

# Atrium Health Navicent Wellness Center Guidelines for Children and Youth, 10-18

## **Children and Youth Under 18: This applies to members, guest pass holders, \$15-day pass and the \$55 fitness pass.**

- Children 10-15 are not allowed on the Fitness Floor unless with a trainer; age 10-15 can utilize the track and the mini fitness floor behind the front desk; must be with parent/guardian at all times.
- Children and youth ages 10-17 are eligible for membership/visit with signed parent/guardian consent, exclusions apply. A student ID or parent ID is required. Age 10-15 must always be with trainer or parent at all times. Children/youth aged 10-15 have very limited use of the facility.
- **If joining, these members must complete an assessment with an exercise physiologist.** Equipment usage and gym etiquette will be addressed. Parent should be present for this appointment.
- **Children 10-15** must always be supervised by a parent/guardian or approved adult member. This means that the parent or guardian must be within a few feet and working in the same area as child. Children 10-15 are not allowed on the fitness floor. Children 10-15 are not allowed in the pool, with the exception of swim lessons with Wellness Center instructor. Children 10-15 can utilize the track with a parent or the mini fitness floor (behind front desk); some group fitness classes may be appropriate.
- **Children 16 and up** are eligible for unsupervised visits after the initial sign up with parent or guardian, and after an assessment and/or beginner's circuit with trainer.
- **UNDER AGE 10** are not eligible for membership unless they have been medically referred to begin an exercise program with a trainer if a trainer is available. They are not permitted on the main fitness floor area or pool at any time. Children under age 10 must be with a trainer at all times.

## **ADDITIONAL POOL INFORMATION: This applies to members, guest pass holders, \$15-day pass and the \$55 fitness pass.** This information is in addition to the section "Children and Youth under 18", which also applies.

- There is no lifeguard on duty.
- Please be courteous when entering and exiting lanes.
- All lap swim requires reservations. Adult guests 18 or over, may use open lanes if unoccupied after 10 minutes after the hour.
- Lane 5 is a walking lane and does not require a reservation. Multiple people allowed in lane 5. No children under 16.
- Aqua Fitness classes do not require reservations.
- **Children under 16 not allowed in pool, with the exception of swim lessons with a Wellness Center instructor.**
- Siblings/parents of children taking swim lessons are not permitted in the pool.
- All swim lesson participants/parents must sign in at front desk before accessing pool area.
- How to access Member Portal for Lap Swim reservations? [www.navicenthealth.org/wellnesscenter](http://www.navicenthealth.org/wellnesscenter) (click on member portal). A YouTube tutorial is available on the home page of the website.

**\*\* Some exceptions to age requirement may apply under special circumstances**

**Access will not be granted to members or family with an outstanding account balance.**

3797 Northside Drive, Macon GA, 478-477-2300  
[www.navicenthealth.org/wellnesscenter](http://www.navicenthealth.org/wellnesscenter)



Wellness Center