

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 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.



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clubs**