



FACILITY USE AGE GUIDELINES

13+
years

Facility use is open to members age 13 and up (unsupervised) and must be registered and/or participating in an age-appropriate activity.

0-12
years

Youth under age 13 may use the facility if accompanied by an adult (age 16 and older) & must be registered and/or participating in an age-appropriate activity.

6 weeks-10
years

Child Watch is available by reservation for members age 6 weeks to 10 years.

WELLNESS CENTER AGE GUIDELINES

14+
years

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

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 Health & Wellness Program.

GROUP FITNESS AGE GUIDELINES

13+
years

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

11-12
years

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