

# Facilities - Age Requirements

Area	Age													
	5	6	7	8	9	10	11	12	13	14	15	16	17	18+
<b>Gymnasium</b>														
Open Gym	☼	☼	☼	☼	☼	☼	☺	☺	☺	☺	☺	☺	☺	☺
Family Open Gym	☼	☼	☼	☼	☼	☼	☺	☺	☺	☺	☺	☺	☺	☺
Adult BB														☺
<b>Wellness Center</b>														
Cardio Room									☺	☺	☺	☺	☺	☺
Cybex Room									☺	☺	☺	☺	☺	☺
Free Weights									☺	☺	☺	☺	☺	☺
<b>Strive Room</b>									☺	☺	☺	☺	☺	☺
<b>Group Fitness Classes</b>									☺	☺	☺	☺	☺	☺
<b>Pool</b>														
Adult Lap Swim														**
Lap Swim										**	**	**	**	**
Rec. Swim														☺
Family Swim	◇	*	*	*	*	*	*	☺	☺	☺	☺	☺	☺	☺
<b>Sauna/Steam Room</b>														☺

## Legend

- ☺ Blank denotes not permitted at any time
- ☺ Permitted without restriction
- ☼ Must be supervised by an adult (18 and up)
- ☼ Permitted only after attending Teen Training (at discretion of trainer)
- ☼ Must be supervised by an adult (18 and up)
- \* Must be supervised by an adult (18 and up) not necessary in the water
- \* Non-swimmers, must be within arm's length of an adult in the water
- \*\* Limited to swimmers
- ◇ Non-swimmers, must be within arm's length of an adult in the water



We build strong kids, strong families, strong communities.