

FITNESS CENTER

FACILITY GUIDELINES BASED ON AGE



All members and guests are expected to behave in an appropriate manner while following the age guidelines of the facility. Members are responsible for the behavior of their guests. Age verification documentation may be requested.

AQUATIC AREA Age Requirements				
Spa				
Ages 0-5 NOT allowed per Montana State Regulations	Age 6 Allowed during OPEN SWIM. <u>MUST</u> be under direct adult (18+) supervision in the water.	Ages 7-11 Allowed during OPEN SWIM. Responsible adult (18+) supervision <u>MUST</u> be on premises.	Ages 12-13 Allowed during OPEN SWIM.	Ages 14 & Older Full Access
Multi-Use Pool				
Ages 0-6 Allowed during OPEN SWIM under direct adult (18+) supervision in the water. MAX 2 Non-swimmers per adult.	Ages 7-11 Allowed during OPEN SWIM. Non-swimmers <u>MUST</u> have an adult in the water. Supervising adult (18+) must remain on the premises for those who can swim.		Ages 12-13 Allowed during OPEN SWIM.	Ages 14 & Older Full Access
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 13 & 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.			

Fitness Center Age Requirements

FACILITY GUIDELINES BASED ON AGE – MEMBER & NON-MEMBERS

Gym, Track, Racquetball Court

Ages 0-10 Allowed under direct adult (18+) Supervision	AGE 11 Responsible adult (18+) must be on premises.	12 & Older Full Access. Reservations required for racquetball
NON-MEMBERS: May use under the direct supervision of an adult (18+).		Non-members follow same guidelines

Alpine & Big Sky Studios

Ages 0-12 May use when class is not in session with direct adult (18+) Supervision. Not permitted in studio during class.	Ages 13 & Older Full Access See Schedule	Ages 0-12 Not Allowed at any time	Ages 13 & Older Full Access See Schedule
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Fitness Area, Weight Area & Cardio Mezzanine

Ages 0-10 <u>NOT</u> allowed at any time.	Ages 11-12 Allowed under direct adult (18+) Supervision	Ages 13 & Older Full Access See Schedule
NON-MEMBERS: <u>NOT</u> allowed at any time.		Non-Member follow same guidelines

Turf (Non-members follow same guideline)

Ages 0-6 <u>NOT</u> allowed at any time.	Ages 7-10 Allowed only when participating in a Logan Health program or directly with a parent during Family Turf Time	Ages 11-12 Allowed under direct adult (18+) Supervision	Ages 13 & Older Full Access See Schedule
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Tennis Courts (Non-members follow same guideline)

Ages 0-12 Allowed under direct adult (18+) Supervision	Ages 13 & Older Full Access Reservation Required	Ages 0-12 Allowed during Hang Time & Certified Climb. MUST be under direct adult (18+) supervision and belay certified by Logan Health Fitness staff See Climbing Wall schedule.	Ages 13 & Older Must be belay certified by Logan Fitness Staff Must have spotter for bouldering* *Bouldering is climbing without a rope with all extremities below the red line
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Locker Rooms (Non-members follow same guideline)

Ages 0-6 Parents with <u>children of the same gender</u> under 6 may use the Men's / Women's locker room. Otherwise use family locker. Not allowed in Sauna/Steam. Always under direct adult (18+) supervision	Ages 7-10 Family and Boys' & Girls' Locker Rooms. Children <u>MUST</u> be under direct adult (18+) supervision.	Ages 11-12 Must use the boys' or girls' locker room	Ages 13 & Older Full access to the Men's or Women's locker room
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