

YOUTH GUIDELINES

AGES 17 AND YOUNGER

COURTS PLUS 
MY COMMUNITY. MY FITNESS CENTER.

Ages 10 yrs and younger

- Member prices on programs and lessons
- Court reservation privileges
- No fitness floor, track, or group exercise access
- No pool, whirlpool, steam room, or dry sauna access

Ages 11 to 13, with Parent

- Member prices on programs, lessons and personal training
- Court reservation privileges
- Fitness floor orientation
- Fitness floor and track access, must be accompanied by an adult
- No pool, whirlpool, steam room, dry sauna or group exercise access

Ages 14 to 16 yrs

- Member prices on programs, lessons and personal training
- Court reservation privileges
- Fitness floor orientation
- Unrestricted fitness floor and track access
- May participate in group exercise classes (excludes water aerobics classes)
- No pool, whirlpool, steam room, or dry sauna

Age 17 yrs

- Member prices on programs, lessons and personal training
- Court reservation privileges
- Fitness orientation
- Unrestricted fitness floor and track access
- May participate in group exercise classes and water exercise classes
- Unrestricted pool, whirlpool, steam room and dry sauna access