

General Age Requirements (Complete age policy on separate page):

Adults (18 & older): must attend orientation session & sign liability release

16-17: Requires parental permission & liability release;

Parent & youth must complete registration forms and both must attend orientation session

12-15: Must be accompanied by a parent/guardian in all areas of the facility

Requires parental permission & liability release;

Parent & youth must complete registration forms and both must attend orientation session

Under 12: Must be participating in an organized program or activity. May use weight and cardio equipment only upon written recommendation of healthcare provider and approval of Fitness Center Coordinator.

Prior to using the facility a short orientation is required for everyone!