



# Conway Regional Health & Fitness Center | Guidelines for Kids

Effective December 1, 2022

Area	0-5 years	6-10 years	11-13 years	14 years & older
<b>Pool</b> (See schedule for availability)	Allowed <u>during family recreation/swim time only</u> . Must be accompanied by adult (18+) in the water	Allowed <u>during family recreation/swim time only</u> . Must have adult (18+) supervision	Allowed with adult (18+) Supervision or adult in facility during family recreation/swim (non-swimmers must stay in shallow end)	Full access (non-swimmers must stay in shallow end)
<b>Whirlpool</b>	NOT allowed	Allowed with adult (18+) supervision (3 minute time limit) <u>during family recreation/swim time only</u>	Allowed with adult (18+) supervision	Full access
<b>Sauna</b>	NOT allowed		Allowed with adult (18+) supervision	Full access
<b>Steam room</b>	NOT allowed		Allowed with adult (18+) supervision	Full access
<b>Locker rooms</b>	Allowed in locker rooms of opposite gender. Must be accompanied by adult (18+)	NOT allowed in locker rooms of opposite gender. Must be accompanied by adult (18+)	Full access	
<b>2<sup>nd</sup> floor</b> (Cardio & Selectorized)	NOT allowed		Allowed with adult (18+) in facility, yellow wristband required for members and red for guests	Full access
<b>Functional Training Studio</b>	NOT allowed		Allowed with adult (18+) in facility, yellow wristband required for members and red for guests	Full access
<b>Free Weight Studio</b>	NOT allowed		Allowed with adult (18+) in facility, yellow wristband required for members and red for guests	Full access
<b>Racquetball courts</b>	Allowed with adult (18+) supervision		Allowed with adult (18+) in facility	Full access
<b>Group Exercise</b>	NOT allowed		Allowed with adult (18+) in class	Full access
<b>Spin Studio</b>	NOT allowed		Allowed with adult (18+) in class	Full access
<b>Play Center</b>	Ages 6 weeks - 10 years allowed with adult (18+) in the facility.		NOT allowed	