

FITNESS CENTER FACILITY GUIDELINES BASED ON AGE



All members and guests are expected to behave in an appropriate manner. Members who fail to exhibit appropriate behavior may be removed from the facility and lose membership privileges. Age verification documentation may be requested.

AQUATIC AREAS					
See Schedule	Age 0-5	Age 6	Ages 7-11	Age 12-13	14 & older
Spa	NOT allowed per Montana State Regulations.	Allowed during OPEN SWIM. <u>MUST</u> be under direct adult (18+) supervision in the water.	Allowed during OPEN SWIM. Responsible adult (18+) supervision <u>MUST</u> be on premises.	Allowed during OPEN SWIM. May use <u>without</u> a responsible adult on premises.	Full Access
Multi-Use Pool	Allowed during OPEN SWIM. <u>MUST</u> be under direct adult (18+) supervision in the water. (MAX 2 Non-swimmers per adult)		Allowed during OPEN SWIM. Non-swimmers <u>MUST</u> wear a life jacket, stay in the shallow end and have an adult in pool area. Responsible adult (18+) supervision <u>MUST</u> be on premises.	Allowed during OPEN SWIM. Non swimmers <u>MUST</u> wear a life jacket & stay in the shallow end. May use <u>without</u> a responsible adult on premises.	Full Access Non swimmer <u>MUST</u> stay in the shallow end.
Lifeguards are on duty ONLY during Open Swim.					
AFTER SCHOOL GUIDELINES					
Lobby Area	No loitering or hanging out in the lobby area. 15 minute time limit from 3-5:30 pm.				
Gymnasium (see schedule)	Teen Gym 3-5:30 pm M/T/TH/F, and 2-5:30 pm Wed. Students loitering in the gym and benches will be asked to leave.				
Weight Area Cardio Mezz	Monday-Friday After School 3- 6:30 pm: Ages 15 & older No Restrictions Ages 13-14 3-4:45 pm* / Ages 11 & 12 3-4:45 pm with direct adult supervision. *If weight/cardio areas aren't busy, time may be extended per staff discretion.				
Time in Facility	Middle school aged students will be asked to keep their time in the facility active and productive. If a student has been in the facility for over 2 hours and is being unproductive or disruptive, they will be asked to leave the facility. If the facility is busy during after school hours, we may ask students to limit their time to 2 hours.				
Several hours of "hanging out" in the facility is not appropriate or allowed.					

ALL OTHER AREAS OF FACILITY – FITNESS CENTER

FACILITY GUIDELINES BASED ON AGE – MEMBER & NON-MEMBERS

See Schedules	Age 0-6	Ages 7-10	Age 11-12	13 & Older
Gym, Track, Racquetball Court	Allowed under direct adult supervision. Gymnasium Only: <u>NOT</u> allowed during Leagues.	May use under the direct supervision of an adult (18+).	AGE 12 May use <u>without</u> a responsible adult on premises. AGE 11 Responsible adult (18+) must be on premises.	Full Access. Racquetball court reservations can be made at the Front Desk. See gymnasium schedule.
	NON-MEMBERS: May use under the direct supervision of an adult (18+).			
Alpine & Big Sky Studios	May use when a class is <u>NOT</u> in session. Adults must directly interact with children in organized activities. Children <u>MAY NOT</u> sit in studio during class. Fitness equipment for adult use only.			Full Access See schedule.
Canyon Studio	<u>NOT</u> allowed at any time.			Full Access See schedule.
Fitness Area Weight Area & Cardio Mezzanine	<u>NOT</u> allowed at any time.	<u>NOT</u> allowed at any time.	Members ages 11-12, under <u>DIRECT</u> adult (18+) supervision. <i>*See After School Guidelines*</i>	Full Access <i>*See After School Guidelines*</i> Youth Orientation recommended
	NON-MEMBERS: NOT allowed at any time.			
Turf	<u>NOT</u> allowed at any time.	Only when participating in a Logan Health program or with <u>parents</u> during Family Turf Time.	Members ages 11-12, under <u>DIRECT</u> adult (18+) supervision	Full Access See schedule.
Tennis Courts	Allowed under direct adult (18+) supervision. Court reservations made at the Front Desk.			Schedule court reservations at the Front Desk.
Locker Rooms	Parents with <u>SAME GENDER</u> children 6 & under may use the Men's & Women's locker room. Steam room/sauna <u>NOT</u> allowed. Children must be under direct adult (18+) supervision.	Family and Boys' & Girls' Locker Rooms. Children <u>MUST</u> be under direct adult (18+) supervision.	Boys' & Girls' Locker Rooms.	Men's & Women's Locker Rooms. Full Access.
Climbing Wall	Age 0-5	Age 6-12		13 & Older
Hang Time & Open Climb	<u>NOT</u> allowed at any time.	Allowed during Hang Time & Open Climb. <u>MUST</u> be under direct adult (18+) supervision and belay certified by Logan Health Fitness staff during Open Climb. See Climbing Wall schedule.		<u>MUST</u> be belay certified by staff. <u>Certified Climb</u> Certified climbers must be on the certified list.
Bouldering		This is climbing low to the ground without the use of ropes. A person or child (6+) should be spotted by another person. No part of the body may pass above the third panel from the ground. Bouldering should not be done underneath roped climbers.		