



## OVERVIEW OF AGE PARAMETERS & GUIDELINES

| MEMBERSHIPS                                                                       | AGE<br>PARAMETER  | WAIVER<br>REQUIRED | GUIDELINES                                                                                                                                                                                                                                                                                                                       |
|-----------------------------------------------------------------------------------|-------------------|--------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Individual</b>                                                                 | Ages 12+          | Yes                | Youth ages 12-17 must have a waiver on-file signed by a parent or guardian                                                                                                                                                                                                                                                       |
| <b>Family</b>                                                                     | Ages 12+          | Yes                | <p>Youth ages 12-17 must have a waiver on-file signed by a parent or guardian</p> <p>A family is defined as up to two adults and their dependent children, ages 23 and younger, who reside at the same address. Exceptions may be made on a case-by-case basis for adults with special needs who reside at the same address.</p> |
| <b>Senior</b>                                                                     | Ages 60+          | Yes                |                                                                                                                                                                                                                                                                                                                                  |
| <b>Silver &amp; Fit and SilverSneakers</b>                                        | Ages 65+          | Yes                | Must be Medicare eligible                                                                                                                                                                                                                                                                                                        |
| <b>Punch Card</b>                                                                 | Ages 12+          | Yes                | Youth ages 12-17 must have a waiver on-file signed by a parent or guardian                                                                                                                                                                                                                                                       |
|                                                                                   |                   | No                 | Youth ages 8-11 may use a parent's punch card for lap swim (See below for additional lap swim guidelines)                                                                                                                                                                                                                        |
| <b>Family Splash Pass</b>                                                         | Ages 12+          | Yes                | Youth ages 12+ must have a waiver on-file signed by a parent or guardian ONLY if the child receives their own assigned key fob                                                                                                                                                                                                   |
| PROGRAM DROP-INS                                                                  | AGE<br>PARAMETER  | WAIVER<br>REQUIRED | GUIDELINES                                                                                                                                                                                                                                                                                                                       |
| <b>Cardio &amp; Fitness Room</b>                                                  | Ages 12+          | Yes                | Youth ages 12-17 must have a waiver on-file signed by a parent or guardian                                                                                                                                                                                                                                                       |
| <b>Group Fitness Classes:</b><br>Instructor-led Studio & Aquatic                  | Ages 12+          | Yes                | Youth ages 12-17 must have a waiver on-file signed by a parent or guardian                                                                                                                                                                                                                                                       |
| <b>Lap Swim</b>                                                                   | Ages 12+          | No                 |                                                                                                                                                                                                                                                                                                                                  |
|                                                                                   | Ages 8-11         | No                 | <p>Direct, on-deck parental supervision is required</p> <p>Youth ages 8-11 may use a parent's punch card for lap swim</p>                                                                                                                                                                                                        |
| <b>Water Fitness</b>                                                              | Ages 12+          | No                 |                                                                                                                                                                                                                                                                                                                                  |
| <b>Open Swim:</b> See pool rules and policies for additional open swim guidelines | Ages 12+          | No                 | May attend open swim unattended                                                                                                                                                                                                                                                                                                  |
|                                                                                   | Ages 11 & Younger | No                 | Must be accompanied in the pool area by a responsible person 16 years or older                                                                                                                                                                                                                                                   |