



## FACILITY USE AGE GUIDELINES

**11+**  
years

Facility use is open to members and guests age 11 and up.

**0-10**  
years

Youth under age 11 may use the facility if accompanied by an adult (age 16 and older) & must be registered and/or participating in an age-appropriate activity.

- Children age 8-10 may use the facility unsupervised, but must have a parent/guardian in the facility during time of use.

**6 weeks-10**  
years

Child Watch is available for members and guests 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+).