

**Age Restrictions and Youth Accessibility**

Semper Fit promotes physical activity for individuals of all ages as part of a healthy lifestyle. Research has proven the benefits of exercise to youths including strength training with proper technique and strict supervision. While it is important for families to exercise together, these guidelines with age limitations are established to ensure a safe environment for all fitness center patrons. These guidelines have been developed with the safety of children in mind within the confines of a staffed fitness center.

(1) Youth aged 11 years and younger.

(a) Due to the inherent risks and dangers of unsupervised use of fitness centers, no one 11 years of age and younger shall be allowed in the fitness center unless they are participating in a program specifically for children in this age group, or are spectators in an organized athletic/special event.

(2) Youth aged 12 to 15 years.

(a) Authorized use of the cardiovascular and weight rooms only with direct supervision by a parent or legal guardian.

(b) Authorized use of other areas of the fitness center including group exercise classes with direct supervision by a parent or legal guardian.

(3) Youth aged 16 years old and older.

(a) Unrestricted use of fitness center and equipment.

(b) Need not be accompanied by a parent or legal guardian.