

Oneida Family Fitness Facility Use Guidelines

The following Facility Use Guidelines have been established to provide a safe and enjoyable environment for all participants. Members and guests are expected to abide by all Oneida Family Fitness Facility Use Guidelines, Rules & Regulations, and all Code of Conducts posted in respective areas.

Supervision of Children

Children 9 years and younger are welcome in the fitness center with adult supervision. Consult the Gymnasium and Aquatics schedule for appropriate activities and schedule.

Children 10 years and older may use the fitness center independently. Consult the Gymnasium, Martial Arts and Aquatics schedule for appropriate activities and schedule.

Strength Rooms may be used by those 14 years and older.

Indoor Track, Cardiovascular, Strength Rooms may be used by those 14 years and older. Youth ages 10-13 years may also use these areas after successful completion of a youth orientation with a Fitness Specialist. Youth orientations can be scheduled at the Fitness Specialist Service desk Monday – Friday during regular operating hours. Upon completion of a youth orientation, adult supervision is required when using the indoor track, cardiovascular area and strength rooms.

Age 6 Months – 2 Years

- **Adult/Youth Gym** Must be accompanied by an adult*.
- **Family/Rec Swimming**, Must be accompanied by an adult* in the water.
- **Parent/Tot & Private Swim Lessons**, Reference Aquatic Schedule, Cost associated.

Age 3 Years

- **Adult/Youth Gym** Must be accompanied by an adult*.
- **Family/Rec Swimming**, Must be accompanied by an adult* in the water.
- **Group & Private Swim Lessons**, Reference Aquatic Schedule, Cost associated.

Age 4 - 5 years

- **Adult/Youth Gym** Must be accompanied by an adult*.
- **Family/Rec Swimming**, Must be accompanied by an adult* in the water.
- **Group & Private Swim Lessons**, Reference Aquatic Schedule. Cost associated
- **Mighty Ninjas** Must be accompanied by an adult*. Cost associated.

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Age 6-9 Years

- **Adult/Youth Gym** Must be accompanied by and adult*.
- **Family/Rec Swimming**, Must be accompanied by and adult* in the water.
- **Youth Fitness Classes**, See Group Exercise Schedule*
- **Group & Private Swim Lessons**, Reference Aquatic Schedule. Cost associated.
- **Martial Arts** Must have adult supervision** Cost associated.

Age 10-11 Years

- **Cardio/Strength Rooms**, Use permitted with successful completion of the Youth Strength Training Orientation program with a Fitness Specialist and with direct parent or guardian Supervision***. Can be scheduled at the Fitness Specialist service desk during operating hours Monday thru Friday.
- **Aquatic Area**, Independent use.
- **Group & Private Swim Lessons**, Reference Aquatic Schedule. Cost associated.
- **Gymnasium**, Independent use.
- **Martial Arts**, Independent use. Cost associated.

Age 12-13 Years

- **Indoor Track/Cardio/Strength Rooms**, Use permitted with successful completion of the Youth Strength Training Orientation program with a Fitness Specialist and with direct parent or guardian Supervision***. Can be scheduled at the Fitness Specialist service desk during operating hours Monday thru Friday.
- **Gymnasium**, Independent use.
- **Aquatic Area**, Independent use.
- **Group & Private Swim Lessons**, Reference Aquatic Schedule. Cost associated.
- **Group Exercise Classes**, Studio A, B or C.
- **Martial Arts**, Independent use. Cost associated.

Age 14 Years and Older

- **Independent Use.**

Reference the Aquatic, Gymnasium, and Martial Art Schedules for appropriate activities, program times, and associated costs.

* Accompanied by an Adult: **Adult must stay with child at all times.**

** Adult Supervision: **Adult must be available on premises.**

*** Direct Parent/Guardian Supervision: **Adult must stay with child and monitor/guide child's use of equipment.**

Participants' failure to comply with the Facility Use Guidelines, Rules and Regulations, and Code of Conducts may be subject to the revocation of service and/or membership.

We appreciate your cooperation in providing a safe and enjoyable atmosphere conducive for improving your health and physical fitness in our family-oriented facility.