



Facility Age Policy

A parent or legal guardian must sign a waiver for any guest under the age of 18.

| Area | Age Policy |
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| To Enter the Facility | Children 11 and under must be supervised by someone 16 or older to enter the facility. Individual must remain in the facility unless child is participating in a Mac Rec program (excludes aquatic programming). |
| To Use Track | Anyone can utilize the track if abiding by the guidelines. |
| Locker Rooms | Children 5 years and younger may accompany an adult into the necessary locker room. |
| To Use the Weight Room, Cardio Pods, or take a Group Fitness Class | Children 12 – 14 may utilize these areas after passing teen training or providing signature from athletic coach. Children 15 and older may utilize the equipment and classes without restrictions. |
| Natatorium | Children 0 – 7 must be supervised by someone 16 or older in the water within arm's reach. Children 8 – 11 must be supervised by someone 16 or older in the natatorium. If a U.S. Coast Guard approved floatation device (properly fitted) is used, regardless of the age – the wearer must be supervised in the water within arm's reach. |
| Sauna, Steam Room, Hot tub | Participants must be 15 years or older to use the Sauna, Steam Room or Hot tub. |