



YOUTH GUIDELINES FOR FITNESS CENTER USE

Parental Supervision is required for Children 13 years old & younger.

Children under age 8:

- **May use** basketball court only - no machines or weights
- Parent or guardian **must** be present on the basketball court.
- **Cannot** be left on the basketball court unattended while parent/guardian works out off of the court.

Children ages 8-13:

(Parent or guardian must be present in fitness center, supervising.)

May use the following:

- Bikes
- Ellipticals
- AMTS
- Row Machines
- Basketball Court

Cannot use or be in the area of:

- Treadmills
- Stairclimbers
- Weight machines
- free weights of any kind & size

Juniors 14 or older

Full use of the fitness center without supervision including weights, fitness equipment and basketball court

Note: Children, Parent's and Guardians must all be fitness members.
Guardian must be 14+.