

YOUTH POLICY



CLUB GREENWOOD

THE BEST PART OF YOUR DAY!®

Club Greenwood encourages members to use the club as a family. For safety reasons and to respect the rights of all members, Greenwood has established the following youth policy as dictated by the American College of Sports Medicine, the American Academy of Pediatrics and the National Strength and Conditioning Association, all of whom support children's participation in "appropriately designed and competently supervised programs."

Club Greenwood offers a variety of such programming for our youth members. While the club provides direct supervision for children during scheduled program times, it is the parents' responsibility to escort children to and from each activity. Parents are directly responsible for their children's behavior in all areas of the club.

The term Adult Supervision refers to a supervising adult being 16 years of age or older (same family) or nanny and requires youth under age 13 and 13-15 year-olds without Youth Certification to be in direct visual and speaking contact (same proximity, same activity) with the responsible, supervising adult.

The term Youth Certification refers to a required educational session to be completed with a Club Assistant at Club Greenwood in order for a 13-15 year old to have access to the club independently.

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| Any Age | May use gymnasium, running track, indoor and outdoor pools, racquetball, squash and tennis courts with adult supervision |
| 3 & Under | Permitted in either adult locker room with adult supervision |
| 4-15 | With adult supervision, youth ages 4-15 may use the adult locker room of the same gender Without adult supervision, youth ages 4-15 must use the family locker rooms unless youth certified |
| 9-11 | May use the weight room with a Club Greenwood Personal Trainer May use cardiovascular rooms and exercise studios with adult supervision |
| 12 | May now use weight room with adult supervision May use gymnasium without adult supervision, if responsible adult is on the premises |
| 12 & Under | Not permitted in whirlpool, sauna or steam room or to participate in Thermal or Power Yoga |
| 13-15 | Required to pass youth certification to use club, including adult locker rooms, without adult supervision May bring in an adult guest (18 and older) or a youth guest that has also completed the youth certification process |
| 16-17 | Permitted to bring in and supervise younger sibling(s). |
| 10-15 | May use outdoor tennis courts without adult supervision, if on junior or family tennis membership |
| 15 & Under | Not permitted in the adult leisure pool |

Unsupervised youth not adhering to the aforementioned policy will be escorted to Kids' Club and the parent will be charged accordingly. Abuse of this policy could be grounds for termination of membership. Please note, this policy applies to members and non-members.

CLUB GREENWOOD LOCKER ROOM POLICY

- The use of ANY mobile electronic device for ANY purpose is strictly prohibited in the locker rooms
- Adult locker rooms are designated for individuals 16 years of age and older
- Youth ages 13–15 may use adult locker rooms if they have completed the youth certification
- When adult supervision is required for locker room use, they must be in constant visual and speaking contact and the responsible, supervising adult must be 16 years of age or older (same family) or a family nanny.
- Children 3 years of age and under are permitted to use either of the adult locker rooms with adult supervision
- With adult supervision, youth ages 4–15 may use the adult locker room of the same gender
- Without adult supervision, youth ages 4–15 must use the private locker rooms unless youth certified
- The steam room, whirlpool and dry sauna are for individuals 13 years of age and older
- As a courtesy to others, we respectfully request that families with strollers use designated private locker rooms
- Towels are to be returned to the towel drops
- No food or beverages permitted, except water bottles
- Horseplay, roughhousing, loud noises, screaming, running, leaving wet clothing or towels on the floor and excessive or improper use of water or amenities will not be permitted

NANNY MEMBERSHIP

For an additional fee, families with children 12 years of age or younger may add a nanny to their family membership. A nanny membership permits full usage of the club. A guardianship form must be completed and kept on file. A nanny must be at least 16 years of age.

STROLLER ETIQUETTE

We want our parents with young children to continue to enjoy Greenwood and realize the challenges you are facing in balancing your life to include regular exercise. Please remember that Kids' Club is available for children six weeks and older. Children are allowed in age appropriate rooms therefore dedicating quiet space in the nursery for babies and nursing mothers. Out of respect for others, please remember to abide by the following:

- Strollers and baby carriers are not allowed in the weight room, cardiovascular areas or group exercise studios
- Strollers are allowed on the indoor running track; please be cautious of your fellow walkers and runners
- Strollers and baby carriers are allowed pool side; lifeguards are on-duty seasonally in addition to your own parental supervision
- Strollers are allowed in the family areas of the adult locker room and private locker rooms only; please be courteous of others and keep the stroller against one side of the walkway, therefore allowing other people to access lockers in the same area

CLUB GREENWOOD

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