



OVERVIEW OF AGE PARAMETERS & GUIDELINES

MEMBERSHIPS	AGE PARAMETER	WAIVER REQUIRED	GUIDELINES
Individual	Ages 12+	Yes	Youth ages 12-17 must have a waiver on-file signed by a parent or guardian
Family	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</p>
Senior	Ages 60+	Yes	
Silver & Fit and SilverSneakers	Ages 65+	Yes	Must be Medicare eligible
Punch Card	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)
Family Splash Pass	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 PARAMETER	WAIVER REQUIRED	GUIDELINES
Cardio & Fitness Room	Ages 12+	Yes	Youth ages 12-17 must have a waiver on-file signed by a parent or guardian
Group Fitness Classes: Instructor-led Studio & Aquatic	Ages 12+	Yes	Youth ages 12-17 must have a waiver on-file signed by a parent or guardian
Lap Swim	Ages 12+	No	Youth ages 12-17 must have a waiver on-file signed by a parent or guardian
	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>
Water Fitness	Ages 12+	No	
Open Swim: 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