

Newton YMCA Facilities

Our Promise...

To ensure the safety for all ages:

- ♥ Children under the age of 9 must have direct supervision within the facility and on YMCA property.
- ♥ Direct supervision is defined as:
 - ♥ Supervision must be maintained by someone 18 years (unless otherwise specified) or older who is physically present and available to immediately respond to the needs and well-being of the child and others.
- ♥ **Child Watch** will be available for those kids 6 months through 8 years of age.
- ♥ **Kid Zone** will be available for those kids who are 6 years through 8 years of age or older if needed.
 - ♥ Hours vary throughout the day, week and season.
 - ♥ For the most up to date schedule and details, please check the website or our Welcome Center staff can provide you with the information.

Aquatics Areas

- ♥ Pool – Children 8 and under must have active supervision by someone 16 years or older. If child needs a flotation device, direct supervision must be in the water and within arm's length of the child in the aquatic facility.
- ♥ Whirlpool users must be 14 years and older. This includes the whirlpool area.
- ♥ Sauna and Steam Room users must be 18 years and older.
- ♥ For all members under the age of 14, a swim test will be administered and recorded to have access to the deeper areas of the pool and diving board.

Wellness Center

- ♥ Members and guests 14 years and older may use the cardio, Cybex Weight Equipment, and free weight equipment.
- ♥ Youth ages 9-13 may use the cardio and Cybex weight equipment area after successful completion of a Cybex orientation and must be under direct supervision of an adult (18 or older) in the area at all times.
- ♥ Children age 8 and younger are not permitted in the Wellness Center.

Free Weight Room

- ♥ Members and guests 14 years and older may use free weight equipment.
- ♥ Youth ages 13 and younger are not permitted in the weight room area.

Fitness Classes

- ♥ Members and guests 14 years and older may participate in any Group Fitness Class.
- ♥ Youth may participate in the Group Fitness Class if they are fully participating in the class and under direct supervision of an adult (18 or older).

Track

- ♥ Members and guests 9 years and older may use the track as long as they are exercising and not disrupting others from enjoying their workout.

Racquetball Courts

- ♥ Members and guests 14 years and older may utilize the Racquetball Courts.
- ♥ Youth may utilize the Racquetball Courts if they are playing and under direct supervision of a member or guest (18 or older).
- ♥ Members and guests are asked to wear eye protection & tennis shoes while using the area.