



YMCA HEALTH AND FITNESS

Age Policy

The Young Men's Christian Association of Brisbane
ABN 61 028 895 366

YMCA 311 FWC/FRC 04/17

MEMBER NUMBER:

MEMBERSHIP TYPE:

Direct Debit

Paid in Full

NAMES

FULL NAME OF CHILD:

FULL NAME OF PARENT:

TERMS AND CONDITIONS OF MEMBERSHIPS

11 Years of Age or Younger:

Allowed:

- Swimming Only
- Specifically structured group activities for young adolescents only (no parent/guardian supervision required) e.g. Active Youth Program

Pre-requirements Before Signing Up:

- Parent to sign ALL paperwork
- Adhere to Royal Life Guidelines

12 & 13 Years of Age:

Allowed:

- Specifically structured group activities for young adolescents only (no parent/guardian supervision required) e.g. Active Youth Program
- Non weight-bearing group fitness classes (e.g. Yoga / Pilates/Spin), with parent/guardian supervision (must be a member). NOT eligible for Pump, HIIT, Boxing or any other general weight-bearing classes
- Cardio Equipment only on the gym floor. Must be supervised by a trainer or parent/guardian (must be a member)
- Must undertake induction on the cardio equipment with a YMCA trainer prior to use
- NOT eligible for 24/7 access
- NOT eligible to use centre facilities as a casual member without full parent/guardian supervision (must be a paying member / casual member)

Pre-requirements Before Signing Up:

- Parent to sign ALL paperwork
- Parent or trainer supervision whilst attending
- Adhere to Royal Life Guidelines

14 & 15 Years of Age:

Allowed:

- Specifically structured group activities for young adolescents only (no parent/guardian supervision required) e.g. Active Youth Program
- Non weight-bearing group fitness classes (e.g. Yoga / Pilates/Spin), with parent/guardian supervision (must be a member). NOT eligible for Pump, HIIT, Boxing or any other general weight-bearing classes
- Cardio and Pin Weighted Equipment only on the gym floor. Must be supervised by a trainer or parent/guardian (must be a member).
- Must undertake induction on the cardio & pin weighted equipment with a YMCA trainer prior to use
- NOT eligible for 24/7 access
- NOT eligible to use centre facilities as a casual member without full parent/guardian supervision (must be a paying member / casual member)

Pre-requirements Before Signing Up:

- Parent to sign ALL paperwork
- Parent or trainer supervision whilst attending
- Adhere to Royal Life Guidelines

16 Years of Age:

Allowed:

- Eligible for own centre membership
- Full access during staffed hours
- NOT eligible for 24/7 access

Pre-Requirements Before Signing Up:

- Can sign own membership forms
- Parent must co-sign Age Policy form

17 Years of Age:

Allowed:

- Eligible for own centre membership
- Full access during staffed hours
- Eligible for 24/7 access

Pre-Requirements Before Signing Up:

- Can sign own membership forms
- Parent must co-sign Age Policy form

PARENTS SIGNATURE

Signature: _____ Date: ____ / ____ / ____

CHILDS SIGNATURE

Signature: _____ Date: ____ / ____ / ____

SAFEGUARDING CHILDREN & YOUNG PEOPLE - The YMCA is committed to Safeguarding children and young people and has a range of policies and procedures to keep children and young people safe. Details of these policies are available at: www.ymcabrisbane.org along with information on YMCA's obligation to report child safety concerns, and how you can report child safety concerns.