
























FAMILY WELLNESS AGE GUIDELINES

AREA	AGES 0-8	AGES 9-11	AGES 12-14	AGES 15+
Youth in Building	with guardian	with guardian		
Basketball Courts	with guardian			
Fitness Center	X	X	with guardian	
Family Locker Room	with guardian			
Fitness Classes	X	X	with guardian*	
Locker Room	with same sex guardian			
Racquetball	with guardian			
Lap Swim	X	with Aquatics Staff approval	with Aquatics Staff approval	
Sauna, Steam Room & Whirlpool	X	X	X	
Open Swim	with guardian			
Track	with guardian	with guardian		

 = No supervision required **X** = Not allowed in area

Guardian = Parent or designated guardian of at least 15 years of age in the same area

Waterslide = Must be at least 48" in height

*BODYPUMP participants must be 15 years of age or older