

	Age				
	6-11	12-13	14-15	16-17	18+
Gym Membership	Yes	Yes	Yes	Yes	Yes
Floor Equipment & Free Weights	On Own NO	On Own NO YES w/ Parent	YES Parent MUST be in the Gym	Yes	Yes
Bench Press	NO	NO	On Own NO YES w/ Parent	Yes	Yes
Cardio Equipment	NO	On Own NO YES w/ Parent	YES Parent MUST be in the Gym	Yes	Yes
Group Fitness Classes	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
Saunas	NO	NO	On Own NO YES w/ Parent	Yes	Yes
Pool <small>Pool is for Exercise & Lap Swimming Only. NO Running, Jumping, Diving, Playing or Water Toys allowed.</small>	On Own NO 0-11 YES w/ Parent	On Own NO YES w/ Parent	YES Parent MUST be in the Pool Area	Yes	Yes
Basketball Court <small>*8-15 NOT allowed when games are played with 16+ for their safety.</small>	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 Swim Lessons, you MUST follow the Swim Lesson Policy)