

# YMCA Youth Policy

507 Broadway  
Kingston, NY 12401

845-338-3810  
www.ymcaulster.org



## Youth Use of Facility

There are some age restrictions regarding youth use of the YMCA facility. This is to ensure the safety all members. All youths must be engaged in a YMCA program. Youths are not allowed to congregate in the hallways.

**Youth ages 11 and under** are only allowed in the YMCA when accompanied by a parent/guardian or adult 18yrs or over, or enrolled in a YMCA structured program. The parent/guardian **must be** with the youth at all times. Youth ages 11 and under are allowed in the building up to 9:00pm, so long as there is **direct adult supervision**.

**Youth 12 – 14 years of age and under** are allowed in the building *without an adult up to 8:00 PM*. After 8:00 PM youth 14 years of age and under must be accompanied, and supervised in any approved area of the YMCA by an adult 18 years of age or older, with no exceptions. For Wellness, Free Weight and Aquatic Center restrictions see below.

**All youth 17 and under need to be out of the YMCA at 9:00 PM Monday – Friday, unless they are accompanied and supervised by a parent/guardian or adult over 18 years of age.**

Youth 12 and over are allowed on the indoor track without adult supervision. Youth 7 – 11 must have adult supervision AT ALL TIMES WHEN USING INDOOR TRACK, **NO EXCEPTIONS!**

## Youth Use of Wellness & Weight Room & Track

**Youth 11 years of age and under are not allowed** to use the equipment in the Free Weight Center or the Wellness Center.

**Youth 12 - 13 years of age with adult supervision and Wellness Staff approval are allowed** to use the equipment in the Wellness Center. They may use the track but must follow “track rules posted”. Not allowed in the weight room.

**Youth 14 years and up are allowed to use Wellness Center, Weight Room & Track.** First time users between the ages of 14-15yrs old must see a Wellness Instructor or have gone through Den program before they can use the weight room. They are allowed to use the track but must follow “track rules posted”. Youth are not allowed to hang out in these rooms.

**NO YOUTH are allowed in the DEN area without a coach or wellness instructor for supervision!**

## Water Fitness and Group Exercise Classes

Youth 12 and older are encouraged to participate constructively in any group exercise classes. Must be 15 yrs or older for adult classes involving weights.

## Pool Use –Please see pool specific guidelines

Youth 14 and under must have direct adult supervision in the pool after 8:00 PM. Parent/Guardian or adult must be in the pool area with child past 8:00 PM, no exceptions. Youth ages 14 and under are not allowed to use the Whirl-spa (hot tub). Youth must have passed the YMCA swim test to be without accompanying parent/guardian or adult in pool (water) during use.

Male youth 18 and under are to use the boys locker room only. Female youth 18 and under are to use the girls locker room only. Youth ages 18 and under are not to be given a Family Locker Room key unless accompanied by a parent or guardian only.

# Teen Center

## Open all day

The Teen Center at the YMCA of Kingston and Ulster County is available to all teenagers who are current members. The Teen Center provides a safe “hangout spot” and the use of YMCA game tables and board games. All members ages 12-18 are encouraged to take part in programs and activities of the center through a YMCA family membership or the teen individual membership.

Teen Center Features: **ping pong, pool table, 2 air-hockey tables, foos-ball, shuffle board, board games and computer**

### Teen Center Equipment

The YMCA of Kingston and Ulster County Teen Center Equipment must be used with both care and respect at all times. Borrowed equipment from the Teen Center may be signed through the teen center staff member. A YMCA identification card and/or another form of picture ID must be presented before lending out any YMCA equipment. The person who signed for the equipment is responsible for its condition upon return. Damage to equipment could result in a charge for replacement of damaged equipment.

### Teen Center Guidelines

Please adhere to the following:

- Do not sit on game tables or equipment!
- Use YMCA equipment respectfully!
- No cursing or other offensive language!
- Respect others use of game stations and equipment!
- HAVE FUN!

The YMCA is always looking to build future leaders through our **Leaders' Club**. For more information

please contact:

Lenny Iannizzotto @ [liannizzotto@ymcaulster.org](mailto:liannizzotto@ymcaulster.org) or 338-3810 ext 116.

## **YMCA Youth/Teen Programs: Fitness, Recreation, Camping and Sports**

The YMCA offers weight training, fitness classes, camps, and pick-up sports for teens. Also, check out our drop-in programs and late night recreation options for something fun to do after school and on the weekends. Check out some

programs that are going on right now! Not all programs are currently available. To learn more about any of the

following programs please contact the YMCA membership office.

**There is no smoking on YMCA property!**

**BE CARING:**

- Practice good sportsmanship
- No cursing, taunting, arguing or fighting.
- Use the “rules of the road” in the YMCA hallways

**SHOW RESPECT:**

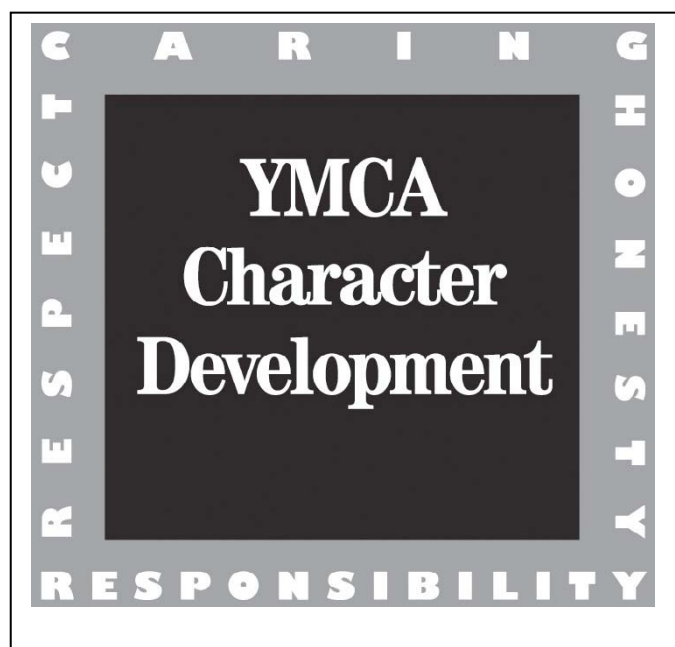
- No inappropriate touching of others.
- No pushing, slapping, etc.
- Respect staff.

**BE HONEST:**

- Follow YMCA rules:
- No Dunking!
- No sagging pants showing underwear
- Leave bad attitudes at the door
- Be Safe...

**BE RESPONSIBLE:**

- This is YOUR YMCA, take care of it!
- Clean up your own mess.
- Be aware of your own belongings!



**YMCA Disclaimer on Personal Property**

The YMCA of Kingston and Ulster County can not be responsible for teen’s belongings. YMCA staff is to observe, engage with and interact with members. They maintain a safe, fun and clean environment. Staff can not watch I-pods, cell-phones, laptops, coats, hats, sporting goods or any other examples of personal belongings. It is advised that teens lock their belongings in a locker with a lock that teen members provide themselves. The YMCA does not provide locks and can not be held responsible for lost or stolen articles of personal belongings.

**Member Acknowledgement**

The Youth Policies described in the Youth Policy Manual are an addendum to the YMCA Code of Conduct that all members must acknowledge and adhere to. By signing below the member indicates that they recognize the Youth Use Policies of the YMCA of Kingston and Ulster County.

Any and all violations of these policies can & will result in termination of membership with no refund.

YMCA Primary Member Signature: \_\_\_\_\_ Date: \_\_\_\_\_



# YMCA CODE OF CONDUCT

*Welcome to the YMCA* where the mission is strong kids, strong families and strong communities. Character development is a means to the end. For all of us, character development is defined as providing opportunities for everyone to observe and experience the YMCA values of **respect, responsibility, honesty and caring**. Failure to recognize and support the following behavior expectations may jeopardize membership privileges.

1. Use of possession of drugs or illegal substances is not acceptable and will be reported to police immediately.
2. Respect to other members and staff is a YMCA value which everyone is expected to uphold.
3. Physical or verbal abuse, swearing, fighting and arguing are not acceptable or appropriate behaviors.
4. Abuse and misuse of equipment results in breakage, damage, the removal of equipment from service, and expensive repairs. Equipment abuse cannot be tolerated at any time.
5. Appropriate exercise clothing is required for all gym, court, weight room and exercise rooms.
6. For both cleanliness and hygiene purposes food must be restricted to the vending machine and kitchen areas only. Please dispose of your trash in our conveniently located receptacles.
7. The taking of YMCA property or the property of others is not acceptable and will be reported to the police as a theft.
8. Smoking on YMCA properties is strictly prohibited.

These are our YMCA behavior expectations for members and their guest. Your signature below indicates your recognition of these values and your agreement to support and uphold them.

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Member Signature

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Date

