

# Fitness Center Junior Guidelines

Here at Sportsplex we try our best to be a *family fitness center* and accommodate the families that trust us to be part of their health and fitness routines. Assessing other health clubs in the area, most do not have options for children or restrict their facility to kids 16 and older. The health of all children is important to us so we try to provide solutions within reason.

With that being said, here are the guidelines for our juniors within our facility.

*Rule #1:* Children ages 11 and under are not permitted to use the Fitness Center. This includes the cardiovascular equipment (treadmills, steppers, ellipticals, bikes and rowers) and any equipment in the strength/weight training rooms.

*Reason:* The fitness floor is a dangerous place. As well-behaved as children can be, adults using the facility are there to exercise and assume others around them are maintaining safe spacing. Kids are not fully aware of what happens on the fitness floor and therefore there is an inherent risk to themselves and others.

*Alternatives:* Youth training classes, playing basketball, swimming, or using facility approved equipment, provided at the front desk, in either the wellness studio or main studio.

*Rule #2:* Children ages 12 and 13 have full use of the fitness floor *when accompanied by a parent.*

*Reason:* Children 12 and 13 year olds are mature enough to use equipment and be aware of their surroundings. However, an adult needs to be present to ensure equipment is used appropriately.

*Rule #3:* Children ages 14 and older have full access to the fitness floor. It is, however, advised that they have received proper instruction on how to use the equipment. We're happy to provide an introductory session upon request.

