



Youth Policies

In order to guarantee that all members and guests enjoy their visit and participation while at the **Summit Athletic Club (SAC)**, we require that everyone abide with the established safety rules and regulations as set forth in the following SAC's Youth Policies.

POLICIES:

“Youth” is defined as follows: Any individual age 16 years or younger. All youth must adhere to the following rules. Exceptions to ages are listed below.

- All youth must have a signed waiver on file.
- Treadmills are PROHIBITED to anyone under 15 years of age.
- Steam Rooms, Tanning, Saunas, Whirlpools, The Cave, the downstairs weight room, and hot classes are PROHIBITED to anyone under 15 years of age.
- Youth under 16 years of age may not use the pools for free swim without parent/guardian supervision.

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ADDITIONAL POLICIES:

Youth ages 0 through 6 months must:

- Be accompanied by a parent/guardian at ALL TIMES.
- Not be in The Cave, downstairs weight room, Yoga, or Spin Studio.
- Have hearing protection if brought into the Main Gym during a fitness class where music is being played.

Youth ages 6 months through 8 years must:

- *Attend childcare when parent/guardian is utilizing the facility.

Youth ages 9-14 years who utilize the facility must:

- *Be a member of SAC.
- *Hold a current Youth Certification.
- *Have a parent/guardian on the premises.
- *Only certified youth age 14 years and older may be on the premises without a parent.

*Unless in a SAC sponsored Youth Program such as swim lessons, tennis lessons, Fit Kids, etc.