

FACILITY AGE GUIDELINES

Basketball Gym

- **Children 10 years of age and younger:** Adult supervision needed at all times.
- **Children 11 years of age:** Parent must be on premises.

Supervision and Fitness Center Usage

- **Children 10 years of age and younger:** Adult supervision needed at all times.
- **Children 11 years of age:** Parent must be on premises.
- **Ages 9 – 12:** Must complete Youth Fitness Certification Class followed by equipment orientation prior to use of Wellness Center.
- **Ages 13 – 17:** Must complete equipment orientation prior to use of Wellness Center.

Cardio Equipment and Weight Usage

- **Ages 9 – 10:** Cardio equipment must properly fit. Limited to rower, treadmill, elliptical and bikes.
- **Ages 11 – 12:** Cardio equipment plus size-appropriate strength exercises with Wellness Staff approval.
- **Ages 13 – 15:** May train on size-appropriate plated weight machines plus use free weights with Wellness Staff approval.
- **Ages 16 – 17:** May use entire wellness center area.

Group Exercise Classes

- **Ages 8 – 12:** May participate in youth or family group exercise classes.
- **Ages 13 – 17:** May attend any group exercise class. Must fit properly on group cycle bikes.

THE EQUIPMENT ON THE WELLNESS FLOOR CAN CAUSE INJURY IF IMPROPERLY USED.