

FITNESS CENTER

FACILITY GUIDELINES for Guests



All 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. MUST be under direct adult (18+) supervision in the water.	Ages 7-13 Allowed during OPEN SWIM. Responsible adult (18+) supervision MUST be on premises.	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 MUST 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. Non-swimmers must wear a life jacket & stay in shallow water. Responsible adult (18+) must be on the premises.	Ages 14 & Older Full Access Non-swimmers must stay in shallow water.

After School Guidelines	
After School Procedures	Non-members under 18 are not permitted Mon-Fri 3-6pm/Wed 1-6pm. This restriction is in place from September through May. Guest pass, Day Pass and Punch Pass use during after school hours are not permitted. To help prevent overcrowding for our members and create the best experience, we limit youth non-member usage during the days and times indicated above. Guest passes, Day Passes and Punch Passes can be used by non-members 18 and older.
Lobby Area	No loitering or hanging out in the lobby area. 15-minute time limit from 3-5:30 pm.

Fitness Center Age Requirements for Guests					
Facility Guidelines Based on Age					
Gym, Track, Racquetball Court					
Ages 0-10 Allowed under direct adult (18+) Supervision	AGE 11 Responsible adult (18+) must be within close proximity for direct supervision.	Age 12 Full Access. Reservations required for racquetball. Responsible adult (18+) must be on premises	13 & Older Full Access. Reservations required for racquetball		
Alpine & Big Sky Studios		Canyon Studio			
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		
Fitness area, Weight Area and Cardio Mezzanine					
Ages 0-12 NOT allowed at any time.	Ages 13 & Older Full Access See Schedule				
Turf					
Ages 0-6 NOT allowed at any time.	Ages 7-12 Allowed only when participating in a Logan Health program or directly with a parent during Family Turf Time.	Ages 13 & Older Full Access See Schedule			
Tennis Courts		Climbing Wall			
Ages 0-12 Allowed under direct adult (18+) Supervision	Ages 13 & Older Full Access Reservation Required	Ages 0-12 Roped Climbing Allowed during Hang Time & Certified Climb. Bouldering below red line-anytime For all situations this age climber MUST be under direct adult (18+) supervision and belay certified by Fitness Center staff	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		
Locker Rooms					
Ages 0-6 Parents with children of the same gender 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 MUST 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		