



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Activities for Children attached to family memberships at the Childers Family YMCA

Activities for newborns to children age 6:

Child Watch- Member children ages 2 months and up are welcome in child watch where they will be supervised by CPR and First Aid certified attendants and will enjoy games and crafts while parents exercise. Child Watch hours are Monday – Friday 8a-noon & 4p-8p, Saturday 9a-noon (hours subject to change). There is a 2 hour maximum time in child watch per day.

Pool- Children attached to a family membership ages newborn to age 6 may swim with a parent in the pool area during any “member swim” time. See the Aquatics Calendar for “member swim” times. Swim Care waiver must be obtained and signed in pool area.

Activities for children ages 7-15:

Youth Fitness Zone- Children attached to a family membership ages 7-12 utilize the Youth Fitness Zone! This area is supervised by a CPR and First Aid certified attendant and equipped with specialized youth fitness equipment and exergaming (Xbox Kinect video games projected on a 49”x87” screen that involve physical activity & movement). Youth Fitness Zone hours are Monday – Friday 8a-noon & 4p-8p, Saturday 9a-noon (hours subject to change). 2 hour max in the “Zone” and equipment rotations enforced.

Pool- Children attached to a family membership ages 7-15 may swim in the pool during any “member swim” time if they pass the 12ft swim test and a waiver is signed by their parent/guardian prior to admittance. Two Hour Max. Parent MUST remain on Y Campus. Member Swim times are posted on the Monthly Aquatics Calendar. *See Krystal Harrell, aquatics director, for more details*

Activities for children ages 13 - 15: Youth members ages 13-15 may utilize the YMCA Fitness Center (adult fitness center) after completing a Teen Certification. To sign up for a free teen certification, see the Pro Shop desk at the downstairs fitness entrance. You will receive a waiver that needs to be signed by a parent, a study guide, and will be asked to schedule a time for the youth member to take a quiz and attend an orientation conducted by one of our Fitness Attendants. Orientations are conducted Monday – Thursday from 4:30pm-6:30pm and must be scheduled in advance. Once the quiz is passed and the orientation is completed, the youth member will receive his/her membership card and will be allowed to utilize the Fitness Center.

Activities for those 16 years & up:

Members 16 years and older are “full facility members” and may utilize all areas of the YMCA.

Don't forget to ask about our supplemental youth programs going on year round!

Preschool, After School Care, Sports Camps, Soccer, T-Ball, Swim Team, Group & Private Swim Lessons, and so much more! 912-285-8660 ~ www.ymcawaycross.org ~ 1634 Plant Ave ~ Waycross

