

IRON WORKS HEALTH CLUB AGE CHART

AGE:	6-11	12 & 13	14 & 15	16 & 17	18 +
<u>GYM MEMBERSHIP</u>	YES	YES	YES	YES	YES
<u>FLOOR EQUIPMENT & FREE WEIGHTS</u>	On Own NO	On Own NO YES w/Parent	YES Parent MUST be in the Gym	YES	YES
<u>BENCH PRESS</u>	NO	NO	On Own NO YES w/Parent	YES	YES
<u>CARDIO EQUIPMENT</u>	NO	On Own NO YES w/Parent	YES Parent MUST be in the Gym	YES	YES
<u>GROUP FITNESS CLASSES</u>	NO	On Own NO YES w/Parent *Not eXtreme or Spin/Cycle	YES Parent MUST be in the GYM *Not eXtreme or Spin/Cycle	YES	YES
<u>SAUNAS</u>	NO	NO	On Own NO YES w/Parent	YES	YES
<u>POOL</u> Pool is for Exercise & Lap Swimming ONLY: NO Running, Jumping, Diving, Playing or Water Toys Allowed	On Own NO 0-11 YES w/Parent	On Own NO YES w/Parent	YES Parent MUST be in the POOL Area	YES	YES
<u>BASKETBALL COURT</u> *8-15 NOT allowed when games are played with 16+ for their safety	On Own NO 8-13 YES w/Parent	On Own NO YES w/Parent	YES Parent MUST be in the Gym	YES	Yes

FOR THE PROTECTION OF YOUR CHILDREN:

At NO time are they to be in ANY Area of the Gym unless they meet the above criteria.

NO Babies allowed in ANY Area of the Gym, they MUST be in Kids Zone.

(If your child is taking a Swim Lesson, You MUST follow the Swim Lesson Policy)