

FirstHealth Fitness-Pinehurst

Child Guest Use

Children under 8

Child risk & release form needs to be signed each visit by parent. Allowed to use the following areas under the parent's direct supervision.

- Pool (parent/guardian must be IN the water with child at all times) NOT allowed in whirlpool, steam room, or sauna.
- Basketball court – Cannot participate in basketball during full court times on Monday, Wednesday and Friday evenings after 6:00 p.m.
- Locker rooms (only children 3 & younger may be in opposite gender locker rooms).
- All other areas of the center are restricted unless the child is in a directly supervised program.

Guest ages 8-13

Child risk & release form needs to be signed by parent/guardian each visit. Children must be supervised by parent/guardian and within sight of each other at all times.

- Pool (ages 8 up to 12yrs old parent/guardian must be on the pool deck with child at all times). Children under 12 are NOT allowed in whirlpool, steam room, or sauna.
- Cardio Equipment Area – all upstairs cardio equipment, stretching area and indoor track
- Basketball court– Cannot participate in basketball during full court times on M/W/F evenings after 6:00 p.m.
- Group Exercise Classes – must be 12 and over.
- All other areas of the center are restricted unless the child is in a directly supervised program.

Guests ages 14-17

Can be in facility without parent/guardian. Parent/guardian must come in the facility and fill out child risk & release form each visit.

- Pool
- Cardio Equipment Area- all upstairs cardio equipment, stretching areas and indoor track.
- Strength Training – Techno gym area, free weights, and functional training room.
- Group Exercise Classes
- Basketball court- Cannot participate in basketball during full court times on M/W/F evenings after 6:00 p.m.

Guests

- All guests must follow the age guidelines for use of the center
- Guests 8 & up must pay a guest fee.
- The member is responsible for the behavior of the guest.
- Guests 17 years and under must have a signed parental release each time they use the center.
- Guests 13 years and under must be accompanied by an adult.
- Guests 14 – 17 years old may be in the center without adult supervision, with a parent signature.
- Guests caught sneaking in will not be allowed to use the facility.
- Inappropriate behavior will result in dismissal from center, without refund.