

Child and Teen Access and Participation Policy

Updated January 2023

Facility

- Children under the age of 10 years **must be constantly and directly supervised while in the facility by a caregiver aged 16+ years** or in a Y program.
- Children under the age of 10 years old cannot be left unattended in the building. This includes watching fitness classes, sitting outside rooms, in fitness areas, or on the pool deck.

Fitness Areas

- Children under the age of 13 years are not permitted in any fitness areas or classes (unless it is a Family Program, and they are directly accompanied by a caregiver aged 16+years)
- Teens 13+ years are welcome to attend all Fitness Classes
- Teens 13+ years are welcome to use all Fitness Centre areas. It is strongly recommended that they attend a Fitness Orientation

Children's Recreational Programs

- Children under the age of 10 years must be signed in and out of program by a caregiver aged 16+ years.
- Children 10+ years can sign themselves in and out of their program.

Aquatic Areas and Programs

- Please visit [Y Aquatic Admission Criteria](#)