

## youth policies 6 weeks to 4 years old

## Youth Policies

	Fitness Areas	Track	Front Basketball Court	Group Exercise Class	Pool	Kidz Klub**	Martial Arts
6 Weeks to 6 Months	Not permitted at any time	Permitted only when a baby is in a stroller or front pack while parent is using the track during non-prime hours**.	Not permitted at any time	Not permitted at any time	Regardless of swimming ability, may use the pool only when a parent is present and supervising in the pool (within an arm's reach of child) at all times. Must wear swim diapers.	Not permitted at this time	Martial Arts classes are currently not available for this age group.
7 Months to 2 Years Old	Not permitted at any time	Permitted only when a child is in a stroller and using the track during non-prime hours**.	Not permitted at any time	Not permitted at any time	Regardless of swimming ability, may use the pool only when a parent is present and supervising in the pool (within an arm's reach of child) at all times. Must wear swim diapers.	Permitted. Parent must sign children in/out and indicate where they will be in the club. Parent must remain on Universal property. Please observe two hour time limit.	Martial Arts classes are currently not available for this age group.
3 Years Old	Not permitted at any time	Permitted only when in a stroller and using the track during non-prime hours**.	Not permitted at any time	Not permitted at any time  Kids' classes are available for this age group.	Regardless of swimming ability, may use the pool only when a parent is present and supervising in the pool (within an arm's reach of child) at all times. Must wear swim diapers if not potty trained.	Permitted. Parent must sign children in/out and indicate where they will be in the club. Parent must remain on Universal property. Please observe two hour time limit.	Martial Arts classes are currently not available for this age group.
4 Years Old	Not permitted at any time	Not permitted at any time	Not permitted at any time	Not permitted at any time  Kids' classes are available for this age group	Regardless of swimming ability, may use the pool only when a parent is present and supervising in the pool (within an arm's reach of child) at all times. Must wear swim diapers if not potty trained.	Permitted. Parent must sign children in/out and indicate where they will be in the club. Parent must remain on Universal property. Please observe two hour time limit.	Classes are available. Parents are not required to remain in the dojang but must remain on Universal property.

\*Prime-time Hours: Monday to Friday: 5:00 am - 7:00 am, 9:00 am - 11:30am, 4:00 pm - 8:00 pm, Saturday: 9:00 am - Noon

"Parent" = responsible adult 18 yrs. or older

\*\* Youth Athletic Club (YAC) is part of Kidz Klub, and is for kids ages 7-11 only.

Kidz Klub policy applies and a parent/guardian over age 18 must remain in the building.

## youth policies 5 to 11 years old

## Youth Policies (continued)

	Fitness Areas	Track	Front Basketball Court	Upper Basketball Court	Group Exercise Classes	Pool	Kidz Klub**	Martial Arts
5 to 7 Years Old	Not permitted at any time	Not permitted at any time	May use as designated by the court schedule, but must be within arm's reach of a parent at all times	May use, however supervision by a responsible guardian at least 18 yrs. or older is required at all times. Please yield to special events	Not permitted at any time  Kids' classes are available for this age group.	Regardless of swimming ability, may use the pool only when a parent is present and supervising in the pool area at all times.	Permitted. Parent must sign children in/out and indicate where they will be in the club. Parent must remain on Universal property. Please observe two hour time limit.	Classes are available. Parents are not required to remain in the dojang but must remain on Universal property.
8 to 9 Years Old	Not permitted at any time	May use during non-prime times** but must be within an arm's reach of a parent at all times	May use as designated by the court schedule, but must be within arm's reach of a parent at all times	May use, however supervision by a responsible guardian at least 18 yrs. or older is required at all times. Please yield to special events	Not permitted at any time  Kids' classes are available for this age group.	Regardless of swimming ability, may use the pool only when a parent is present and supervising in the pool area at all times.	Permitted. Parent must sign children in/out and indicate where they will be in the club. Parent must remain on Universal property. Please observe two hour time limit.	Classes are available. Parents are not required to remain in the dojang but must remain on Universal property.
10 to 11 Years Old	With parental supervision, may use pin selectorized strength equipment & on Nautilus circuits and cardiovascular equipment during non-prime times. Must be within an arm's reach of a parent at all times. Proper etiquette guidelines must be followed.	May use during non-prime times** but must be within an arm's reach of a responsible guardian at least 18 yrs. or older at all times	May use as designated by the court schedule, but must be within arm's reach of a responsible guardian at least 18 yrs. or older at all times.	May use, however supervision by a responsible guardian at least 18 yrs. or older is required at all times. Please yield to special events	Permitted to participate in select Group Fitness Classes (BODYJAM, TONE, BODYFLOW, Yoga, Zumba, BODYCOMBAT, BODYSTEP) within arm's reach of a parent. Children must follow proper etiquette guidelines and yield to adult participants when necessary.	After completing a swim test and brief oral test, children 54" and taller are permitted to swim for two hours without a parent being present.	Permitted. Parent must sign children in/out and indicate where they will be in the club. Parent must remain on Universal property. Please observe the two hour time limit.	Classes are available. Parents are not required to remain in the dojang but must remain on Universal property.

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## Youth Policies (continued)

	Fitness Areas	Track	Front Basketball Court	Upper Basketball Court	Group Exercise Classes	Pool	Kidz Klub**	Martial Arts
12-15 Years Old without Junior Fitness Certification	With parental supervision, may use pin selectorized strength equipment on the main fitness floor and the Nautilus circuits and cardiovascular equipment. Must be within an arm's reach of a parent at all times. Proper etiquette guidelines must be followed.	May use during non-prime times** but must be within an arm's reach of a responsible guardian at least 18 yrs. or older at all times.	May use as designated by the court schedule, however supervision by a responsible guardian at least 18 yrs. or older is required at all times.	May use, however supervision by a responsible guardian at least 18 yrs. or older is required at all times. Please yield to special events	May take classes but must be within an arm's reach of a parent at all times.	After completing a swim test and brief oral test, are permitted to swim for two hours without a parent being present.	Not permitted unless accompanying a younger sibling. Must sign child in/out. Please observe 2 hour time limit.	Classes are available. Parents are not required to remain in the dojang but must remain on Universal property.
12-15 Years Old with Junior Fitness Certification	May use cardiovascular and pin selectorized strength training equipment on the main fitness floor and the Nautilus circuits without parental supervision, as long as proper etiquette guidelines are followed. The youth must wear his/her Junior Certification card so that it is visible to staff members.	Permitted without parental supervision, as long as proper etiquette guidelines are followed. The youth must wear his/her Junior Certification card so that it is visible to staff members.	May use as designated by the court schedule.	Permitted without parental supervision, as long as proper etiquette guidelines are followed. The youth must wear his/her Junior Certification card so that it is visible to staff members.	Permitted without parental supervision, as long as proper etiquette guidelines are followed. The youth must wear his/her Junior Certification card so that it is visible to staff members.	After completing a swim test, a brief oral test and being oriented to the pool equipment, are permitted to swim for two hours without a parent being present.	Not permitted unless accompanying a younger sibling. Must sign child in/out. Please observe 2 hour time limit.	Classes are available. Parents are not required to remain in the dojang but must remain on Universal property.
16 & Up	Permitted without parental supervision in all fitness areas, as long as proper etiquette guidelines are followed.	Permitted without parental supervision in all fitness areas, as long as proper etiquette guidelines are followed.	May use as designated by the court schedule, Permitted without parental supervision	Permitted without parental supervision as long as proper etiquette guidelines are followed.	Permitted without parental supervision in all fitness areas, as long as proper etiquette guidelines are followed.	Permitted without parental supervision in all fitness areas, as long as proper etiquette guidelines are followed.	Not permitted unless accompanying a younger sibling. Must sign child in/out. Please observe 2 hour time limit.	Classes are available. Parents are not required to remain on Universal property.

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