

Youth Wellness

Guidelines (Ages 10-18)



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OUR MISSION

The Baker County YMCA is dedicated to strengthening our community through youth development, healthy living and social responsibility. We strive to provide first class facilities and value oriented programs that will assist in improving the quality of life for the members of our community.

YOUTH FACILITY GUIDELINES

At the Y, we believe every child is of promise and we are committed to having a positive impact on each and every one. Please use the following guidelines when planning your participation in activities at the Y. Also visit our website: bakerymca.org

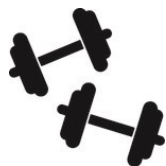
- Kids 10-14 years old are required to be accompanied in the facility by a person that is at least 16 years old. We recommend they spend no longer than 2 hours in the facility.
- After completing the Youth Strength Training (YST) those 10+ years old are welcome in the facility unaccompanied for up to 2 hours
- Teens age 15+ require no supervision.



GROUP EXERCISE CLASSES

Youth 10+ are welcome to attend group fitness classes. We offer a variety of family-friendly classes, which are posted in the group fitness schedule at bakerymca.org

Please see class descriptions for more details.



♦ CARING

- Take care of your body: warm up, stretch, cool down
- Wipe down machines
- Work with others: take turns between long sets
- Work out with a friend
- Be friendly to other members

♦ HONESTY

- No one is judging you on strength or ability
- Stay committed to your goals/wellness plan

♦ RESPECT

- Complete a wellness session with a coach
- Act appropriately
- Use an inside voice
- Use appropriate language
- Be respectful of staff and other members
- Use equipment correctly
- Respect the Y: stay focused on your workout
- Respect other people's property

♦ RESPONSIBILITY

- Be on time for classes and appointments
- Finish your workout on time
- Wear closed toed athletic shoes
- Wear athletic clothing
- Use cell phones for music or viewing videos: they are not allowed in the locker rooms
- Re-rack weights and replace all used equipment
- Place used towels in laundry bins

Age	Cardio	Strength	Free weights
10-14	All Cardio EXCEPT Jacob's Ladder and Step Mill (YST required, or with parent/guardian) All group fitness classes	Approved weight machines with Guardian or completion of YST	No Access
15-18	Full Access	Full Access	Full Access