

### **FACILITY GUIDELINES**

- **Everyone entering beyond the podium must be an annual/monthly member or pay a single entry fee (Youth programs/activities may be an exception).**
- A valid government issued photo ID (i.e. Driver's License, Military ID, Passport, State Issued ID) for anyone 16 years of age and older is required for single entry visits, monthly passes and annual memberships.
- All individuals who enter the facility beyond the podium (secured area) will be checked through the Ohio Attorney General's Offender website. All convicted offenders will not be able to use The Natatorium and therefore, must leave the premise immediately.
- Once a person has proved their identity and residency status, a COne card will be issued free of charge. This photo ID is to be used every time to grant access into the facility. Membership IDs may only be used by the person assigned to that card.
- Lockers are available for day use only. Locks will be cut off at the end of the night and contents will be stored for one week. Master locks no larger than 9/32 shackle are strongly recommended.
- Basketballs, volleyballs, racquetball racquets and racquetballs can be checked out at the Welcome Desk. This service is available to annual/monthly members.
- **Please wear appropriate clothing (shorts, athletic pants, t-shirts, non-marking athletic shoes) Individuals must have a shirt/shoes on at all times except in the Aquatics area. Cargo pants/shorts, jeans, boots, open-toed shoes, dress shoes etc. are not permitted.**
- Cell phone conversation is only permitted in the atrium/community wing areas. **No Cameras or Recording** - No photography, video, or live streaming in fitness areas, locker rooms, track, or aquatics. This includes phones and all recording equipment. Violations may result in removal from facility. See *Code of Conduct* for details.

### **UPPER/LOWER FITNESS AREA**

- Equipment cannot be reserved over the phone. Cardio equipment can be reserved two hours in advance
- There is a 10 minute grace period for each machine. Machine may be re-assigned past 10 minutes.
- Strollers are permitted on the track lanes and in the four deep track corners only. Strollers are not permitted parked next to numbered fitness equipment on the fitness floors.
- **Free Orientations** are available to our members. Learn more about our cardio, selectorized and fitness circuit equipment. Stop by the Welcome Desk for more information and to set up an appointment.
- **Free Youth Orientations** - Twelve to fifteen year-olds can sign up at the Welcome Desk to learn how to use the Life Fitness and cardio equipment. Upon orientation, twelve and thirteen year-olds have the opportunity to use the equipment with supervision from a guardian. Fourteen and fifteen year-olds may use the equipment once the orientation is completed without supervision. All twelve to fifteen year-olds must get a band prior to their workout at the Welcome Desk to verify that the orientation course has been completed.

### **RACQUETBALL COURTS/BASKETBALL COURTS**

- Racquetball courts can be reserved by annual members and monthly pass holders 3 days in advance. One court reservation per call, per member.
- Racquetball Courts can be reserved for up to 1 hour on the hour.
- Racquetball goggles/glasses are strongly recommended.
- There is a 10 minute grace period for each court. The court may be re-assigned past the 10 minutes.
- Children 4 and under are not permitted in the Racquetball/Basketball courts or Auxiliary Gym

### **FIT KID YOUTH FITNESS CENTER**

- Annual or monthly membership is required for participation. Children 7 – 13 years of age.
- Athletic shoes, socks, t-shirt, sweatpants or shorts must be worn. Zippers, buttons, toys, gum or jewelry of any kind is prohibited. A labeled water bottle and towel are required.
- Parents/Guardians are responsible for the safe entry and exit to/from all Fit Kid Experience activities/programs and must remain in the building.
- **FIT KID ORIENTATION** - Sign up for the Fit Kid Orientation at the Welcome Desk after the Fit Kid Readiness Form and the Release Form are completed. Register at the Welcome Desk for an Orientation and Assessment time. The \$10 fee is required at the time of registration. Arrive at least thirty minutes prior to the start time for your test session. Registration will close fifteen minutes prior to the start of class. Upon completion of the orientation, annual & monthly members are eligible to participate in the youth fitness center. Participation is based on a first come, first serve basis.

### **AQUATIC CENTER**

- (see reverse side for age guidelines)

### **KIDS' CASTLE/TREE HOUSE**

- **CASTLE IS FOR CHILDREN AGES 1-9; NO CRAWLERS PERMITTED**
- Maximum of 2 hours is permitted in the Kids' Castle. **Parents must remain in the building while their child is in Kids' Castle.**
- Kids' Castle is free to the children of Annual Members or children who have active month pass or who purchase a day pass; otherwise, it is \$5.00 per visit/child.
- An emergency medical form and waiver needs to be filled out prior to usage of the Kids' Castle.
- The tree house is for ages 12 and under. Adult supervision required for ages 8 and under. Safety first, walk please, no shouting.

### **YOUTH POLICY**

- Please go to [www.fallsnat.com](http://www.fallsnat.com) or stop at the Welcome Desk for more information regarding the Natatorium Youth Policy

### **CANCELLATIONS**

Membership(s) can be cancelled if the member(s) is/are:

- Moving 25 miles or more out of the area. A written request and verification of move required. A current utility bill, rental/lease agreement or a change of address form can be used for verification.
- Medically unable to utilize the facility/programs. A written request and Dr. note stating that the member can no longer use utilize the facility is required.
- Cancellation requests must be submitted 2 weeks prior to bill date. If request received after the 2 weeks, the request will be reviewed for the following month. **Not all membership cancellation requests will be granted. No refund may be issued.**

**To find out more detailed information on our programs and facility, log on to [www.fallsnat.com](http://www.fallsnat.com)**

# Age Guidelines

< 4	5	6	7	8	9	10	11	12	13	14	15	> 16
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## Facility General

Must be accompanied by an adult at least 18+ years of age while in the facility. 14 & 15 year old Natatorium member may enter w/o adult.	< 4	5	6	7	8	9	10	11	12	13	14	15	
Government ID required or a school ID for 16 years of age													> 16

## Upper/Lower Fitness Area

Full access to all equipment, fitness circuit and track													> 16
Full access to all fitness equipment, fitness circuit and track once an orientation program is completed (wristband required) <b>Adult supervision in facility is required, unless a Natatorium member</b>											14	15	
Participation in land group fitness classes (this includes Pickle ball) <b>Adult supervision in facility is required</b>											14	15	> 16
Full access to fitness equipment, fitness circuit and track only with an adult present and completion of an orientation program (wristband required) and <b>Adult is required to work out with youth</b>									12	13			
Access to track <b>only with adult supervision</b> . No access to upper and lower fitness equipment. Strollers permitted on track and deep corners of track only.						9	10	11					
No access to fitness equipment upstairs, downstairs, circuit or track	< 4	5	6	7	8								

## Gymnasium / Auxiliary Gym / Racquetball courts

Full, unsupervised access to the courts											14	15	> 16
Full access but <b>adult supervision in facility is required – Shoot around only</b>						9	10	11	12	13			
Full access but adult must be in the same area of the facility – <b>Shoot around only</b>	< 4	5	6	7	8								

## Fit Kid Youth Fitness Center

Use of facility during scheduled times with supervision of the Natatorium staff. Adult must remain in the building				7	8	9	10	11	12	13			
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## Aquatic Center

Permitted during fitness swim hours providing they have a membership. <b>Adult supervision in facility is required, unless a Natatorium member.</b> May attend any open swim hours											14	15	> 16
Permitted during fitness swim hours providing they have a membership or day pass. May attend any open swim hours. <b>Adult supervision in facility required</b>									12	13			
Permitted during open swim hours only. <b>Adult supervision is required in the Aquatics Center</b>						9	10	11					
Permitted during open swim hours only. <b>Adult supervision is required in the Aquatics Center</b>				7	8								
Permitted during open swim and fitness swim hours only. Adult must be in the water with child at all times. <b>Excludes Current Channel</b>		5	6										
Permitted during open swim hours and fitness hours. Must have adult in the water at arms length. <b>Excludes Current Channel</b>	< 4												
Spa and Sauna use (men's and women's locker room)													> 16

## Kids Castle/Tree House

Access and use of Kids Castle. Adult must remain in the building.	< 4	5	6	7	8	9							
Use of the Tree house (supervision required for ages 8 and under)	< 4	5	6	7	8	9	10	11	12				

## Youth Policy

Must show a photo ID at the Welcome Desk to gain access to the facility													> 16
<b>Nat Daily guests</b> must be accompanied at all times by a responsible adult 18+. Charged rate for residency of the responsible adult.	< 4	5	6	7	8	9	10	11	12	13	14	15	
<b>Nat members</b> must be accompanied at all times with a responsible adult 18+	< 4	5	6	7	8	9	10	11	12	13	14	15	

Shaded area denotes applicable ages for participation