

## Under the Age of 12

- ◆ Must check in at front desk.
- ◆ Ratio: One child to one parent.
- ◆ Under 12 usage is only allowed during periods of very light usage by adults upstairs.
- ◆ Safety of others is of the utmost concern.
- ◆ Track only with parent supervision. Children must not be a safety hazard to others on the track. Must stay in one lane and keep a steady walking/jogging pace.
- ◆ Infants confined to car seat or stroller are allowed on the track.
- ◆ Non-Members not allowed upstairs.
- ◆ Must return downstairs immediately after leaving the track—this is for the safety of the child and other patrons in the upstairs area.

## Ages 12-13

- ◆ Maximum of two members under the age of 16 are allowed upstairs at one time.
- ◆ Must check in at front desk.
- ◆ Must have completed and passed a Fitness Orientation Class.
- ◆ Must have their Orientation Badge in their possession.
- ◆ Must have signed consent form on file.
- ◆ May utilize the upstairs area any time with parental supervision—limit two at a time.
- ◆ May utilize the upstairs area at the following time unsupervised:

School Year: M/T/R/F 3:30-4:30pm

Wed: 2-4:30 pm

Summer and non-school days: 2pm-4:30pm

- ◆ 30 minute maximum time —may go longer if no one is waiting -granted by checking in a front desk.
- ◆ Non-Members not allowed upstairs.

## Ages 14-15

- ◆ Maximum of two members under the age of 16 are allowed upstairs at one time.
- ◆ Must check in at front desk.
- ◆ Must have completed and passed a Fitness Orientation Class.
- ◆ Must have their Orientation Badge in their possession.
- ◆ Must have signed consent form on file.
- ◆ No parent supervision is required.
- ◆ 30 minute maximum time —may go longer if no one is waiting.
- ◆ Non-Members not allowed upstairs.

## Ages 16-17

- ◆ Must have completed and passed a Fitness Orientation Class.
- ◆ Must have their Orientation Badge in their possession.
- ◆ Must have signed consent form on file.
- ◆ Unlimited time as long as working out.
- ◆ Do not have to check in at front desk.
- ◆ Unlimited number of 16-17 years can be working out at one time.
- ◆ Non-Members not allowed upstairs.