



YOUTH FACILITY ACCESS

General facility access without guardian supervision begins at age 11. When supervision is required, the guardian must be 18 years or older. Wellness Director approval will be based on physical and emotional maturity of the child.

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	WELLNESS			AQUATICS	OTHER
AGE RANGE	CARDIO & STRENGTH EQUIPMENT	GROUP EXERCISE	STEAM/SAUNA	POOL	GYMNASIUM, TRACK & SQUASH COURTS
Under 11	Cannot use equipment or be in the area.	Specialized youth group exercise classes			With guardian supervision
11-14	Limited access after Orientation and Wellness Director approval. No free weights.	Access to specialized youth group exercise classes or to regular classes alone with Wellness Director approval.	Cannot use	See Swim Test & Youth Pool Access	Access
15-17	Access	Access			