

A parent or legal guardian (16+) must be supervising any child 10 or younger (exception is ages 7+ public swim but parents must remain in the building).

POOL::

- Ages 7+ can swim on their own (but a parent or legal guardian must be on the premises at all times for ages 10 and under).
- Ages under 7 must be within arm's reach of a parent or guardian. 1 adult per 3 children under 7.
- During family swim times, children under 16 must be accompanied in the water by a parent/guardian.
- Ages 13+ can participate in water exercise, individual exercise, and lap swim.
- Ages 16+ can use the spa.
- When riding FCC slide anyone under 48 inches must go down with parent or legal guardian (16+).

NAUTILUS FITNESS CENTER:

- Ages 14+ can use the Fitness Center and take classes on their own.
- Ages 13 and under may not wait for parent/guardian unsupervised in any area of the Fitness Center.

AEROBICS/DANCE STUDIO:

- Ages 14+ may participate in group exercise classes.

INDOOR TRACK:

- Ages 14+ may use the track on their own but must adhere to all posted track rules.
- Ages 13 and under may not wait for parent/guardian unsupervised in any area of the track.

GYMNASIUM:

- Ages 11+ can use the gym unsupervised during unscheduled programs and activities.
- Teen open gym times are for ages 11-18.
- Children ages of 7-10 can sit in the bleachers with the parent playing during adult drop in programs, but cannot shoot around or run around the gym.

CLIMBING WALL:

- Ages 4-6 must be accompanied by a person 18+ during open climb times.
- Ages 7+ can climb unattended during open climb (but a parent or legal guardian must be on the premises at all times for ages 7-10).
- Ages 4+ can take climbing class, parents must remain in the building.

GAME ROOM: ages 11+ can check out equipment for a fee and play without supervision.

TRAPEDERO II LOUNGE: 50+ and older; no exceptions.

Ages 1-3:

Pool with adult/guardian; gymnasium with parent/guardian

Ages 4-6:

Open climb with adult/guardian; pool with adult/guardian; gymnasium with parent/guardian.

Ages 7-9:

Open climb; pool (public, family swim with adult); gymnasium with parent/guardian or sitting in the bleachers during an open gym program with parent participating.

Age 10:

Open climb; pool (public, family with adult); and gymnasium.

Ages 11-13:

Open climb; pool (public, family swim with adult); game room; gymnasium.

Ages 14-15:

Open climb; pool (public, family swim with adult); indoor track; game room; gymnasium; weight room; group and water exercise classes.

Age 16:

Open climb; pool; weight room; indoor track; game room; gymnasium; group exercise classes; water exercise classes.

- Children 10 and under must be with a parent/guardian in our hallways, game room and lobbies. Parent/guardian must accompany children to each activity space versus letting them go on their own.