



club guidelines for juniors

Bringing your kids to the club has many benefits for you & them! It's important to instill good habits & the love for fitness at a young age. But we do need all parents & children to follow these guidelines so that your kids are safe & all members can enjoy the club environment. Thank you for your cooperation.

	LOBBY	LOCKER ROOM	POOL	SPA, SAUNA, STEAM	FITNESS FLOOR	CLASSES
10 YEARS & UNDER *Adult supervision at all times	✓	✓	✓ 5 years & under must be within arms reach			age specific classes
11-15 YEARS *Adult must be in club	✓	✓	✓ 11-13 years adult supervision required	✓ 11-13 years adult supervision required	✓ 11-15 years teen certification required	✓
16-17 YEARS *No supervision required, however, 16- & 17-year-olds CANNOT be responsible for younger children	✓	✓	✓	✓	✓	✓
18 YEARS & OLDER Congrats! You're now an adult!	✓	✓	✓	✓	✓	✓

* When required, all supervision must be by an adult 18 years or older.

- Children 5 years & older of the opposite sex are not allowed in locker rooms or wet areas. The outdoor changing area (Santa Rosa & Healdsburg locations only) or the Junior Club may be used as alternatives for changing clothes.
- The club areas are used by all ages so common sense & courtesy should be your guide. Running, jumping off furniture, & yelling/loud voices are not allowed.
- Televisions are set up for adults & channels can only be changed with the permission of the staff.
- All locker room products & amenities are provided as a courtesy to members & should be used for their intended purposes & not as toys.
- Food and/or glass are not allowed in the locker room or wet areas.
- The club reserves the right to restrict usage if problems arise.

FAMILY SWIM GUIDELINES

- Assume there is **NO LIFEGUARD ON DUTY**. Check with your club for lifeguard schedule.
- Children 13 years & under must be closely supervised by an adult on the pool deck at all times per state law.
- If possible, apply sunscreen ½ hour prior to entering pool so it doesn't wash right off.
- Have children go to the bathroom before going out to the pool.
- Use **swim diapers only**. Ask if swim diapers are available for purchase at the front desk.
- Everyone **must shower** before using the pool.
- If possible, help conserve water by **bringing a towel from home** for each of your children. Beach towels work great, as you can air dry them at home and then bring them back again :)
- Children may bring small flotation & water toys. Large flotation toys & mats are not allowed.

TEEN FITNESS CERTIFICATION (TFC) teaches teens about the benefits of cardio, strength, & flexibility training as well as the proper method for each type of exercise. Safety is emphasized & fitness floor etiquette is also included.

- 3 private sessions with a trainer (scheduled during regular fitness staff hours)
- No additional fee
- Upon completion, your teen may work out on the fitness floor without your direct supervision, although you must be present in the club
- Contact the front desk or a trainer to schedule
- FREE for members, \$90 public