

AGE GUIDELINES

The following guidelines are provided for the safety of our youth and all members.

Safety is Key

DAYCARE: Ages: 8 weeks - 7 yrs. Our drop-in childcare is available to give you a chance to use our facility kid free.

GROUP FITNESS CLASSES:

Ages 12 - 13: Must be accompanied by an adult during all group fitness classes.

Ages 14 - 17: Allowed to attend all group fitness classes

Try This Class!

YOUTH FITNESS ORIENTATION CLASS:

AGES 12 - 13: With two levels of workout space and a wide range of exercise equipment, we want our youth to be properly trained. Take this class and get certified to use the equipment.



For more information and to view current schedules please visit our website at westrivercommunitycenter.com



Facility Age Guidelines

AGE	AQUATICS	CARDIO AREAS	FITNESS AREAS	FREE WEIGHT	FITNESS	GYMNASIUM	TRACK	RACQUETBALL TENNIS COURTS	PLAY GROUND
14-17	Permitted in these areas Age 16 and older allowed in Golf Simulator Room.								Not Permitted.
AGE 12-13	Permitted in this area.	Must be certified from fitness orientation class.	Must be certified from fitness orientation class.	Must be certified from fitness orientation class.	Must be supervised by a person 16 years or older.	Permitted in this area.	Permitted in this area.	Permitted in this area.	Not Permitted.
AGE 8-11	Permitted in this area.	Not permitted.	Not permitted.	Not permitted.	Not permitted.	Permitted in this area.	Permitted in this area.	Permitted in this area.	Permitted in this area.
AGE 7 & Under	Must be supervised by a person 16 years or older.	Not permitted.	Not permitted.	Not permitted.	Not permitted.	Must be supervised by a person 16 years or older.	Must be supervised by a person 16 years or older.	Must be supervised by a person 16 years or older.	Must be supervised by a person 16 years or older.

FACILITY: Children 7 years and under must be accompanied by a person 16 years or older at all times.