



Conway Regional Health & Fitness Center

Guidelines for Kids

Area	0-5 years	6-10 years	11-13 years	14 years & older
Pool (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)
Whirlpool	NOT allowed		Allowed with adult (18+) supervision	Full access
Sauna	NOT allowed		Allowed with adult (18+) supervision	Full access
Steam room	NOT allowed		Allowed with adult (18+) supervision	Full access
Locker rooms	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	
2nd floor (Cardio & Selectorized)	NOT allowed		Allowed with adult (18+) in facility, yellow wristband required for members and red for guests	Full access
Functional Training Studio	NOT allowed		Allowed with adult (18+) in facility, yellow wristband required for members and red for guests	Full access
Free Weight Studio	NOT allowed		Allowed with adult (18+) in facility, yellow wristband required for members and red for guests	Full access
Racquetball courts	Allowed with adult (18+) supervision		Allowed with adult (18+) in facility	Full access
Group Exercise	NOT allowed		Allowed with adult (18+) in class	Full access
Spin Studio	NOT allowed		Allowed with adult (18+) in class	Full access
Play Center	Ages 6 weeks - 10 years allowed with adult (18+) in the facility.		NOT allowed	