



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

**In response to insurance and liability coverage recommendations, the following minimum age requirements policy will be enforced:**

### **AGE REQUIREMENTS FOR USE OF YMCA FITNESS & WELLNESS CENTER AREAS**

- Youth 14 years of age and older are allowed in all cardio, yoga, spin, group exercise, and weightlifting areas within this facility without adult supervision.
- Youth between the ages of 12 & 13 years old are allowed in all cardio, yoga, spin, group exercise, and weightlifting areas within this facility only when participating in exercises with a supervising parent/adult (18+ years old).
- Youth below the age of 12 years are not allowed in fitness areas, unless taking part in special classes designed for their age group.
- Orientations to YMCA of Auburn-Lewiston facilities are available for all new members and are strongly recommended for YOUTH members ages 16 and under. These appointments are available upon request.
- **Due to liability reasons, there are no exceptions to this age policy.**

### **AGE REQUIREMENTS FOR USE OF YMCA GYMNASIUM & LOCKER ROOMS**

- **0 to 5 years of age:** Parent or supervising adult (18+) must be present for all structured and unstructured activities.
- **6 to 12 years of age:** Parent or supervising adult (18+) must be present for unstructured activities, in the building for structured activities.
- **13 years and older:** Parent or supervising adult (18+) is not required to be present for structured or unstructured activities.
- **Parents or guardians must sign a waiver for all children under the age of 18 years old.**
- The steam rooms and private locker rooms at 62 Turner Street are available for members 18+ years only. More information is available at the Welcome Center Desk.