

CAC Child & Youth Policies



At CAC - Pine Lake we believe fitness is for everyone, and love seeing our youngest members moving in the Club! The following policies reflect our desire for kids and teens to move and be safe and health while in the Club, while also contributing to a positive environment for all other members and guests. Please contact the appropriate Department Supervisor in the Club with any questions regarding these policies.

General

Ages newborn – 7 must remain with an adult in common areas.

Ages newborn – 4 can use locker room with a parent.

Ages 5 + must use the same sex locker room.

Ages 8 – 12 must have adult in the building.

Ages 13 + can enter and use the club without adult supervision. Must follow all policies while in the club.

Fitness

Ages infant to 7 are prohibited on the fitness floor.

Ages 8 – 10 can use select cardio equipment after a free youth orientation with a trainer. An adult must accompany the child during this appointment. Thereafter, an adult must be with the child on the workout floor when using the equipment.

Ages 10 – 12 may use dumbbells or kettlebells under 20lbs and some cardio

equipment after completion of an Iron Kids class. An adult must be present on the fitness floor with the child unless enrolled in a trainer led class.



Ages 13 – 15 may use all selectorized strength machines and dumbbells or kettlebells after completing a youth orientation with a trainer.

Ages 16 + can have full access to the fitness floor. A fitness orientation is strongly recommended.

Ages 8 – 15 must wear the CAC STRENGTH wristband when working out on the fitness floor as proof of completing the orientation.

Group Ex

Ages 12 – 15 can attend a class with an adult.

Ages 16 + can take classes as an adult.

Basketball Gym



Ages 7 & under must have adult supervision unless in a program.

Ages 8 + can use without Adult Supervision.

Aquatics



Unless enrolled in a lesson children under 5 must have an adult in the water at all times.

Children 15 and under who have not passed the swim test by a Lifeguard must have a parent or adult in the water.

Ages 9 – 15 may use the pool after completion of a swim test by a Lifeguard but parent or adult must remain in the Club.

Ages 16 + can use the pool as an adult.

Must be over 6 to use the hot tub.

All kids must wear exercise appropriate shirts, pants or shorts and shoes. No open-toed shoes, sandals, boots or bare feet are allowed in any exercise area except when appropriate in the group exercise room.

