



# club guidelines for juniors

Bringing your kids to the club has many benefits for you & them! It's important to instill good habits & the love for fitness at a young age. But we do need all parents & children to follow these guidelines so that your kids are safe & all members can enjoy the club environment. Thank you for your cooperation.

	LOBBY & LOCKER RM	COURTS	POOL	SPA, SAUNA, STEAM	FITNESS FLOOR	CLASSES
<b>10 YEARS &amp; UNDER</b> *Adult supervision at all times	✓	✓	✓ 5 years & under must be within arms reach	not allowed	not allowed	age specific classes only
<b>11-13 YEARS</b> *Adult must be in club	✓	✓	✓ adult supervision required	✓ adult supervision required	✓ teen certification required	✓
<b>14-17 YEARS</b> *No supervision required, however, 14-17-year-olds CANNOT be responsible for younger children	✓	✓	✓	✓	✓ 14-15 years teen certification required	✓
<b>18 YEARS &amp; OLDER</b> Congrats! You're now an adult!	✓	✓	✓	✓	✓	✓

\* When required, all supervision must be by an adult 18 years or older.

- Children 5 years & older of the opposite sex are not allowed in locker rooms or wet areas.
- The club areas are used by all ages so common sense & courtesy should be your guide. Running, jumping off furniture, & yelling/loud voices are not allowed.
- Televisions are set up for adults & channels can only be changed with the permission of the staff.
- All locker room products & amenities are provided as a courtesy to members & should be used for their intended purposes & not as toys.
- Food and/or glass are not allowed in the locker room or wet areas.
- The club reserves the right to restrict usage if problems arise.

## FAMILY SWIM GUIDELINES

- Assume there is **NO LIFEGUARD ON DUTY**.
- Children 13 years & under must be closely supervised by an adult on the pool deck at all times per state law.
- If possible, apply sunscreen ½ hour prior to entering pool so it doesn't wash right off.
- Have children go to the bathroom before going out to the pool.
- Use **swim diapers only**. Ask if swim diapers are available for purchase at the front desk.
- Everyone **must shower** before using the pool.
- If possible, help conserve water by **bringing a towel from home** for each of your children.
- Children may bring small flotation & water toys. Large flotation toys & mats are not allowed.

**TEEN FITNESS CERTIFICATION (TFC)** teaches teens about the benefits of cardio, strength, & flexibility training as well as the proper method for each type of exercise. Safety is emphasized & fitness floor etiquette is also included.

- A private session with a trainer (scheduled during regular fitness staff hours)
- No additional fee
- Upon completion, your teen (ages 11-15 years) may work out on the fitness floor without your direct supervision, but ages 11-13 years must still have an adult present at the club.
- Contact the front desk or a trainer to schedule
- FREE for members, \$90 public



# junior code of conduct

As a junior member, 10–17 years of age, I understand that in order to retain my membership privileges at Parkpoint Health Club, I must:

1. Check in at the front desk.
2. Juniors 10–13 years of age must have a guardian on site.
3. Be respectful to other members, guests, and staff.
4. Practice excellent sportsmanship in all game activities and sports.
5. Exhibit good behavior while at the Club and not use cell phone in areas where cell phones are not allowed.
6. Follow all locker room policies including sauna, steam, and hot tub.
7. Respect that access to the Fitness Center requires a teen orientation (11–15 years of age) be completed.
8. Follow all guidelines while on courts. Respect borrowed equipment and return it to the Front Desk when done using it. Wear goggles while playing on the indoor courts.
9. Respect programs in session and not interrupt.
10. Follow all pool rules at each Parkpoint Club. Act in a safe manner while using pools.
11. Follow and respect the guest and discipline policy stated below.

## DISCIPLINE POLICY

- **First Offense.** Verbal warning by the staff and parent/guardian will be notified.
- **Second Offense.** Written warning by staff and parent/guardian will be required to pick up child immediately.
- **Third Offense.** Drop-off privileges suspended for a period of time determined by management.

## JUNIOR CODE OF CONDUCT CHECKLIST

- I have been made aware of and understand fitness floor etiquette.
- A trainer has certified that I understand proper form, function, use, and technique for fitness floor equipment.
- I will use all club equipment for its intended use and with safety in mind at all times.
- I understand that I must follow fitness floor etiquette as described in the fitness floor etiquette flyer posted in the fitness floor area. In addition, I understand that taking photos or video on the fitness floor is not permitted, unless authorized by staff or club for promotional use.
- I will follow all cleaning protocols and respect others' space and time on the floor. I understand that, if I have any questions about equipment use, I will ask a trainer or staff member for assistance.

I confirm that I understand this Code of Conduct, Guest Policy, and Discipline Policy.

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Junior Member Name (print)

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Junior Member Signature

I understand that if my child does not follow the guidelines outlined above as well as other club policies, their membership may be suspended or terminated at any time.

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Parent/Guardian Name (print)

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Parent/Guardian Signature

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Cell Phone #