

Age	Activities
11 & Under	<ul style="list-style-type: none"> <li>• Kids Zone</li> <li>• Pool use with IWHC Swim Lesson Instructor (Guest Pass Only). Pool is non-recreational; exercise and lap swimming only. No running, jumping, diving, playing or water toys allowed.</li> <li>• Basketball Court use with a Parent (Guest Pass Only).</li> </ul> <p>*For safety reasons, children ages 15 and under are not allowed to participate in pick-up games</p>
12-13	<ul style="list-style-type: none"> <li>• Gym Membership and Guest Pass allowed with Parent</li> <li>• Must work side-by-side with a Parent on Floor Equipment, Free Weights, Cardio Equipment, and Sauna.</li> <li>• Group Fitness Classes with a Parent (No Spin or eXtreme)</li> <li>• Pool use with Parent in the Water. Pool is non-recreational; exercise and lap swimming only. No running, jumping, diving, playing or water toys allowed.</li> <li>• Basketball Court use with a Parent in the court.</li> </ul> <p>*For safety reasons, children ages 15 and under are not allowed to participate in pick-up games</p>
14-15	<ul style="list-style-type: none"> <li>• Gym Membership and Guest Pass allowed with Parent on site.</li> <li>• Parent must work side-by-side on Bench Press and must be present in the Sauna with them, if used.</li> <li>• Must have Parent in the facility while using any Floor Equipment, Free Weights, and Group Fitness Classes. No Spin or eXtreme.</li> <li>• Pool use with Parent in the Pool Area. Pool is non-recreational; exercise and lap swimming only. No running, jumping, diving, playing or water toys allowed.</li> <li>• Basketball Court use with a Parent in the facility.</li> </ul> <p>*For safety reasons, children ages 15 and under are not allowed to participate in pick-up games</p>
16-17	<ul style="list-style-type: none"> <li>• Gym Membership allowed with Parent Signatures. Parent does not need to be present for the purchase of a Day Pass or Punch Card.</li> <li>• Full Facility Usage allowed independently.</li> <li>• All Group Fitness Classes allowed, including Spin and eXtreme.</li> <li>• Pool use allowed. Pool is non-recreational; exercise and lap swimming only. No running, jumping, diving, playing or water toys allowed.</li> <li>• Basketball Court use allowed.</li> </ul>
18 & Over	<ul style="list-style-type: none"> <li>• Gym Membership and Guest Passes allowed without Parent/Guardian signatures.</li> </ul>

**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*