

# Merritt Clubs Age/Use Policies

## AGES 16 AND OVER

*Use includes:*

Unrestricted club use including free weight use without a parent in building

## AGES 11 – 15

**Use of the following facility as a member – WITHOUT a parent in the building for up to 2 hours:**

(Must have successfully completed Junior Fit Certification and wear JFC wrist band or be working with a Certified Personal Trainer)

*Use Includes:*

Basketball gym

Cardiovascular equipment

Strength training circuit (excluding free weights)

Group fitness classes (excluding BODYPUMP & GRIT)

## AGES 11 – 15

**Use of the following facility as a member – adult/parent MUST workout next to their child:**

*Use Includes:*

Basketball gym

Cardiovascular equipment

Group fitness classes (excluding BODYPUMP & GRIT)

Cafe/lobby area

Pool use with adult in the building once passed proficiency test

## AGES 8 – 10

*Use Includes:*

Pool use with adult in the building once passed proficiency test

Basketball gym use with parental supervision

\*White Marsh Family Fitness area

**Any behavior by any age child that is inappropriate or a violation of club rules, policies, or regulations will result in the suspension of club privileges.**

*Merritt Clubs reserves the right to adjust policies at any time.*



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clubs**