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)

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)
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 only: Cardio equipment – adult/parent MUST workout next to their child

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.

merritt clubs