OTTUMWA FAMILY YMCA Youth Equipment Age Requirements

Cannot Use	Can use with Parent Present	Can use w/ Parent At the Y	Can use Independently

YMCA Area Areas Listed in Red Require Orientation Video & Wavier.	0-6	7-9	10 & 11	12 & 13	14 & 15	16+
Kids Cove	✓	✓	✗	✗	✗	✗
Lobby	✓	✓	✓	✓	✓	✓
Basketball Court	✓	✓	✓	✓	✓	✓
Pool	✓	✓	✓	✓	✓	✓
Locker Rooms	✓	✓	✓	✓	✓	✓
Racquetball Court	✗	✓	✓	✓	✓	✓
Cardio Room All except Treadmill & Stairmaster	✗	✓	✓	✓	✓	✓
Cardio Room: Treadmill & Stairmaster	✗	✗	✓	✓	✓	✓
Cross Training Room Dumbbells, Kettlebells, Resistance Bands, Punching & Speed Bags	✗	✗	✓	✓	✓	✓
Cross Training Room Barbell/Free Weights	✗	✗	✗	✓	✓	✓
Cybex Room	✗	✗	✗	✓	✓	✓
Fitness Classes Age Requirement under discretion of Instructor.	✗	✗	✗	✓	✓	✓
Free Weight Room	✗	✗	✗	✓	✓	✓

Additional Restrictions may be applied to specific areas. Individual privileges may be adjusted to reflect the needs of the child.