



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

- Youth members under the age of 18 must have a facility waiver on file that is signed by a parent or legal guardian
- All youth guests under the age of 18 must have a day use waiver signed by a parent or legal guardian for access to the club
- Youth climbers under the age of 18 must have a wall liability waiver and day use waiver signed by a parent or legal guardian for each club visit

## 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 ages 12 through 13:

- Children 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 program desk

***Parent must directly supervise children ages 12-13 in the following areas of the facility:***

- Fitness floor
- Group fitness classes
- Hot tub, steam room and sauna

***Parent must be present in the facility, but direct supervision is not required in the following areas of the facility:***

- Basketball court
- Tennis courts
- Pool
- Climbing wall
- Jogging track

***Youth members under 14 years of age may be directly supervised in the clubs by a sibling 18 years or older who is on the same membership.***

## Youth ages 14 through 17:

- Youth ages 14-17 may utilize the facilities without a parent or legal guardian present
- Youth ages 14-15 must be directly supervised by a parent or legal guardian in the hot tub, steam room and sauna areas