

SAFE & WELCOMING FOR ALL

Age Policy

The YMCA of the East Valley is dedicated to providing a safe, supportive and positive environment for all.

All members must adhere to the Age Policy as listed below.

Locker Rooms

- Ages 5 and under must be supervised by an adult at all times.
- Ages 14 and under may utilize the youth locker rooms. Parent may accompany child of same gender, age 14 and under. Parent may accompany child of different gender, age 5 and under.
- Ages 12 and up are permitted to utilize the adult locker rooms. Saunas in the adult locker rooms are for members 18 year and older.
- Family locker rooms are also available. (Redlands)

Fitness Center Rules

- Ages 8 - 11 may access the running track with adult supervision.
- Ages 12-14 may access the running track, exercise equipment and kid-friendly exercise classes with adult supervision. (Excludes Pilates Reformer.)
- Ages 15 and up may access the running track, exercise equipment and group exercise classes.
- Complimentary towel service is available for the Fitness Center participants only. (Redlands only)
- Proper workout attire is required (no jeans or open toe shoes.)

Aquatics

- Age 5 and under must be supervised by an adult that is less than an arm's length away at all times in water.
- Ages 6-11 may access the pool facilities during designated hours with a supervising adult on pool deck.
- Ages 12-14 may use the pool during open swim times with an adult present in the facility.
- Ages 12-14 must be supervised by an adult if participating in water exercise classes and/or lap swim.
- Ages 15 years and up have full use of the pool.
- Whirlpool may not be accessed by children 12 and under. Ages 12-14 may access with adult supervision.

Basketball Gym (Redlands and Highland)

- Age 10 and under must be supervised by an adult during open gym times.
- Ages 11-14 are permitted to use the gym as long as an adult remains in the facility.
- Ages 15 years and up have full use of the gym during open gym times.

Racquetball Courts (Redlands)

- Ages 14 and under must be supervised by an adult at all times when using the courts.
- Ages 15 and up have full use of the courts and may reserve court time at the Front Desk.
- Protective eye wear is recommended for everyone.