



Children & Youth Options

6 months – 11 years

12 – 17 years

Kids in Motion – Childcare

- KIM members may enroll as a monthly or annual member. KIM membership includes access to Swim & Gym offerings.
- KIM guests may purchase a pay-per-visit day pass or seasonal passes when available.

- Kids in Motion childcare services are available for children 6 months through 11 years only.
- Swim & Gym memberships are available for children 6 months – 15 years of age. Additional Swim & Gym information may be found on the back of this handout.

Special Requirements

- KIM members & guests: child must check-in to KIM with parent* and parent* must stay within the Center during child's stay in KIM.*

- Youth members may enroll as a monthly or annual member. A parent* must complete the Independent Usage Agreement and sign Youth Consent and Conduct form to use the Center without parent* supervision.

- Youth guests may use all areas** of the Center with parent* supervision. Must wear a guest wristband while in the Center.

Gymnasium (DWC Only)

- KIM members & guests may use the gymnasium during scheduled Swim & Gym times only. Parent* supervision required.

- Youth members may use the gymnasium at any time in accordance with Gymnasium Schedule.

Pools

- KIM members & guests may use the pools during scheduled Swim & Gym times only. Parent* supervision required.

- Youth members & guests may use the pools at any time in accordance with the Pool Schedule.

Track/Group Exercise Classes

- KIM members & guests: children are not permitted access to the Track or Group Exercise Classes.

- Youth members & guests may use the track and attend Group Exercise classes.

Fitness Equipment

- KIM members & guests: children are not permitted access to fitness equipment.

- Youth member: equipment orientation is REQUIRED of youth 12-15 years prior to using fitness equipment. A fitness assessment is encourage, but not required.
- Youth guests: direct parent* supervision is expected of guests using fitness equipment.

*Guests under the age of 18 must be accompanied to the Center by their parent or legal guardian. If a grandparent is to serve as a minor's guardian while at the Center, prior approval must be arranged with Center Staff.

**Each 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 (6 months – 15 years)

Special Requirements

- Swim & Gym members may enroll as a monthly or annual member. Swim & Gym access is included in KIM membership.
- Swim & Gym guests may purchase a pay-per-visit day pass or Swim & Gym Community Pass in 1- or 3-month increments.
- Swim & Gym members and guests must wear Swim & Gym bracelet received from Member Services at check-in. Parent* supervision is required at all times.

Gymnasium (DWC Only)

- Swim & Gym members and guests may use the gymnasium during scheduled Swim & Gym times only.

Pools

- Swim & Gym members and guests may use the pools during scheduled Swim & Gym times only. Parent* must accompany their child in the pool if child is under the age of 12 years or not a confident swimmer.

Track/Group Exercise Classes/ Fitness Equipment

- Swim & Gym members and guests: children are not permitted access to the Track, Group Exercise Classes or Fitness Equipment.

**Guests under the age of 18 must be accompanied to the Center by their parent or legal guardian. If a grandparent is to serve as a minor's guardian while at the Center, prior approval must be arranged with Center Staff.*

Items of Note for Children and Youth at the Chelsea & Dexter Wellness Centers:

- Members ages 6 months through 17 years must be accompanied by their parent/legal guardian while at the Chelsea & Dexter Wellness Centers. 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 years 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 family-friendly Centers, we want to ensure the safety and privacy of all our members and guests. 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.