

CHILDREN IN THE YMCA

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 Thursday.

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 a.m. on weekdays and before 9 a.m. 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.
- The Y provides one free swim lesson per calendar year for each child under 12 and on active Family membership. This includes preschool and youth level swim lessons. Members and non members may register for swim lessons throughout the year. Please see the Program Guide for class times and fees.
- 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
- 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.
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