

# WHAT YOU CAN DO AT THE Y



## IF I AM A BABY I CAN...

- Enjoy playtime in Child Watch
- Enroll in infant swim lessons
- Spend quality time with a loved one in Family Gym
- Enroll in Kids Gym

**And more...**

## IF I AM A 3-5 YEARS OLD I CAN...

- Learn to swim in our preschool group swim lessons
- Enjoy playtime in Child Watch
- Play sports, preschool style!
- Enroll in Child Care & Educational Development
- Celebrate a birthday at the Y
- Swim in the pool with mom, dad or an adult guardian

**And more...**

## IF I AM A 6-13 YEARS OLD I CAN...

- Swim in the pool with mom, dad or an adult guardian
- Enroll in swim lessons, martial arts, tumbling, or youth run club
- Play on a Youth Sports Team
- Celebrate a birthday at the Y
- Register and hang out at the Y during Parents Night Out

**And more...**

## IF I AM A 14-15 YEARS OLD I CAN...

- Become a member of Youth & Government
- Use the Wellness Center, which includes the gyms, track, free weight room, cardiovascular and strength training equipment.
- Join Leaders Club
- Attend fitness classes with a parent
- Learn to become a Lifeguard
- Become a volunteer

**And more...**

## IF I AM A 16 YEARS OLD - ADULT I CAN...

- Go swimming
- Play a game of Racquetball or Wallyball
- Workout in the Wellness Center
- Attend classes such as Zumba, Aqua Pulse and Pilates
- Enroll in adult swim lessons, it is never too late
- Become a volunteer
- Play Pick-up Basketball or Volleyball

**And more...**

## IF I AM A ACTIVE OLDER ADULT I CAN...

- Play a game of Pickleball
- Workout in the Wellness Center
- Attend classes such as Tai Chi or Enhance Fitness
- Go swimming
- Relax in our Hot Tub, Steam Room or Sauna
- Become a volunteer for Faith in Action
- Play Bridge with friends
- Enjoy a cup of coffee during Sterling Circle

**And more...**

## MY FAMILY AND I CAN...

- Roller skate on Friday in the Large Gym
- Shoot hoops or bounce the ball on the basketball court
- Take parent/child swim lessons
- Enjoy family time during Sunday Funday, family gym or family swim
- Enjoy a game of fooseball in the OASIS, during non teen center hours
- Attend family-friendly special events

**And more...**

### **When can my child come to the Y?**

#### **YOUTH, AGES 7 & UNDER**

- Youth age 7 and under must be under direct supervision by a parent or adult guardian at all times.

#### **YOUTH, AGES 8 - 13**

- Youth age 8-13 may use the Y under direct supervision by a parent or adult guardian before 11 a.m. Monday through Friday and before 9 a.m. on Saturday.
- Youth age 8-13 have unsupervised access from 11 a.m. – 9 p.m. Monday through Friday, from 9 a.m. – 6 p.m. on Saturday and 8 a.m. – 6 p.m. on Sunday.
- Youth age 13 and under must be under direct supervision by a parent or adult guardian after 9 p.m. until 10 p.m. close of Y Monday through Friday.

#### **YOUTH, 14 & OVER**

- Teens, age 14 and older, may use the Sewickley Valley YMCA during all regularly scheduled hours and may participate in aquatic classes, and lap swimming.

### **What equipment and facilities will my child have access to at the Y?**

- Teens 14 and older may use the Wellness Center, which includes the gyms, track, free weight room, cardiovascular and strength training equipment, and may participate in lap swimming and aquatic classes during all regularly scheduled hours.
- Teens 16 and older may attend fitness classes and teens age 13-15 may attend fitness classes with a parent.
- Youth members, age 10-13, may use the cardiovascular equipment in the Wellness Center or swim laps in the large pool with a participating parent upon completion of the Parent-Child Cardio Orientation program and are permitted to access with a parent before 11 am on weekdays and before 9 am on Saturdays.

### **What about aquatics?**

- Family Swim is reserved for family use but is also open to adults. Youth under age 14 must be accompanied by a parent. Children under age 8 must be accompanied by an adult in the water regardless of swim ability.
- Open Swim can be used by all members age 8 and older without a parent present. Children under age 8 must be accompanied by an adult in the water regardless of swim ability.
- Progressive Swim Lessons, for youth age 6-12 lessons are free with a Family membership and have a fee of \$36 with a Youth membership and \$90 for non-members.
- Parent/Child Swim Lessons and Preschool Progressive Lessons are available for a fee to members and non-members. Members receive a reduced rate.
- Private lessons are only offered to members.

### **What is Child Watch?**

- Parents and guardians can utilize our Child Watch service for children age 2 months - 7 years for up to three hours while they are participating in a Y class, activity or working out in the Y. Our caring staff uses age-appropriate activities and positive guidance for children. For the safety of your child, parents must remain in the facility and photo identification must be left with staff.

### **What about Child Care?**

- Child Care is available for parents requiring extended daily care for children ages 6 weeks through school age.
- For Early Childhood Child Care details, availability and to make an appointment for contact Cori LaChapelle 412-741-9622 at ext.143, clachapelle@sewickleymca.org. For School Age Child Care contact Ameer Kuzniarski, 412-741-9622 ext. 133, akuzniaski@sewickleymca.org or Lisa Black at ext. 144, lblack@sewickleymca.org.
- Although it is possible to stop in to speak with our Child Care staff, they are often with children and unable to leave the child care area or to divert their attention from their care. It is advisable to make an appointment with the appropriate director.

### **Which locker room should I use?**

- The Adult locker rooms are for use by women and men age 18 and older.
- Youth locker rooms are for use by youth age 7-17. Parents or guardians may use the appropriate youth locker room when accompanied by their same sex child, age 8 or under.
- The Family locker room on the lower level is reserved for parents with children who require assistance to change, and for adults who require the assistance of another adult to change.

### **Where can I change my child's diapers?**

- Diaper changing facilities are located in the girl's locker room, Family locker rooms and Child Watch.