

# Oneida Family Fitness Facility Use Guidelines

**Effective April 3, 2017**

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

**Youth 9 years and younger** are welcome in the fitness center with **\*\*direct parent/adult supervision**. Consult the Gymnasium and Aquatics schedule for appropriate activities and schedule.

**Youth 10 – 13 years old may use the fitness center independently until 7:00 p.m., unless \*accompanied by a parent or adult listed on the membership contract. \*Note there will be a 2 hour time limit from the time they check-in at the fitness center.** Consult the Gymnasium, Martial Arts and Aquatics schedule for appropriate activities and schedule.

**Youth 14 – 17 years old** may use the fitness center independently without supervision.

**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. Upon completion of a youth orientation, **\*\*direct parent/adult supervision is required** when using the indoor track, cardiovascular area and strength rooms.

### Age 6 Months – 2 Years

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

### Age 3 Years

- **Adult/Youth Gym**, Must be **\*\*direct parent/adult supervision**.
- **Family/Rec Swimming**, Must be **\*\*direct parent/adult supervision** in the water.
- **Group & Private Swim Lessons**, Reference Aquatic Schedule, Cost associated.

### Age 4 - 5 years

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

### Age 6-9 Years

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

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## 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/adult supervision**. Can be scheduled at the Fitness Specialist service desk during operating hours Monday - 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 a Youth Strength Training Orientation program with a Fitness Specialist and with **\*\*direct parent/adult 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.**

**\*Accompanied by a Parent/Adult:** Adult must be available on premises.

**\*\*Direct Parent/Adult Supervision:** Adult must stay with youth at all times.

**We appreciate your cooperation in providing a safe and enjoyable atmosphere for all members and guests to improve your health and physical fitness.**

**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.**