



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## 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 WKS-  
10 YRS**

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.

Under 14 are NOT ALLOWED in 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).