

Ascension Borgess Health & Fitness Youth Policy

Ascension Borgess Health & Fitness was established as an adult facility allowing membership privileges to individuals sixteen (16) years of age and over. In an effort to provide a quality, safe environment for our adult members, the following youth policy has been established.

Children Three (3) years and younger

- Children must be under constant and direct supervision and within arms reach of a parent or grandparent.
- Children are not permitted beyond the front desk or Light Hearted Café unless participating in a youth program sponsored by the Center or participating in a designated Family & Friends Time (times shown on back).
- Children are not permitted on the second floor of the facility, on the spin bikes, in the sauna or whirlpool.

Children ages Four (4) through twelve (12)

- Children must be under constant and direct supervision of a parent or grandparent.
- Children are not permitted beyond the front desk or Light Hearted Café unless participating in a youth program sponsored by the Center or participating in a designated Family Fitness Time (times shown on back).
- Children may use gender appropriate locker rooms unsupervised as long as they are able to adhere to all rules and regulations of the facility. Children who are too young to use the locker rooms alone or those who have demonstrated a need for supervision can use the Family Changing rooms provided at the Center.
- Children are not permitted on the second floor of the facility, in the sauna or whirlpool.

Children thirteen (13) through fifteen (15)

- Youth may use the gym, pool, or racquetball courts, when accompanied in those areas by a family member that has a membership, for a \$5.00 guest fee. If the Youth has a parent or grandparent that is a member, then the Youth is free during Family & Friends Times.
- Adult family member must stay within sight of the Youth they are hosting at all times.
- Youth may use gender appropriate locker rooms unsupervised as long as they are able to adhere to all rules and regulations of the facility.
- Youth who are unable to follow the rules outlined in the guest agreement may be subject to suspension from the facility.
- Youth are not permitted on the second floor of the facility, or in the sauna. Youth 13-15 may use the whirlpool only when accompanied in the whirlpool by an adult family member.



**Ascension
Borgess**

HEALTH & FITNESS

