter.

Member Registration: Tues. Dec. 20 **Session Runs:** Jan. 9 – Mar. 3, 2012

Swim Fees: Members—\$15/Participant or \$30/Family, Non-Members—\$50/Participant

Age Requirements

Fitness Center - Individuals under the age of 15 are not permitted in the Fitness Center.

Youth ages 11-12 are permitted to use the cardio equipment **only** after they have completed the training and carry their verification card. Registration for the Youth Cardio Class is at the front desk.

Youth ages 13-14 are permitted to use the cardio & fitness equipment **only** after they have completed the training and carry their verification card. Registration for the Youth Wellness Training is at the front desk.

Children 10 years of age and under are not permitted in the Fitness Center.

When children attend special classes in the Aerobic studios, they must go directly to the class and are not permitted on the track or equipment due to safety concerns.

Pool - During open swim, parents are responsible for supervising their children. All children age 5 and under must be accompanied by an adult (18 or older) in the water, within arms reach, at all times. Children ages 6, 7, and 8 must have an adult (18 or older) in the pool area.

To swim in the large pool, members and guests under the age of 18 must pass a swim test and wear the wristband provided.

During swimming lessons, any child 8 years old or under must have an adult (18 or older) in the pool area before and after class.

Free Weight Room - 15 years old, **no exceptions**

Sauna & Whirlpool - 15 years old, **no exceptions**