

Youth Access Policies

Youth Age Access Guidelines

In an effort to ensure the safety of and to provide the best possible health and fitness experience for members of all ages, the following policies will be enforced regarding individuals under the age of 18 using the facility.

Children at any time, unless they are registered for one of our many special youth programs or events or have paid the appropriate guest fee, or must be members of the club. Children of members who are not members themselves must pay appropriate guest fees and adhere to all youth policies.

Guests under the age of 18 must be accompanied by a responsible adult/guardian age 18 or over.

Members age 16 years old may join the wellness center as individuals with the signature of a parent or legal guardian, or be included in a family membership. Member youth ages 16 and over may access the facility without adult supervision.

Youth ages 14 - 15 years of age must be accompanied into the facility by a responsible adult member age 18 or over. The responsible adult must remain in the facility. Youth ages 14 - 15 have full access to the facility while the responsible adult remains in the facility. Pool is reserved at times for Adults Swim. Please see pool schedule.

Youth ages 10 - 13 years of age must be accompanied by a responsible adult member age 18 or over and may only access the following areas when under direct supervision of a responsible adult and remains in the same area with the responsible adult:

- Fitness Floor
- Arena (not permitted during Adult pick-up)
- Group Fitness Studio
- Pool (not permitted during Adult Swim)
- Indoor track

Children under the age of 10 must be with a parent or responsible adult age 18 or over at all times and do **NOT** have access to the following areas:

- Fitness Floor
- Group Fitness Studio (unless in a supervised child program)
- Fitness Equipment in the stretching areas.

Children ages 5-9 may access the following areas **only** with a parent and under direct adult supervision. Parent or responsible adult must remain in the same area with the child:

- Aquatics Area (not permitted during Adult Swim)
- Court (not permitted during classes)
- Indoor Track

Parents must supervise children on the track at all times. Please yield to adult walkers and runners.

Children ages 4 and under may access the indoor track and pool area and remain within arm's length of child. Please observe posted rules. Children are not permitted in the pool during Adult Swim times.

Locker Rooms

Children age 3 and under may use opposite gender locker room with a parent. **Children age 4 and over** must use gender specific locker room. Children must be supervised at all times. For your convenience, a family locker room is reserved for those individuals with young children.

Child Care

Ages 6 weeks to 12 years old

Reservation is required. Maximum usage per day is 1.5 hours. Parents must remain on the grounds. Children must be checked in and out. Fees may be imposed and/or access denied for exceeding usage or extending care after hours. For more details, please reference our Child Care Guidelines.

Aquatics

Members and guests swim at their own risk. The lifeguards will observe, monitor, and address behaviors and emergencies situations in accordance with our policies and in accordance with their respective certification standards. If you are not a strong swimmer, please be proactive and communicate this information to the lifeguard before entering the pool.

General Pool Rules

Children under the age of 14 must have direct adult supervision at all times in the pool and locker room areas.

A cleansing shower is required before entering pools. Children in life jackets or other flotation devices must be within arms length of adult guardian.

Extended underwater swimming and breath holding activities are strongly discouraged.

No food allowed in pool area.

No running or horseplay allowed on deck.

No diving allowed.

Those with open sores should not enter the pools.

Proper swimming attire for a family fitness center is required at all times.

Infants and toddlers must wear swim diapers (available for purchase at the reception desk).

Pool Access

Please see the pool schedules for classes and lap lane schedule.

Aquatics Group Fitness classes

When group fitness classes are being held, the open pool areas are only available for registered class participants.

Please see the schedule for more information.

*Pool Schedule subject to change.

Rehab in Warm Water Pool

Rehab Only is a time reserved for adults, 18 and over to exercise in the pool. Children are not allowed in the warm water pool during this time.

Tuesdays: 11:00am-3:00pm (warm water pool)

Thursdays: 11:00am-3:00pm (warm water pool)

Fitness Equipment & Areas		Court		Indoor Track		Group Fitness		Locker Rooms	
Ages 9 & under	No Access	Ages 4 & under	May only access area when parent/guardian remains within arm's length of child.	Ages 4 & under	May only access area when parent/guardian remains within arm's length of child. Children may <u>not</u> operate wagons.	Ages 9 & under	No Access	Ages 3 & under	May be in opposite gender locker room with a supervising parent/guardian.
10-13	May access equipment and areas with direct supervision of parent/guardian in the same designated area.	5-11	May access area while parent/guardian remains on the court.	5-11	May access area while parent/guardian remains on the track in constant visual contact with child. Children may <u>not</u> operate wagons.	10-13	May participate in class with a parent/guardian participant.	4-13	Must use same gender locker room or family locker room. Parent/guardian supervision at all times.
14-15	May access area while parent/guardian remains in the facility.	12-15	May access area while parent/guardian remains in the facility.	12-15	May access area while parent/guardian remains in the facility.	14-15	May access area while parent/guardian remains in the facility.	14-15	May access area while parent/guardian remains in the facility.
Whirlpool		Pools <i>(See pool schedules.)</i>		Warm Water Pool Access		Member Facility Access		Guest Facility Access	
Ages 4 & under	No Access	Ages 9 & under	May access area with parent/guardian and remain within arm's length until child is able to swim. Parent/guardian must remain in pool area.	Monday <i>(Adults only: 5:15am-9:00am)</i> 9:00am-7:45pm Tuesday <i>(Adults only: 5:15am-9:00am)</i> 9:00am-11:00am <i>(Adults only: 11:00am-3:00pm)</i> 3:00pm-7:45pm Wednesday <i>(Adults only: 5:15am-9:00am)</i> 9:00am-7:45pm Thursday <i>(Adults only: 5:15am-9:00am)</i> 9:00am-11:00am <i>(Adults only: 11:00am-3:00pm)</i> 3:00pm-5:30pm <i>(Class 5:45pm-6:30pm)</i> 6:30pm-7:45pm Friday <i>(Adults only: 5:15am-9:00am)</i> 9:00am-10:30am <i>(Class 10:30am-11:15am)</i> 11:30am-7:45pm Saturday 7:00am-4:45pm Sunday 10:00am-4:45pm		Ages Under 16	Must be accompanied by a parent/guardian.	Ages Under 18	Must be accompanied by parent/guardian.
5-12	Not Recommended. May only access with a parent/guardian.	10-13	May access area while parent/guardian remains in the pool area.			Ages 16+	May access the facility without a parent/guardian.	Guest Access with Member Fees: Adult (18+) with member \$12 Youth \$8 Child \$8 Infant/Tot \$8 Due to limited capacity, unaccompanied guests are not able to access or use the facility at this time. Guest Access does not include child care service or classes. Only members may register for group fitness classes.	
14+	May access area while parent/guardian remains in the facility.	14+	May access area while parent/guardian remains in the facility.						

In an effort to ensure the safety of all members and guests, the Sentara RMH Wellness Center reserves the right to enforce all access policies, verify the age of members and guests who access the facility or areas within the facility, and deny access to the facility or areas within the facility.