

YOUTH GUIDELINES FOR FITNESS CENTER USE

CHILDREN AGES 8 & UNDER:

- 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
- BOSU BALLS
- STABILITY BALLS
- BASKETBALL COURT

**PARENTAL SUPERVISION IS
REQUIRED FOR CHILDREN 13
YEARS OLD & YOUNGER.**



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+.