

Children's Center

6 weeks thru 6 months, Limit = 1 hour • 7 months thru 11 months, Limit = 1 1/2 hours • 1 year & up, Limit = 2 hours

Skills & Drills

3-5 years: Mon-Fri 9:35 to 10:20am, Sat 10:00-10:30, Mon 5:30-6:00pm, Thurs 6:30-7:00pm

6-12 years: Mon-Fri 10:20-11:00am, Sat 10:30-11:00am, Mon 6:00-6:30pm, Thurs 7:00-7:30pm

Locker Rooms

6 years & up: May not use opposite sex locker rooms

Basketball Court

3 to 14 years: May use with guardian ONLY

15 years: May use alone with completed Behavioral Contract and guardian on premises

16 years & up: May use alone

Weight Room, Cardio Deck, Group Exercise Classes

13 to 14 years: May use with guardian ONLY and with completed Fitness Orientation

15 years: May use alone with completed Behavioral Contract and guardian on premises and with completed Fitness Orientation

16 years & up: May use alone

Juice Bar

10 years & up: May sit at tables if behaving

10 years & up: May use treadmills located in front lobby if trained by a personal trainer
Privileges may be lost if equipment is not used properly.

Pool

Pool 5 & under: Must wear plastic pants over swim diapers or under their bathing suit if not potty trained.
Swim diapers are not required with plastic pants.

Adult Lap Swim: 13-15 years: Competitive youth with guardian present

Group Aqua Classes: 13 years & up: May participate in aqua classes with guardian

Modified Open Swim: 16 years & up: May swim in the 2 designated lap lanes

Under 16 years: May participate in rec swim if guardian is present

Modified Swim Parties - Under 16 years: One adult chaperone per five children. Each child must have a signed waiver on file if not with a guardian and a certified lifeguard is required.

ClubWorx Swipe Cards

16 years & up: May have card and access to facilities without guardian supervision

Equipment Orientation

13 years & up : May receive 1 Fitness Orientation with a ClubWorx personal trainer. A Fitness Orientation is mandatory for those 13 - 15 if they wish to use the equipment.

Member Guests

12 years & under: Guest fee \$5 • 13 & over: Guest fee \$10

15 years & under: Must be accompanied by guardian and have a Temporary Guardian Waiver on file.

16 years & up: May bring in guests ages 18 & up

18 years & up: May bring in younger siblings 10 years and up on a family membership. All other rules and age limit guidelines apply.

Kids may be allowed in areas other than those specified above if they are involved in a structured Children's ClubWorx class or program.

