



## Welcome to the YMCA!

The YMCA of San Francisco is excited to partner with Big Brother Big Sisters of the Bay Area for your health and wellbeing needs. Through our partnership you have access to 8 workout centers, 7 basketball courts, 6 indoor pools, more than 200 group exercise classes each week and a team of trained wellness professionals to help you on your wellbeing journey. We are so happy you're here!

## General Information

To review schedules and programming, visit <https://www.ymcasf.org/all-schedules>.  
To find information about all Y locations please visit <https://www.ymcasf.org/>.

Participants have access to any YMCA in San Francisco, San Mateo, or Marin; feel free to explore all the Y has to offer.

## What to Expect on your First Visit

Youth participants under the age of 18 will bring their completed application with the liability waiver signed by their legal guardian. Participants 18 or older will sign their own waiver and must bring a government issued ID. Mentors will complete the enrollment process and sign their liability waiver on their first visit to complete the activation process.

Prior to your first visit, please review the YMCA Youth Guidelines on the backside of this page. On your first visit, Y staff will complete the enrollment process and give you a facility tour. **Please note:** This is a special partnership between Big Brothers Big Sisters of the Bay Area and YMCA San Francisco, that requires Big and Little to come to facilities together, where Big serves as "guardian" during these visits. It does not constitute a full Y membership and is only applicable at the designated YMCA locations.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YOUTH WELLNESS

## Guidelines Ages 0-17

Youth ages 0-12 must be accompanied by a parent/guardian in YMCA wellness facilities and must be participating in an available wellness activity as follows or registered in a Y program.

### GROUP EXERCISE CLASSES

We offer a variety of family friendly classes, which are noted on the online group exercise class schedule with a “family” icon. Beyond these specific classes, youth ages 13 and older are welcome to attend all group exercise classes unless noted otherwise in the class description. Youth ages 10-12 can attend group exercise classes with a parent/guardian, after completing a wellness coaching session, in classes which don’t use equipment. These are also noted on the group exercise schedule.

### AQUATICS

Our priority is youth safety. We require youth ages 17 and younger to attend an aquatic specific wellness coaching session. The same session is recommended for anyone 18 and above, but not required. Youth ages 13 and older may use sauna, steam rooms, whirlpool, hot tubs and spas at the Y without a parent or guardian.

- Youth ages 5 and under may not use the hot tub.
- Youth ages 12 and under may not use the sauna.
- Youth ages 6-12 years old may use the hot tub for a maximum of 5 minutes. Lifeguards will enforce swim breaks every 5 minutes as youth must take a break from the hot tub and can return after cooling off.

### SPORTS COURTS/GYMNASIUM

- Youth ages 13 and older may participate in any sports courts/ gymnasium activity unless otherwise designated.
- Youth ages 3-12 may actively participate in family gymnasium time accompanied by a parent/guardian.

### »»» CARING

- Take care of your body: warm-up, stretch, and cool down
- Wipe down machines
- Be aware of other people waiting
- Work-in with others: take turns between long sets
- Workout with a friend
- Meet new people

### »»» HONESTY

- If you are 10-12, you must workout with your parent/guardian
- Be honest with your body
- No one is judging you on strength or ability
- Stay committed to your goals/wellness plan
- Work with a Wellness Attendant

### »»» RESPECT

- Complete youth orientation
- Act appropriately
- Use inside voices
- Use appropriate language
- Pay attention to staff
- Be respectful of other members
- Use equipment correctly
- Respect the Y; stay focused on your workout
- Respect other people’s property

### »»» RESPONSIBILITY

- Be on time
- Arrive early for classes and appointments with trainers
- Finish your workout on time
- Wear athletic shoes
- Wear athletic clothing: no jeans on the machines
- Use cell phones for music or viewing movies. Taking pictures and/or videos is prohibited.
- Re-rack weights and replace all used equipment

AGE	CARDIO	STRENGTH	FREE WEIGHTS	YOUTH ORIENTATION
10-12 (accompanied by a guardian)	Bike, Treadmill, Hand Crank	Cable Machine, Leg Press, Row	Only with a personal trainer	Completed with guardian
13-15	Bike, Treadmill, Hand Crank, AMT, Elliptical, Rowing Machine	Cable Machine, All machines	With a personal trainer or after specific orientation	Access to all equipment after Youth Orientation and a Teen Free Weight Orientation are completed
16-17	Full Access	Full Access	Full access after Teen Free Weight Orientation completed	Access to all equipment after a Teen Free Weight Orientation is completed