

All members and guests/non-members 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.

**** Please note non-members guidelines that are different than members are in gray. ****

AQUATIC AREA

Spa

Ages 0-5	Age 6 - 11	Age 12	Age 13	Age 14 & up
NOT allowed per Montana State Regulations	Allowed during Open Swim. Responsible adult (18+) Must be on premises.	Allowed during Open Swim.	Allowed during Open Swim.	Full Access
	Non-members must have responsible adult (18+) on premises			

Multi-Use Pool

Age 0-5	Age 6-11	Age 12	Age 13	Age 14 & up
Allowed during Open Swim with adult (18+) in the water. Max. 2 non-swimmers per adult.	Allowed during Open Swim. Non-swimmers MUST have an adult in the water. Supervising adult (18+) must remain on the premises for those we can swim.	Allowed during Open Swim.	Allowed during Open Swim.	Full Access
		Non-members must have responsible adult (18+) on premises		

After School Guidelines

After School Procedures	To help prevent overcrowding and ensure an enjoyable experience for our members, from October through March, non-members under 18 are not permitted to use Day Passes and Punch Passes to access the facility during the following after-school hours: Monday-Friday: 3:00–6:00 PM & Wednesdays: 1:00–6:00 PM Non-members under 18 may use a guest pass when accompanied by an adult member. Non-members 18 and older may continue to use all pass options. Logan Health Medical Fitness Center reserves the right to adjust, expand, or relax these restrictions at its discretion based on facility capacity, usage, and operational needs.
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 3-5pm M/T/Th/F and 2-5pm Wed, Students loitering in the gym and benches will be asked to leave
Weight Area Cardio Mezzanine	Monday-Friday after school times until 5:00pm: Ages 13 and older no restrictions. Ages 11-12 with direct adult supervision.
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. IF the facility is busy during after school hours, we may ask students to limit their time to 2 hours.

Gym, Track, Racquetball Court (See Gym Schedule)			
Age 0-10 Allowed under direct adult (18+) supervision	Age 11 Responsible adult (18+) must be on premises	Age 12 Full Access. Reservations required for racquetball.	Age 13 & Older Full Access. Reservations required for racquetball
Non-members: may use under direct supervision of an adult (18+)		Non-members must have adult (18+) on premises.	

Alpine and Big Sky Studios		Canyon Studio	
Age 0-12 May use when class is not in session under direct adult interaction in organized activities. Children may not sit in studio during class. All equipment is for adult use only.	Age 13 & Older Full Access. See Schedule.	Age 0-12 Not allowed at any time.	Age 13 & Older Full Access. See Schedule.

Fitness Area, Weight Area, Cardio Mezzanine		
Age 0-10 Not allowed at any time.	Age 11-12 Allowed under direct adult (18+) supervision	Age 13 & Older Full Access. Orientation Recommended
Non-members: <u>NOT</u> allowed at any time.		

Turf Area			
Age 0-6 Not allowed at any time.	Age 7-10 Allowed only when with Logan Health program or with parents during Family Turf Time.	Age 11-12 Allowed under direct adult (18+) supervision	Age 13 & Older Full Access. See Schedule.

Tennis Courts	
Age 0-12 Allowed under direct adult (18+) Supervision. Reservations Required.	Age 13 & Older Full Access. Reservations Required.

Locker Rooms			
Age 0-6 Use Family, Boys' or Girls' locker rooms. Allowed to use Adult locker rooms when others are full under direct supervision with same gender adult (18+). Not allowed in Steam/Sauna.	Age 7-10 Use Family, Boys' or Girls' locker rooms under direct adult (18+) supervision.	Age 11-12 Use Boys' or Girls' locker room.	Age 13 & Older Allowed in Men's or Women's locker room.

Climbing Wall – Waiver Required to Use Wall		
Age 0-3 Climbing/Bouldering NOT allowed at any time.	Age 4-12 For all situations this age climber MUST be under direct adult (18+) supervision. Allowed during Hang Time. Allowed during Certified Climb with parent who is a Certified Climber and Belay Certified by Fitness Center staff.	Age 13 & Older Roped climbing is allowed during Hang Time if not belayed certified. Must be Belay Certified by Logan Fitness Staff to rope climb during Certified Climb.
Bouldering below red line anytime. A person or child (4+) 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.		