



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# DEDICATED TO TODAY'S YOUTH

## TWEEN/TEEN POLICY

Combating childhood obesity and strengthening families are two key areas of focus for the Summerville Family YMCA. Our (new) tween/teen policy allows older children (ages 11-12) access to exercise and will provide children and their parents with some quality time together; becoming healthier and stronger.

### 11-12 year olds

To begin exercising, these members must:

- Complete a two-part Teen Safety & Fitness Test. A parent is required to participate in the Test. (By appointment only)
- When the tween enters the building to exercise, a clip-on tween tag will be provided as well as a key tag. The front desk staff will also confirm that a current photo is on file. The tween tag will be verification to Y staff, and other members, that the tween has completed the training.
- The tween may use cardio equipment and weight machines when accompanied by a parent, dumbbell weight use (up to 10 pounds) is recommended for the 11 to 12 age group.

### 13-14 year olds

Must complete a two-part Teen Safety & Fitness Test, if not already completed. (By appointment only)

- A "Blue Band" will be provided to the teen as well as a key tag. The blue band must be worn when in the building, showing Y staff that the member is at least 13 and has completed the training. Front desk staff will also confirm a current photo is on file.
- The teen may use cardio equipment and weight machines WITHOUT A PARENT but parent must be in the building.

### 15-17 year olds

Must complete a two-part Teen Safety & Fitness Test, if not taken when younger. A parent is not required to be present in the building. Front desk staff will confirm that a current photo is on file.

