



AGE GUIDELINES

BUILDING LOCATION	Under 2	3-9	10-11	12-13	14-17	18+
All Facility Access & Programs (without adult 18+ supervision)						
Cardio Room & Lower Level Fitness Area			Must complete Youth Passport before being allowed to access the facility WITHIN arm's reach parental supervision.	Must complete Youth Passport before being allowed to access the facility without supervision.		✓
Group Fitness Classes (Aquatic & Land)					*16+	
Indoor Cycling					15+	✓
Pickleball				✓ 12+ playing with a parent/guardian 18+	✓	✓
Aquatics (Warm Water Pool, Main Pool & Steam Room)	ANY CHILD UNDER AGE 14 MUST TAKE A SWIM TEST BEFORE ENTERING POOLS OR PARTICIPATING IN AQUATIC PROGRAMS. 11 & under must remain within arm's reach without youth passport. Ages 9-13 can complete Youth Passport to Lap Swim while parent/guardian remains in pool area.					
Men's & Women's Locker Rooms						✓
Girls' & Boys' Locker Rooms	✓	✓	✓	✓		Only when accompanied by their children.
Sally Schenkman ADA Locker Room (For Parent/Child Pairings of the opposite sex)	This locker room is open to individuals of all ages, provided it is used appropriately and in accordance with its intended purpose.					
Kids Corner		Starts at age 7	✓	Up to age 12		
Babysitting Room	Starts at 3 months	Up to age 8. (Up to age 9 when Kids Corner is closed)				
Youth Classes		✓	✓	✓		
Gymnasium (Open Gym)	Must be with a parent/guardian			✓		✓

*13-15 may participate in Land Group Fitness Classes with parental supervision & written approval from the Senior Fitness Director