

Options for Children & Youth

(6 months – 17 years old)



Age	Options	Childcare	Gymnasium	Pools	Indoor Track / Adult Classes	Fitness Equipment
6 mo. thru 11 yrs.	Kids In Motion	<ul style="list-style-type: none"> May enroll as a monthly member. Special Season Options Available Pay-per-visit: Must be brought by a parent/guardian.* 	<ul style="list-style-type: none"> During scheduled Swim & Gym times only. During times KIM is scheduled to occupy the gym. 	<ul style="list-style-type: none"> During scheduled Swim & Gym times only. Parent/guardian* MUST be with child at all times. 	<ul style="list-style-type: none"> Children NOT permitted. 	<ul style="list-style-type: none"> Children NOT permitted.
	Guest	<ul style="list-style-type: none"> Pay-per-visit: Must be brought by a parent/guardian* 	<ul style="list-style-type: none"> During scheduled Swim & Gym times ONLY. 	<ul style="list-style-type: none"> During scheduled Swim & Gym times ONLY. 	<ul style="list-style-type: none"> Children NOT permitted. 	<ul style="list-style-type: none"> Children NOT permitted.

Age	Options	<u>Special Requirements</u>	Gymnasium	Pools	Indoor Track / Adult Classes	Fitness Equipment
12-15 years	Youth Member	<ul style="list-style-type: none"> MUST have Youth Consent & Conduct Form signed by parent /guardian* to use Center independently. 	<ul style="list-style-type: none"> Youth permitted. 	<ul style="list-style-type: none"> Youth permitted. 	<ul style="list-style-type: none"> Youth permitted. 	<ul style="list-style-type: none"> Equipment Orientation is REQUIRED prior to using equipment. Fitness Assessment is optional
	Guest	Youth guests must wear guest wristband at all times and may use all areas of the Center. Parent/guardian* MUST stay in same area ¹ of Center as youth.				
16-17 years	Youth Member	Must have Youth Consent & Conduct Form signed by parent /guardian* to use all areas of the Center independently. Both Equipment Orientation and Fitness Assessment are optional.				
	Guest	Youth guests must wear guest wristband at all times and may use all areas of the Center. Parent/guardian* MUST stay in same area ¹ of Center as youth.				

*Child/youth guest must be with their OWN parent or guardian. If a grandparent is to serve as the child's/youth's guardian while at the Center, prior approval must be arranged with Center staff.

¹Each of the following parts of the facility are considered a separate area: Gymnasium, Group Cycling Studio, Aerobics Studio, Mind/Body Studio, pool area. The track and the fitness floor (cardio machines, weight machines, and free weights) are considered the same area.

Swim & Gym Regulations

Age	Special Requirements	Gymnasium	Pools	Indoor Track / Adult Classes	Fitness Equipment
6 months through 15 years	<ul style="list-style-type: none"> Child must wear a Swim & Gym bracelet when at the Center. Child must be a Swim & Gym/KIM member or purchase a guest pass to participate 	<ul style="list-style-type: none"> During scheduled Swim & Gym times only. Parent/guardian* MUST be with child (ages 6 months to 3 years) at all times. Parent/guardian* MUST be with youth (ages 3 to 15 years) at all times, UNLESS gym attendant is on duty (parent must still stay within the Center). 	<ul style="list-style-type: none"> During scheduled Swim & Gym times only. Swim diaper required if child is not toilet trained. Parent/guardian* must be <u>in pool</u> with child (ages 6 months to 11 years) at all times. Parent/guardian* must be <u>in pool area</u> with youth (ages 11 to 15 years) at all times. 	<ul style="list-style-type: none"> Children NOT permitted. 	<ul style="list-style-type: none"> Children NOT permitted.

*Child/youth must be with their OWN parent or guardian. If a grandparent is to serve as the child's/youth's guardian while at the Center, prior approval must be arranged with Center staff.

Items of Note for Children and Youth at the Dexter Wellness Center:

- Child and youth members ages 6 months through 17 years must be accompanied by their parent or legal guardian while at the Dexter Wellness Center. Youth ages 12 to 17 years are permitted to use the center without parent/legal guardian present if indicated on Youth Consent & Conduct form.
- Center guests ages 6 months through 17 must be accompanied by a parent/legal guardian at all times. Guests under the age of 12 yrs. may use the pools and gymnasium during scheduled Swim & Gym times only. Guests under the age of 12 yrs. are not permitted access to the Fitness Floor (including exercise equipment, group exercise classes, or indoor track) at any time.
- A grandparent may serve as a minor's guardian while at the Center if the Alternate Guardian Waiver is signed by both the minor's grandparent and parent/legal guardian **PRIOR** to accompanying the minor to the Center.
- For health and safety purposes, children under the age of 12 yrs. are not permitted to use the saunas.
- A swim diaper is required of children not toilet trained.
- As a family-friendly Center, we want to ensure the safety and privacy of all our members. No child under the age of 12 yrs. may be in a locker room without a parent/guardian present. Children age 4 yrs. and older must use the locker room of their gender. The Center has two assisted/family changing rooms for family use.