

AGE GUIDELINES

MEMBERS AGE 12 AND UNDER

- Members age 12 and under **MAY NOT** use any weight equipment under any circumstances
- Members age 9 - 12 **MAY** use the cardiovascular equipment if “Teen Certified” by a Fitness Lifestyles personal trainer and **supervised by a parent or legal guardian.**
- Members age 12 and under **MAY** use the pool if supervised by an adult age 16 or older.
- Members age 7 - 12 **MAY** use the Racquet Center if accompanied by a member 14 or older or parent/guardian.

MEMBERS AGE 13 – 15

- Members age 13 -15 **MAY** use any part of the main building facilities, ***except the pool**, if “Teen Certified” by a Fitness Lifestyles personal trainer.
- Members age 13 -15 **MAY** use the Racquet Center without being “Teen Certified”.
- Age 15 & under **CANNOT** join without a parent/guardian on the membership.

MEMBERS AGE 16 and UP

- Members age 16 and up **MAY** use any part of Fitness Lifestyles unsupervised.
- Age 16 & 17 must have parent signature to join on their own.

MEMBER/GUEST- A parent or guardian must accompany persons under the age of 16 in pool

GUESTS AGE 12 AND UNDER/Parent or guardian must sign waiver

- Guests age 12 and under **MAY NOT** use free weight equipment or cardiovascular equipment, under any circumstances.
- Guest age 12 and under **MAY** use the swimming pool and Racquet Center if **supervised by a parent or legal guardian.**

GUESTS AGE 13 – 15/Parent or guardian must sign waiver

- Non-Members age 13 -15 **MAY NOT** use any weight equipment or cardiovascular equipment under any circumstances.
- Non-Members age 13 -15 **MAY** use the swimming pool if **supervised by parent or legal guardian.**
- Non-Members age 13 -15 **MAY** use the Racquet Center if accompanied by a member 13 or older. The guest’s parent or legal guardian must sign the waiver each time the guest attends.

GUESTS AGE 16 – 17

- Guests age 16 -17 **MAY** use any part of Fitness Lifestyles if accompanied by a member age 16 or older or parent/guardian. **The member and guest must sign a waiver each time guest attends Fitness Lifestyles.**

Fitness Lifestyles is not protected by lifeguards.

“Teen Certification” is for **MEMBERS ONLY** – set up an appointment at the front desk. Once certified, teens can use the equipment they are certified to use.