



MIRAMONT  
LIFESTYLE FITNESS

# Youth Guidelines

*At Miramont Lifestyle Fitness, we encourage our youth members to enjoy the facility and be active in the wide variety of programs and activities available. Our youth guidelines are in place for their safety.*

## Youth Waiver Guidelines

- Members and guests under the age of 18 must have a facility waiver on file that is signed by a parent or legal guardian
- Climbers under the age of 18 must have a wall liability waiver signed by a parent or legal guardian

## Youth under 12 years of age:

- Youth under the age of 12 are restricted from the fitness floor and the group fitness classes
- Youth under the age of 12 must be directly supervised by a parent or legal guardian at all times while using the pool, basketball courts, tennis courts, climbing wall, jogging track and locker room
- Youth under the age of 5 may use the locker room of the opposite sex accompanied by a parent or legal guardian; family locker rooms are also available at the South and Central locations
- Youth climbers under the age of 14 are not eligible to complete the top rope or lead belay test unless approved by the Wall Manager or Wall Supervisor

## Youth under 12 through 13:

- Members ages 12-13 must complete a Teen Fitness Certification class (TFC) in order to utilize the fitness equipment or attend classes. TFC classes are complimentary and can be scheduled at the Front Desk
- A legal guardian must be present in the facility at all times; direct supervision is required in the following areas:
  - Fitness floor
  - Group fitness classes
  - Hot tub, steam room and sauna

## Youth 14 +

- Members ages 14+ may use the facilities without a parent or legal guardian present, with the following exceptions:
  - Members ages 14-16 must be directly supervised in the steam room, sauna, and hot tub