

LOOKING OUT FOR YOU



Dress The Part

Appropriate workout clothing and shoes are expected.



Know Your Limits

YMCA staff may monitor and/or limit workouts to keep you safe.



Share

Please be mindful if others are waiting for equipment.

	AGES 9-11 Completed Y Training Class	AGES 12-15 No Class	AGES 12-15 Completed Y Training Class
SUPERVISION REQUIREMENT	Adult 18+ Required	Adult 18+ Required	Adult Not Required
CARDIO EQUIPMENT	✓	✓	✓
STRENGTH EQUIPMENT	✗	✓	✓

CARING ★ HONESTY ★ RESPECT ★ RESPONSIBILITY