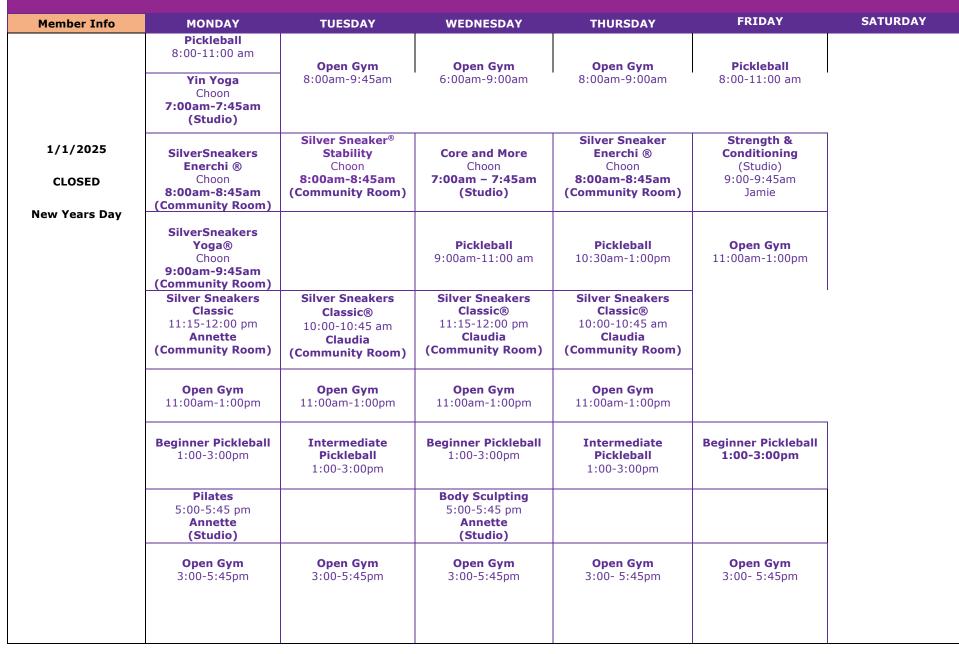
DELAWARE FAMILY YMCA GROUP FITNESS SCHEDULE JANUARY 2025





Branch Hours: Monday & Wednesday 6:00 am - 6:00 pm Tuesday, Thursday & Friday 8:00 am - 6:00 pm

WELLNESS CENTER REGULATIONS

*For safety reasons, children under the age of 10 are **not** permitted in Wellness Center or Cardio Room*

Ages 10-11

- Must complete orientation with a Y staff.
- Must be accompanied by an adult at all times.
- Are welcome to use the track and cardio equipment.
- The use of free weight equipment begins at age 15.
- May participate in Group Exercise classes, if accompanied by an adult and at the discretion of the instructor.

Ages 12-14

- Must complete orientation with a Y staff.
- Are welcome to use the facility without being accompanied by an adult.
- Are welcome to use the track, cardio equipment, and selectorized strength training equipment.
- The use of free weight equipment begins at age 15.

Ages 15 & up

• Are welcome to utilize the Wellness Center, track, and attend Group Exercise classes independently.

Other Age Requirements:

- Open/Lap Swim: 12 years old (must pass a swim test)
- Sauna: 18 years old