



FACILITY USE AGE GUIDELINES

0-7
years

Youth under age 8 may use the facility if accompanied by an adult (age 16 and older).

8+
years

Facility use is open to ages 8+.

6 weeks-10
years

Child Watch is available for ages 6 weeks to 10 years.

WELLNESS CENTER AGE GUIDELINES

11+
years

You must be age 11 or older to enter the Wellness Center.

- Ages 11-13 may workout with a parent/guardian, or on their own after completing the free Youth Fitness Orientation.

14+
years

Ages 14 and older may use the Wellness Center on their own, including the free weight area.

GROUP FITNESS AGE GUIDELINES

11-12
years

Ages 11-12 may take Group Fitness Classes if accompanied by an adult (age 16+).

13+
years

Group Fitness classes are open to ages 13 and up (unsupervised).