



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# KEENE FAMILY YMCA

200 Summit Road, Keene NH • 603.352.6002 • WWW.KEENEYMCA.ORG

## PLAY AT THE Y



WITH PARENT



INDEPENDENT

	Under Age 5	Ages 6-10	Ages 11 & 12	Ages 13+
<b>POOLS</b>				
REVIEW YOUTH SWIM POLICY OR SPEAK WITH A WELCOME CENTER REPRESENTATIVE BEFORE USING THIS AREA				
<b>CLIMBING WALL</b>	Inquire based on child's ability	Welcome at Open Gym & Programs		Welcome at Open Climb & Programs
THE WALL IS ONLY TO BE USED DURING Y SUPERVISED PROGRAMS & BY THOSE CERTIFIED. NO UNAUTHORIZED USE.				
<b>BASKETBALL GYMNASIUM</b>	See Basketball Gym Schedule for open days and times			See Basketball Gym Schedule for open days and times
<b>GYMNASIUM CENTER</b>	Welcome at Open Gym Toddler & Kinder Programs			Welcome at Open Gym School Age Programs Ninja Program
THE GYMNASIUM CENTER IS ONLY TO BE USED DURING Y SUPERVISED PROGRAMS. NO UNAUTHORIZED USE.				
<b>STUDIOS</b>				Welcome in Group Exercise Classes
STUDIOS MAY ONLY BE USED BY MEMBERS DURING CLASSES				
<b>TRACK</b>				
<b>RACQUETBALL COURTS</b>				
<b>WELLNESS CENTER</b>				
<b>LOBBY</b>				
<b>LOCKER ROOMS</b>		Family Locker Room	Family Locker Room No Loitering	Adult Locker Room No Loitering
<b>CHILDWATCH/ PRIMETIME</b>	ChildWatch	PrimeTime		Access to all designated areas above

## PLAY AT THE Y

	Ages 7 & Under	Ages 8-10	Ages 11 & 12	Ages 13+
<b>POOLS</b>	<p><b>Passed the Swim Test</b> 5 &amp; Under– Adult in the water 6 &amp; 7– Adult on deck</p> <p><b>Non-swimmers</b> 7 &amp; Under– Life jacket &amp; adult in the water. 1:6 adult-child ratio</p>	<p><b>Passed the Swim Test</b> 8-10 years– Adult in building</p> <p><b>Non-swimmers</b> 8-10 years– Life jacket &amp; adult on deck</p>	<p><b>Passed the Swim Test</b> No restriction for pool use</p> <p><b>Non-swimmers</b> 11 &amp; 12 years– Life jacket &amp; adult on deck</p>	<p>Full Access. Swim test not required. Lifeguards reserve the right to swim test individuals regardless of age if safety is in question.</p>
	<p><b>PLEASE SEE THE COMPLETE SWIM POLICY FOR GREATER DETAIL. THIS SCHEDULE PRESENTS ONLY AN OVERVIEW.</b></p>			
<b>CLIMBING WALL</b>	<p>Offering <b>instructional programming</b> for ages 6+ years. See the current Program Guide for a complete list of youth and adult climbing classes and clinics.</p> <p><b>Open Climb</b> is the Y's free member service, where we provide the staff/volunteer belayers and you get to use the wall. No experience required. Appropriate for ages 4+. See the current session's <b>Open Climb Schedule</b> for days and times.</p>			
<b>BASKETBALL GYMNASIUM</b>	<p>Our gymnasium is a fun place to shoot hoops, kick around the soccer ball or just run and play. Youth under age 11 must be supervised in this space. Please see the <b>Basketball Gymnasium Schedule</b> for open days and times.</p>		<p>Full Access to this space. Please see the <b>Basketball Gymnasium Schedule</b> for open days and times. No cell phones</p>	
<b>GYMNASTICS CENTER</b>	<p>The gymnastics center is a restricted area. Access is not permitted without the supervision of a Y Gymnastics Staff.</p> <p>Offering <b>instructional programming</b> for ages kids of all ages. See the current Program Guide for a complete list of youth and adult gymnastics classes.</p> <p><b>Open Gymnastics</b> is the Y's free member service, where we provide supervised access to the gymnastics center and designated apparatus. No experience required. Reservations are required via our online reservation system. Offering Open Gymnastics sections for 5 years-old and younger, 6-17 years-old, and Advanced/Adult Gymnastics for ages 8+ years-old. See the current session's <b>Open Gymnastics Schedule</b> for days and times.</p>			
<b>STUDIOS</b>	<p>This area is for program use only. Please see the current Program Guide for age appropriate classes held in this area.</p>		<p>Our group exercise classes are open to ages 11+. Please select appropriate options for your ability level. Instructors are the final authority on safe participation. Studios are restricted areas outside of class times.</p>	
<b>TRACK</b>	<p>Our track is a fun place for your child to burn off energy and engage in a healthy activity alongside you. Youth under age 11 must be supervised in this space.</p>		<p>Full Access to this space. Please use good track etiquette and abide by posted signage. No cell phones.</p>	
<b>RACQUETBALL COURTS</b>	<p>Racquetball and Squash are exciting games that you and your child can engage in at the Y. We offer free access to the courts and have limited equipment available. Reservations are required and can be made online. Youth under age 11 must be supervised in this space.</p>		<p>Full Access to this space. Please use our court reservation system. No cell phones.</p>	
<b>WELLNESS CENTER</b>	<p>Children are not allowed in this area. Please use our Primetime service or consider a program from our program guide.</p>		<p>Use of designated equipment, while supervised, including the youth weight machines and treadmills. Must complete wellness orientation prior to use.</p>	<p>Full Access to this space. Please use our cardio reservation system when applicable.</p>
<b>LOBBY</b>	<p>Offering free Wi-Fi, a café, space for eating, working, reading or playing board games with your child. Youth under age 11 must be supervised in this space.</p>		<p>Full access to this space. Offering free Wi-Fi, a café, space for eating, or doing homework. <b>This is the only space in the Y where loitering and cell phone usage is permitted.</b></p>	
<b>LOCKER ROOMS</b>	<p>Use family locker room with your child. No cell phones.</p>		<p>Use family locker room. No adult required. No cell phones.</p>	<p>Use adult locker room. If visiting with younger family members, family locker room use is permitted. No cell phones.</p>
<b>CHILDWATCH/ PRIMETIME</b>	<p>ChildWatch is our free member service, where your child can engage in supervised activities in our ChildWatch space, while you utilize the facility.</p>	<p>Primetime is our free member service, where your child can engage in supervised activities throughout the Y, while you utilize the facility. Those 11 &amp; 12 may utilize the service without an adult in the building.</p>		<p>N/A</p>