

Saco Sport & Fitness - Guidelines for Children in the Club

Saco Sport & Fitness welcomes children in the club. We are committed to encouraging young people to participate in healthy activities. As this may be a first club experience for many of our Junior Members we have created these policies and guidelines to ensure their safety and to help clarify appropriate behavior in our club environment. We want to emphasize the importance of showing respect for other members, staff and the facility. Inappropriate behavior will result in termination of membership privileges.

Junior Members (Age 13-17)

General guidelines:

- All Junior Members must check in each time they enter the club.
- Junior Members may use the club without direct parental supervision.
- Please refrain from running in common areas, and being overly loud, yelling or screaming.
- No food or drinks (other than water) are allowed beyond the lobby.
- Junior Members should be respectful of other members and staff.
- Junior Members are reminded to properly dispose of all trash, and pick up after themselves.
- Junior Members are permitted to bring in junior guests, only if the guest's parent comes into the club and signs a club liability waiver.

Cardiovascular Area Guidelines:

- Junior Members may use the cardiovascular area. Please wipe down equipment after use.

Strength Training Area Guidelines:

- To ensure their safety, Junior Members are required to complete a Strength Training Orientation (included in membership) with a Staff Personal Trainer. The Trainer will chart a program for the Junior Member.
- Junior Members must carry and fill in the Work-Out Chart approved by a Club Personal Trainer. Junior Members must confer with a Staff Trainer before changing their programs. Periodic fitness program check ups are available at no additional cost.
- Other members should be allowed to "work in" between sets of the same piece of equipment.
- Hanging around, loitering, or socializing on Strength Training equipment is prohibited.
- Equipment should be wiped down after exercise is completed.
- Misusing equipment or fooling around on it (not using it for its intended use) is prohibited.

Basketball Court Guidelines:

- The Basketball court is available for Junior Members during Non-Prime hours. After school Monday – Friday 2:00pm – 5:00pm and weekends. Adult Members have priority during lunch time 11:30 – 1:30 and after 5:00pm Monday-Friday.
- The Basketball backboards are NOT to be lowered, and the rims are not to be hung on.

Racquetball Courts Guidelines:

- Junior Members with Racquetball Court Time included in their membership may reserve and use Non-Prime time (before 5:00pm) RB courts. Check in at the Desk is required.
- Racquetball courts are for approved activities only. The Service Desk must approve any use other than Racquetball or Wally-ball. Racquet rentals are an additional fee of \$2.
- Prohibited activities include Baseball, Softball, Lacrosse, and misuse of fitness equipment on Racquetball courts.

Group Exercise Guidelines:

- Junior Members may participate in Group Exercise classes.

Swimming Pool Guidelines:

- Junior Members may use the Pool during posted free swim hours, when accompanied by an adult.
- There is no running or diving permitted in the pool area.
- One lane must be left available for Lap swimmers.

Locker Room Guidelines:

- Junior Members may use the locker rooms and showers.
- Junior Members are NOT permitted in the Sauna, Steam, or Whirlpool without their parents.
- The Locker Rooms are quiet areas, and are not meant for loitering, or loud conversations.

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Pre Teen Members (Age 10-12)

- All Pre-teen Members must check in at the Service Desk each time they enter the club.
- Pre Teen Members must be **DIRECTLY SUPERVISED** by parent at all times in the club. (Directly supervising implies being in the immediate vicinity, within earshot, 100% visible, and able to communicate with the child Member)
- May use Basketball, Group Exercise, Cardio Area, and Pool with PARENTAL SUPERVISION.
- Children 12 & under are not permitted in the Strength Training Area unless a special exemption has been approved by the Fitness Director.
- May use the Cardio area with DIRECT PARENTAL SUPERVISION after receiving an Equipment Orientation with a staff Trainer.
- May participate in Group Exercise Classes with available space, and PARENTAL SUPERVISION.
- May use the Swimming Pool with PARENTAL SUPERVISION, leaving one lane for lap swimmers.
- May use the Basketball Court with PARENTAL SUPERVISION unless an adult game is in progress or about to begin.
- May use the Racquetball Courts with PARENTAL SUPERVISION if included in the Membership.
- Pre Teen Members are NOT permitted in the Sauna, hot tub, or Steam room unless DIRECTLY SUPERVISED BY A PARENT.

Kids Club Members (Age 8 weeks – 9 years)

- Kids Club Members must check in at the Service Desk each time they enter the club.
- Kids Club Members must be **DIRECTLY SUPERVISED** by parent, in the fee based Kids Club, or a staff supervised Kids Program at all times. Kids Club Members may never be left unsupervised.
- May use the Swimming Pool during posted free swim hours with direct parental supervision, always leaving one lane for lap swimmers. For our Kids Club members still in diapers, swim Diapers must be worn.
- May use the Basketball Court with direct parental supervision as long as an adult game is not in progress or about to begin.
- May use the Racquetball Courts with direct parental supervision if included in the Membership.
- Children 4 years and older are not permitted in the Locker Room of the opposite sex.
- Kids Club Members are not permitted in the Sauna, Steam Room, or Whirlpool.
- Children 9 and under are not permitted in the Cardio Area, Strength Training Area or in Group Exercise Classes.
- Kids Club Members may NOT be left in the Lobby unattended.

Guest Policies

Members or adult guests may sponsor their non-member children (and their children's friends) as guests for a daily fee. Guests are subject to the same policies as members. Members who sponsor non-member guests are responsible for informing their guests of these policies and for the cost of repairing any damage caused by their guest.

Members Child - Daily Fee: \$5.00

Junior Non-Member Guests (13-17 years old, 8th-12th grade) must be sponsored either by an adult member, or paid adult guest. A Junior Member may sponsor a Junior Guest only if the guests' parents sign a damage and liability waiver.

Junior Guest Fee: \$10.00

Child & Pre-Teen Guests (through 12 years old or 7th grade) must be directly supervised by an adult Member or paid adult guest acting as Guardian.

Child & Pre-Teen Daily Guest Fee: \$5.00

I understand and agree to abide by these policies & guidelines:

Junior Member Signature:

Parent Signature:

Date:

Junior Member print name

Parent print name: