



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# KEEPING KIDS SAFE

## Age Guidelines

### SAMMAMISH COMMUNITY YMCA

		0-5 YEARS	6 YEARS	7 YEARS	8-9 YEARS	10 YEARS	11 YEARS	12-13 YEARS	14+ YEARS
ALONE IN FACILITY	Those 11+ may enter the facility without a parent, but must follow the above age restrictions.								
HEALTHY LIVING CENTER*	With Adult				•	•	•	•	
	Without Adult								•
GROUP FITNESS CLASSES	With Adult				Dance & Family Classes Only	•	•	•	
	Without Adult								•
LAP & ACTIVITY POOL**	With Adult	•	•	•					
	Without Adult				Pass Swim Test* Adult must remain in facility	Pass Swim Test* Adult must remain in facility	Pass Swim Test	Pass Swim Test	•
WHIRLPOOL									•
GYMS	With Adult	•	•	•	•	•			
	Without Adult						•	•	•
TRACK	With Adult				•	•	•	•	
	Without Adult								•
KIDS ZONE	Kids Corner	6 weeks-4 years							
	Adventure Zone	4 years	•	•	•				
	The Hub				•	•	•	•	

\*Equipment orientation required for ages 14 and under

\*\*Swim test required for those 13 and under

Everyone is welcome. The YMCA of Greater Seattle strengthens communities in King and south Snohomish counties through youth development, healthy living and social responsibility. Financial assistance is available.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# KEEPING KIDS SAFE

## Age Guidelines

### SAMMAMISH COMMUNITY YMCA

		0-5 YEARS	6 YEARS	7 YEARS	8-9 YEARS	10 YEARS	11 YEARS	12-13 YEARS	14+ YEARS
ALONE IN FACILITY	Those 11+ may enter the facility without a parent, but must follow the above age restrictions.								
HEALTHY LIVING CENTER*	With Adult				•	•	•	•	
	Without Adult								•
GROUP FITNESS CLASSES	With Adult				Dance & Family Classes Only	•	•	•	
	Without Adult								•
LAP & ACTIVITY POOL**	With Adult	•	•	•					
	Without Adult				Pass Swim Test* *Adult must remain in facility	Pass Swim Test* *Adult must remain in facility	Pass Swim Test	Pass Swim Test	•
WHIRLPOOL									•
GYMS	With Adult	•	•	•	•	•			
	Without Adult						•	•	•
TRACK	With Adult				•	•	•	•	
	Without Adult								•
KIDS ZONE	Kids Corner	6 weeks-4 years							
	Adventure Zone	4 years	•	•	•				
	The Hub				•	•	•	•	

\*Equipment orientation required for ages 14 and under

\*\*Swim test required for those 13 and under

Everyone is welcome. The YMCA of Greater Seattle strengthens communities in King and south Snohomish counties through youth development, healthy living and social responsibility. Financial assistance is available.