

**The YOUTH FITNESS CENTER
is for MEMBERS ages 8 to 15.
ALL participants will require
ADULT supervision.**

- Proper work-out attire is required, including close-toed athletic shoes, at all times. No swimsuits.
- Water bottles are allowed in the Center. No food or other drinks are permitted.
- Use of equipment by children is under the direction of a parent or guardian ADULT supervision (and by the discretion of the YMCA staff). The maximum number of individuals permitted in the Center at any one time is 15.
- Parents are expected to **SUPERVISE** and are allowed to view, but not participate in, Youth Fitness Center activities.

OPEN HOURS

Monday	5:00 a.m. – 4:30 p.m. & 5:30 p.m. – 8:00 p.m.
Tuesday	5:00 a.m. – 4:30 p.m. & 5:30 p.m. – 8:00 p.m.
Wednesday	5:00 a.m. – 4:30 p.m. & 5:30 p.m. – 8:00 p.m.
Thursday	5:00 a.m. – 4:30 p.m. & 5:30 p.m. – 8:00 p.m.
Friday	5:00 a.m. – 7:00 p.m.
Saturday	7:00 a.m. – 5:00 p.m.
Sunday	1:00 p.m. – 5:00 p.m.

GOODTIMES CLASSES:

Monday – Thursday 4:30 – 5:30 p.m.

This schedule may be altered or changed occasionally for special events, classes, change in facility hours, etc.