



**FOR YOUTH DEVELOPMENT®**  
**FOR HEALTHY LIVING**  
**FOR SOCIAL RESPONSIBILITY**

Effective June 1<sup>st</sup>, 2022

## **Fitness Center – Age Requirements**

The Pittsburg Family YMCA is committed to providing a safe and healthy environment for all patrons and guests. To maintain this, the following requirements are in place regarding the Fitness Center:

- **Under Age 12** – Those under age 12 are encouraged to utilize our 2 Basketball Courts, 2 Racquetball Courts, FREE Child Watch, or Pool (during Family Swim).
  - Parents: if you'd like to checkout some equipment to build a workout for your kids in one of these areas, inquire at the Welcome Desk!
- **Ages 12-13** – After completing a weight room orientation, children ages 12-13 will be educated and ready to safely use the weight machines and cardio fitness machines.
  - Parents/Guardians: we ask you to participate with your child(ren) while they are utilizing these machines as a vital part of their safety.
- **Ages 14-17** – After completing a weight room orientation and reaching the age of 14+, teens are now ready to embark on a solo fitness journey (if they so choose). They can also begin using our free weight section of the Fitness Center!
  - Teens: Please bring/find a spotter in the free weight section. This is the perfect way to exercise with your parent(s) or team up with your buddies to workout while also lifting safely.
- **Ages 18 and up** You are now ready to use the Fitness Center in all its glory!
- Children with their parents but not using equipment (due to eligibility or choice) please stay in the sitting area by the weight room door.
  - Ask us about our FREE Child Watch offering for a fun and safe place to be supervised as well!
- Anyone who is acting in an unsafe or disruptive manner may be asked to exit the fitness center.
- **Members of any age wishing to obtain a FREE weight room orientation can sign up online or in person at the Welcome Desk.**
  - Non-Members under 18 are not eligible for weight room orientations or Fitness Center use at this time.

**Thank you for your cooperation!**

Revised 3/16/22