



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WELLNESS CENTER AGE GUIDELINES

>> **KEEPING YOU SAFE** <<

AGES 10-11

**MAY USE THE WELLNESS CENTER WITH
ADULT PARTICIPATION.**

AGES 12-17

**MAY USE THE WELLNESS CENTER
WITHOUT AN ADULT.**

**If you have any questions or to request an orientation
please ask the Wellness Coach or YMCA staff member.**

THANK YOU!