



## OVERVIEW OF AGE GUIDELINES

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### **MEMBERSHIPS**

- **Individual:** Ages 12+ may join as an individual. Youth ages 12-17 must have a waiver signed by a parent or guardian.
- **Family:** For the purpose of Zeeland Recreation programs, we define a family as up to two adults and their dependent children, ages 23 and younger, who all reside at the same address.
- **Senior:** Ages 60+
- **Silver&Fit and SilverSneakers:** Medicare eligible ages 65+

### **CARDIO & FITNESS ROOM**

- Ages 12+ may use the cardio & fitness room. Youth ages 12-17 must have a waiver signed by a parent or guardian. *\*A free equipment orientation is available and highly recommended to all new members.*

### **GROUP FITNESS CLASSES - STUDIO & AQUATIC**

- Ages 12+ may participate in fitness classes. Youth ages 12-17 must have a waiver signed by a parent or guardian.

### **OPEN SWIM**

- Ages 11 and younger\* must be accompanied in the pool area by a responsible person at least 16 years of age. *\*A responsible person at least 16 years of age must accompany all children under 42" tall in the water within arm's reach.*
- Ages 12+ may attend open swim without supervision

### **LAP SWIM**

- Ages 8-11 may attend with direct, on-deck parental supervision
- Ages 12+ may attend without supervision

### **WATER FITNESS**

- Ages 12+ may attend water fitness. Youth ages 12-17 must have a waiver signed by a parent or guardian.