

# YOUTH FITNESS GUIDE



Follow this guide to learn where children and teens can exercise at the Altavista Area YMCA.  
Age guidelines are designed to keep youth safe while enjoying the benefits of the Y.

	Ages 5-11	Ages 12-13	Ages *14-17
<b>Lap Swim &amp; Open Swim</b> Swim Test required for youth, 17 and younger	Yes, with adult supervision	Yes	Yes
<b>CARDIO</b> Treadmills, Ellipticals, Rower, Stationary Bikes, Step Mill, etc.	No	Yes, after completing orientation	Yes, after completing orientation
<b>STRENGTH</b> Keiser & Body Master Selectorized Weights	No	Yes, after Completing orientation	Yes, after completing orientation
<b>FREE WEIGHTS</b> Dumbbells, Kettlebells, Barbells	No	Yes, with direct adult supervision	Yes, after completing orientation
<b>BOXING EQUIPMENT</b> Punching Bags, BOB, Sled, Battle Rope	No	Yes	Yes
<b>GROUP FITNESS</b> Classes	No	Yes, with Full Facility Membership	Yes, with Full Facility Membership
<b>SAUNA</b>	No	No	Yes, *15 & up
<b>OPEN GYM</b> Basketball, Pickleball, Racquetball	Yes, With Direct Adult Supervision *11 Y.O. exempt	Yes	Yes

Youth are allowed to sit in a designated space in the wellness center or group fitness room while adult participates.  
Ages 10 & under who are not in the gym, may be taken to the Play & Stay room (reservations required).