

Wellness Center

Guidelines for Children and Youth, 10-17

Our goal is to keep everyone safe while supporting healthy habits for kids and teens. Youth access is based on age and area of the facility. Some exclusions and exceptions apply with trainer recommendation.

UNDER AGE 10

- Not eligible for membership
- May only participate in trainer-led or medically referred programs
- Not permitted on the main fitness floor
- Pool access only during swim lessons

AGES 10-15

- Must be directly supervised by a parent or guardian at all times
- Youth assessment required
- May use:
 - Walking/running track
 - Approved group fitness classes
 - Designated youth/mini fitness area
- Not permitted on the main fitness floor
- Pool access only during swim lessons

AGES 16-17

- Youth assessment required
- May access all areas-
- Pool rules apply

POOL ACCESS (ALL MEMBERS & GUESTS)

- Pool access is for ages 16 and older only
- The only exception is swim lessons with a Wellness Center instructor or referred programs
- All participants must check in at the front desk

3797 Northside Drive, Macon GA, 478-477-2300
www.navicenthealth.org/wellnesscenter



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