



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

May use the following:

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

Cannot use:

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

Parent or guardian must be present in the fitness center supervising.

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+.