



# YOUTH & TEEN GUIDELINES

## Welcoming Youth & Teens Back to the Y

We are excited to welcome youth back to the Y! Depending on the age of your child, there may be restrictions as to what youth can access. Before your child returns, please review the following guidelines:

- **Children must have an active youth, teen or family membership to return.** You may reactivate your membership by contacting the welcome center or by emailing [membership@graniteymca.org](mailto:membership@graniteymca.org).
- **Sign the Waiver of Release and Liability.** A parent/guardian must sign the [Waiver of Release and Liability](#) for each youth or teen member prior to scheduling their first Y session.
- **Make a Reservation.** Any member entering the Y must make a reservation, regardless of age.
  - Reservations are limited to one per day, per member. This includes team practices or private lessons youth or teens may already be registered to attend.
  - If a parent/guardian is an active Y member, they may use the Y at the same time as their child if slots are available. A separate reservation is required for each member.
- **A parent/guardian is required to be in the Y while youth ages 9 - 11 participate in pool activities.** If not accompanying the child in the pool or participating in their own reservation, the parent/guardian must remain at the designated waiting area while the child is swimming. Non-members must sign in at the welcome center.

Services	Ages 9+	Ages 11+	Ages 12+	Ages 13 - 14
<b>Wellness Center</b>	Currently unavailable.	Currently unavailable.	Youth ages 12+ who have completed coaching sessions* in the past year may use: <ul style="list-style-type: none"> <li>• cardio machines</li> <li>• stretching areas</li> </ul>	Youth ages 13+ who have completed coaching sessions* in the past year may use: <ul style="list-style-type: none"> <li>• cardio machines</li> <li>• strength equipment</li> <li>• stretching areas</li> </ul>
<b>Group Exercise</b>	Currently unavailable.	Currently unavailable.	Youth ages 12+ may register for group exercise classes. They must attend the full class and may not go to areas other than the scheduled class.	
<b>Lap Swim</b>	Independent swimmers ages 9 - 10 may swim continuous laps, but a parent/guardian must remain in the Y. Ages 8 & under may swim laps with permission from the aquatics director.	Youth ages 11+ may reserve a lane to swim continuous laps. Two family members may share a lane by request. Only one member needs to make a reservation to share a lane*, but please be sure to call your branch so they know to expect an extra person. Both must have active memberships.  *At the YMCA of the Seacoast, all individuals require separate reservations.		
<b>Open Swim</b>	Youth of all ages may join a parent and/or guardian during family open swim! Youth ages 9+ may swim alone provided they are a green band per our <a href="#">open swim policy</a> .			

\*If your child has not completed wellness coaching sessions in the past year, please contact your branch for availability.