

**Cheshire Community YMCA
Health and Wellness Center
Age Policy**

- Members ages 11-13 may use the Health and Wellness Center after completing an orientation with a Health and Wellness Center Staff Member. **They must be under the direct supervision of a parent or guardian at all times while they are in the Health and Wellness Center.**
- Members age 14 may use the equipment independently after an orientation.
- Members ages 15 and up may use the center independently, but are recommended to have a fitness consultation and equipment orientation.