

# AGE GUIDELINES

## Safety is Our Priority

The following guidelines are provided for the safety of our youth and all members.

**Kids Zone** is designated for ages 8-14 yrs. Kids must sign in at Childcare. Space is limited (12 person capacity). 1 hour limit.

**Childcare** is designated for ages 8 weeks - 8 years. (See childcare flyer for more information.)

### Choice Youth Fit Club Requirements (Ages 9-17)

**Ages 9-13:** Have a youth fitness release form signed by a parent/guardian on file & have completed an equipment orientation and received required age designated wristband, to be worn when using equipment. Be determined by Fitness Staff to be physically developed to a level to fit appropriately & safely on equipment.

**Ages 14-17:** Have a youth fitness release form signed by parent/guardian on file. Complete details available on-site or online at [Choicehf.com](http://Choicehf.com).

### Youth Weight Training (Ages 11-13)

Monday - Friday | 3:30 - 5:30 pm.

Staff supervised youth weight training hours.



## YOUTH AGE GUIDELINES FOR FACILITY USE

Age	Aquatics	Cardio Areas & Equipment	Fitness Areas & Weight Machines	Free Weight Areas	Extreme Training Area	Group Exercise	Gymnasium	Track	Racquetball Courts	Tennis Courts <small>Court time fees apply</small>
Age 14 - 17	PERMITTED IN THESE AREAS.   *Only age 16 and older allowed in steam rooms.									
Age 11 - 13*	Permitted in this area.	Must have youth wristband and be supervised by a person 14 years or older.	Must have youth wristband and be supervised by a person 14 years or older.	NOT permitted in this area.	NOT permitted in this area.	NOT permitted in this area except for age appropriate youth classes.	Permitted in this area.	Permitted in this area.	Permitted in this area.	Permitted in this area.
Age* 9 - 10	Must be supervised by person 14 years or older.	Must have youth wristband and be supervised by a person 14 years or older.	NOT permitted in this area.	NOT permitted in this area.	NOT permitted in this area.	NOT permitted in this area except for age appropriate youth classes.	Must be supervised by person 14 years or older.	Must be supervised by person 14 years or older.	Must be supervised by person 14 years or older.	Must be supervised by person 14 years or older.
Age 8* & Under	Must be supervised by person 14 years or older. <small>(for children under 4 years see note below)</small>	NOT permitted in this area.	NOT permitted in this area.	NOT permitted in this area.	NOT permitted in this area.	NOT permitted in this area except for age appropriate youth classes.	Must be supervised by person 14 years or older.	Must be supervised by person 14 years or older.	Must be supervised by person 14 years or older.	Must be supervised by person 14 years or older.

**AQUATICS:** Children under the age of 4 must be supervised and within an arms length of a person 14 years or older when in aquatics area.

**FACILITY:** Children 10 years and under must be accompanied by a person 14 years or older at all times except during participation in youth programs.