



# AIRPORT HEALTH CLUB

## CHILDREN AND TEEN POLICIES

Policies have been established to ensure the safety of our members, as well as to maintain a comfortable atmosphere for all to enjoy. We appreciate your attention to these policies.

### **EXERCISE EQUIPMENT ROOMS (weight and cardio equipment rooms upstairs and downstairs):**

Children under the age of 12 years are not allowed in the exercise equipment rooms. This includes infants in baby seats, toddlers, etc. We offer a post natal exercise class 2-3 times a week where babies in seats are welcome. Members can workout in Studio 4 when it is free and bring their babies in seats. Teens 12 and 13 may workout in the exercise rooms as long as a parent is working out next to them. Teens 14 and 15 may workout in the exercise rooms as long as a parent is in the facility.

**THE GYM:** Youngsters under age 12 must be accompanied by an adult to use the gym. An adult must be present with the child on the gym floor, not observing from the free weight area or exercise equipment rooms. Children 12 and 13 are welcome to use the gym as long as an adult is within view of them. Teens 14 and 15 may use the gym as long as an adult is in the club. There are particular times when the gym is being used for organized volleyball, etc. that may prohibit use of the gym. The hours are posted on the Gym Bulletin Board.

**GROUP EXERCISE CLASSES:** Children 12 years and older are encouraged to participate in the classes! Children 12 and 13 must be accompanied by a parent or adult (18+). Teens 14 and 15 may take classes as long as a parent is in the facility, and they abide by class etiquette. Exception is Spin Classes - children who fit safely on the spin bikes and are 10 years and older may attend the spin classes, however all other parental guidance policies apply!

**CLIMBING WALL:** Children are encouraged to use the climbing wall during supervised times and/or with an adult (18+) who is belay certified. The climbing area is not a play area, no children can be in the area unless they are climbing and following the climbing policies.

**SWIMMING POOLS:** All children under the age of 16 must be accompanied by an adult (18+ yrs.) at the pools at all times. There are no Lifeguards on duty at the pools.

**LOCKER ROOMS:** Children age 5 or older are not allowed in the locker rooms designated for the opposite sex. We have an outside family change room by the pool to make it more convenient for families. Children under the age of 12 must be closely supervised at all times by an adult.

**STEAM/SAUNA:** Children under age 12 are not allowed in the steam room or sauna. Youth 12—15 can use the steam and sauna only with an adult present. Youth 16 and up can use the sauna and steam.

**OUTDOOR JACUZZI:** No children under the age of three are allowed in the Jacuzzi. Children must be potty-trained. No pool toys or horseplay is allowed. Children under the age of 16 must be accompanied by an adult at all times in the Jacuzzi.

**INDOOR JACUZZI:** This is an "Adult Only" Jacuzzi. You must be 16 years or older.

**THROUGHOUT THE CLUB:** Children under 12 are to be closely supervised at all times. All children under the age of 16 must be accompanied within the facility by an adult (18 years or older).

THANKS FOR YOUR HELP IN MAKING THIS A GREAT CLUB FOR ALL!