



OVERVIEW OF AGE GUIDELINES

MEMBERSHIPS

- **Individual:** Ages 13+ may join as an individual. Youth ages 13-17 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 13+ may use the cardio & fitness room. Youth ages 13-17 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 13+ may participate in fitness classes. Youth ages 13-17 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 8-12 may attend with direct, on-deck parental supervision
- Ages 13+ may attend without supervision

WATER FITNESS

- Ages 13+ may attend water fitness. Youth ages 13-17 must have a waiver signed by a parent or guardian.