

CHILDREN AND YOUTH FITNESS PROGRAMS & policies

Children's Programs Sports Barn Kid's Corner is available for children ages 6 weeks through 6 years of age.

There is a two hour limit on usage.

- **18 months – 2 years**

Stay in Kid's Corner, participate in age-appropriate activities taught by the on duty Kid's Corner Staff.

- **3 years – 6 years**

Check into Kid's Corner, during designated times may be taken into the Sports Barn for age-appropriate activities taught by the on duty Kid's Corner Staff.

Youth Programs Parents must be on site and check their children in w/Front Desk and/or Kid's Corner staff.

- **6 – 11 years old**

Sports Barn North offers Pre-Teen Circuit Classes, Monday - Thursday 5:15pm and 6pm. Classes may be offered seasonally at the Downtown and East Club based on member requests.

OUT of HEALTH CONCERNS, THIS AGE GROUP(6 - 11 years of age) IS UNDER NO CIRCUMSTANCES ALLOWED
IN THE
FITNESS CENTER (CARDIO and WEIGHT AREAS)

- **12-15 years old** (family Membership required)

Parents must be present and Teens must check in w/Front Desk Staff

All Youth receive a complimentary, mandatory individual session with a personal trainer before they can use the fitness center. The session will emphasize safe strength and cardio techniques. Upon completion of the session, the information is stored and the Youth are free to use the center while their parents are in the same workout area.

- **Ages 16+**

Upon completion of club orientation, may use the facility unaccompanied by an adult.

Family Workout Times

Friday 4pm- close

Saturday 11am - close

Sunday 1pm - close

Children aged 6 to 11 are restricted to the lap pools, basketball and racquetball courts and under the direct supervision of their parents.

Children 12 years of age or over may utilize the Fitness Center, Cardio and Stretching areas with their parents.

For their safety, children 6 - 11 years old are never allowed anywhere in the fitness center, with the exception of the Kid's Corner.

In the event the Kid's Corner is not open during those times, children younger than 6 should not be in the facility.

IMPORTANT POLICIES

1. All children 12 years of age and up must be on a family membership. The member will be made fully aware of all youth and family policies when including their families on their membership.
 2. All members are subject to losing their privileges if they act inappropriately.
 3. All Youth Fitness data is logged in under the family membership for record keeping.
 4. All Youth 15 and under will have a parent on site while using the facility.
 5. All Youth 13 and under are not permitted to use the Whirlpool, Steamroom or Sauna.
 6. Children over 3 years of age are not permitted in opposite sex locker rooms.
 7. Youth are not permitted to congregate in any areas of the facility.
 8. Youth 15 and under are NEVER permitted to make reservations for classes or cardio equipment.
- Adults have 1st priority.

