



Door County YMCA Facility Guidelines

In order to provide a safe and positive experience for all at the Door County YMCA, the following guidelines are in place and apply to all youth who are not participating in a supervised, structured program while in the facility:

- **During the school year Monday through Thursday 3pm–5pm, Children ages 8 through 11 must be in Social Lounge, Underground or Gym C.**
- Children ages 7 and under must be accompanied by a supervising individual at all times. Kid Care is available for infants through age 7.
- "Supervising individuals" are defined as persons age 16 years and older. Supervising individuals must accompany the child (ren) they are supervising in all areas at all times. YMCA staff reserves the right to ask for a different supervising individual if necessary.
- Children ages 8 and older are not required to be accompanied by a supervising individual, but are subject to age restrictions as outlined on the next page.

Locker Rooms/Shower Areas

- Private changing areas are available in the universal and family locker rooms.
- Youth ages 2 & Under may use opposite-gender locker rooms when accompanied by a supervising individual; youth ages 3 & up should use the same-gender locker room or the universal locker room.
- Youth ages 15 & under must use the youth locker rooms; ages 16 & up must use the adult locker rooms or universal.
- No phones or cameras are allowed in the locker rooms or aquatic center; no photography is allowed in the Y.

Apparel

- Proper attire must be worn at all times, including but not limited to shirts, athletic shorts or pants and athletic shoes. Sandals or flip-flops will not be allowed. Jeans are not allowed because buckles, rivets and zippers tear the upholstery. Y staff reserves the right, at their discretion, to ask any individual to remove objectionable or offensive attire for reasons not limited to but including items that conflict with the Y's mission or core values or is deemed threatening or violent in nature.

Music

- Individuals listening to music via personal devices must use headphones or earbuds. External speakers cannot be used to amplify personal music.



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Yes=Allowed F.O. = Family Orientation w/SI= with supervising individual = Not Allowed

| | 7 & Under | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15+ | |
|--|-----------|-----|---|---------------|---------------|------------------|------------------------------|-----|-----|-----|
| Lifestyle / Wellness Center (Cardio Equipment) | | | | w/Sl and F.O. | w/Sl and F.O. | with orientation | | | Yes | |
| Selectrized Equipment | | | | | | | with orientation | | | Yes |
| Sports Performance Field | | | | | | | during specific classes only | | | Yes |
| Free Weight Room | | | | | | | | | | |
| Gymnasiums | w/Sl | Yes | | | | | | | | |
| Rec & Comp Pool | | | | Yes | | | | | | |
| Hot Tub / Sauna | | | | | | | | Yes | | |
| Adult Fitness Classes | | | | | | | | Yes | | |
| Indoor Track (SB only) | | | | w/Sl | | | | | Yes | |
| Family / Gymnastics Center | w/Sl | | | | | | | | | |
| Studios | | | | | | | | | | |
| Underground | | Yes | | | | | | | | |