



YMCA OF THE LOWCOUNTRY

SERVING BEAUFORT, JASPER AND HAMPTON COUNTIES

YOUTH & TEEN FACILITY USAGE POLICY

To provide a safe and welcoming environment for youth, teens, and families, the following age guidelines apply throughout YMCA of the Lowcountry facilities.

GENERAL FACILITY USE

AGES 12 & UNDER

Must be accompanied by a guardian age 18 or older at all times while in the YMCA.

AGES 13 & OLDER

Does not require a guardian to be in the facility.

Additional age and supervision requirements apply to specific areas of the facility as outlined below.

LOCKER ROOMS

AGES 17 & UNDER

May use Youth Locker Rooms and Family Changing Rooms. Not permitted to enter Adult Locker Rooms even if accompanied by a parent.

WELLNESS CENTER (WEIGHT ROOM)

AGES 12 & UNDER

Not permitted in the Wellness Center.

AGES 13–15

Can use the Wellness Center after successful completion of the Teen Wellness Certification as long as they wear provided wristband and are accompanied by a parent or guardian while working out.

AGES 16 & OVER

Can use the Wellness Center independently.

SPIN ROOM

AGES 15 & UNDER

Not permitted in the spin room.

AGES 16 & OLDER

May use the spin room independently.

GROUP EXERCISE STUDIO

Ages 15 & Under

Not permitted in Group Fitness Classes unless the class is specifically designed for youth.

Ages 16 & Older

May participate in Group Fitness Classes, subject to instructor approval. Teens should check with the instructor before participating to ensure the class is appropriate.

AQUATIC CENTER

Anyone under age 18 must take the YMCA swim test or wear a lifejacket while swimming. Those who do not pass the swim test must wear a lifejacket and remain in the shallow end.

AGES 6 & UNDER

Must always have a guardian age 18 or older present. If the child passes the swim test, the guardian may supervise from the pool deck but may not leave the pool area.

AGES 7–14

Must always have a guardian age 18 or older in the YMCA facility. If the child passes the swim test, the guardian may leave the pool area but must remain in the YMCA facility.

AGES 15–17

Must take and pass the swim test or wear a lifejacket and remain in the shallow end. If the swim test is passed, the teen may use the pool area independently, subject to YMCA aquatic safety rules.

SAUNA, STEAM ROOM & HOT TUB

AGES 15 & UNDER

Not permitted to use the sauna, steam room or hot tub.

AGES 16 & OLDER

Can use the sauna, steam room and hot tub.

BASKETBALL GYM

AGES 12 & UNDER

Must be accompanied by a guardian age 18 or older while using the basketball gym.

AGES 13 & OLDER

Can use the basketball gym independently.