



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Teen Orientation

This handbook was developed to help Teens understand their member benefits at the YMCA. Middle School Teens, ages 11-14, must complete a Teen Orientation (*which includes a tour of the facility*) before they are able to take advantage of membership privileges. High School Teens, ages 14+ are encouraged to participate in a Teen Orientation but are not required.

### Upon completion of the full orientation:

- You will receive a membership card.
- A parent must sign the waiver form attached to be able to swim and workout without your parent's supervision.
- Once you have completed an orientation you may use the wellness floor, group fitness classes (*see class options below*), the track, gym, and pool (*swim test required*) without parental supervision.

### Member Expectations:

- All members must first check in at the welcome desk before using any part of the facility.
- If working out in the gym or wellness center, please wear athletic style clothing and athletic shoes.
- Review our [Membership Policies](#) (*which include Code of Conduct*)

### Guest Policy for Teen guests:

- Teens, aged 14+, may bring a guest who is age 14 or older.
- All guests must be checked in and have paid the applicable guest fee prior to entering the facility. If the guest is in the 8th grade or below, then an adult must accompany them.

## FACILITY USE GUIDELINES BROKEN DOWN BY AREA:

### 1. Gym

- A gym schedule is available on our App and our website at <http://www.ymcatriangle.org>. Refer to this schedule to see when you can participate in activities such as basketball, volleyball, and other scheduled gym activities.
- All posted gym rules apply.
- There are times when the gym is reserved for activities that restrict general member use.
- Basketballs are usually available to borrow at the Access Desk.
- You are welcome to bring your own basketball or volleyball to use in the gym.
- Proper athletic shoes are required for all activities in the gym.
- We recommend bringing a spill-proof water bottle.

## 2. Aquatics

- Please shower prior to entering the pool area.
- A swim band is required for swimming in the deep end. The lifeguards can help with a swim test.
  - Yellow Band – This band allows swimmers in grades eight and younger to use designated areas of the pool and ride the slide. To earn a yellow band, the swimmer must:
    - Swim non-stop for 12.5 yards using a proficient forward stroke. Place face in the water during the swim without the use or aid of goggles.
    - Jump into deep water, fully submerging head and without touching the wall. Water depth must be 5 ft. Return easily to the surface.
    - Keep entire head above water for 30 seconds while treading water.
  - Black Band – This band allows swimmers in grades eight and younger to use the entire pool, swim laps at designated times and ride the slide. To earn a black band, the swimmer must:
    - Swim non-stop for 25 yards using a proficient front crawl or breaststroke and rhythmic breathing. Place face in the water during the swim without the use or aid of goggles.
    - Jump into deep water, fully submerging head and without touching the wall. Water depth must be 8 ft. Return easily to the surface.
    - Keep entire head above water for 30 seconds while treading water.

## 3. Racquetball & Tennis Courts

- You can reserve a Racquetball or Tennis courts if these are available at your Y either in the App or on our [website](#).
- Equipment may be available to borrow from the Welcome Center or you may bring your own.

## 4. Locker Rooms

- Family Locker Rooms or Boys/Girls locker rooms are available for teen usage. You must be 18 years old to use the men's or women's locker rooms.
- Many branches also have keyless day lockers to use while in the facility.

## 5. Group Fitness

- You may participate in-group fitness classes, except for: Yoga, Strength and Pilates classes unless accompanied by an adult.
  - If you would like to participate in one of these classes, please check with the Wellness Director to talk about options.
- Group Fitness classes require a reservation – you can use the [online reservation system](#) or download [the YMCA mobile app](#) to reserve your spot.
- Please note that our cycle bikes require individuals to be at least 4'9" in height to fit the equipment.

## 6. Wellness Floor

- If you have questions about any of the fitness equipment, one of our Wellness Staff will be happy to assist.
- Etiquette reminders for all members – please use appropriate language, wipe down machines after use, and limit cell phone usage.
- Please be mindful that others may be waiting to use equipment.
- Free Weight Area – you are permitted to use free weights while being accompanied by an adult or once you turn 14.

These guidelines are established with your safety in mind. Just like members of any age, any unsafe or disrespectful behavior can result in the YMCA asking you to leave for the day or revoking your membership.

YMCA OF THE TRIANGLE  
TEEN FACILITY USE WAIVER FORM

I \_\_\_\_\_ (Parent's Name) grant permission for  
\_\_\_\_\_ (Teen's Name) to use any YMCA of the Triangle  
facility without my direct supervision. I also agree to let YMCA staff members apply appropriate  
medical care if needed for my child.

\_\_\_\_\_  
Parent/Guardian's Signature

\_\_\_\_\_  
Date

Parent Email: \_\_\_\_\_

I understand that if medical care is necessary the staff will do their best to contact the parent. I  
have read the teen orientation and the member code of conduct and understand that I must  
follow these guidelines.

\_\_\_\_\_  
Teen's Signature

\_\_\_\_\_  
Date