



Lakota YMCA Wellness Center Age Policy

The YMCA prioritizes the safety of all members. To enter the fitness center, closed-toe shoes are required—Crocs are not permitted. Children must complete an appointment with a fitness coach before they can access the wellness center. In addition, Nationwide Members under the age of 15 are not permitted in the wellness center.

10 – 11 years of age



Must complete one Cardio Orientation appointment with a fitness coach

Must be always within arm's reach of a parent/guardian (18+yrs)

Cannot use the stair climber, nustep bikes, any selectorized or free weight equipment

12-13 years of age



Must be a minimum of 56 inches tall to use Selectorized Equipment (weight machines)



Must complete an appointment with a fitness coach and receive a YOUTH CERTIFICATION



Cannot use the stair climber, nustep bikes, any selectorized or free weight equipment



Must be with a parent/guardian (18+yrs) when using Selectorized Equipment



Cannot use Stair Climber or Nustep Bikes

14 years of age



Full access to Wellness Center



Full access to Cardio and Selectorized Equipment without parent/guardian



Must complete a weight room etiquette appointment with a fitness coach



Must be with a parent/guardian(18+yrs) to use free weights



Cannot use Stair Climber or Nustep Bikes



Eligible for evaluation/ approval to use free weights without parent/guardian (18+yrs)

15 years of age



Full access to Wellness Center without a Parent/Guardian present

The Youth Certification may be challenged/revoked at any time due to inappropriate or unsafe behavior