

## VERDURE AGE REQUIREMENTS

I understand and agree to the following rules and regulations regarding certain age restrictions for facilities at VERDURE:

- KidZone is currently open on weekdays from 8:00 A.M. – 12:00 P.M. and 3:30 P.M. – 8:00 P.M., Saturday 8:00 A.M. – 2:00 P.M., and Sunday 10:00 A.M.- 2:00P.M. for children 3 months of age – 11 years of age. Hours may be subject to change. All children using the KidZone must be enrolled as members of VERDURE under the couple (single parent and one child) or family (one or more parents with more than one child) designation. KidZone facilities are not open to member access at any time except during the designated hours of operation. KidZone is limited to once per day per child for a maximum of 2 hours.
- KidZone: 3 months – 11 years of age (infant area 3 months – 18 months)
- Sports Arena/Gymnasium: Under 8 years old not permitted. Children 8-11 years of age must be accompanied by person 16 years of age or older who must be present at all times in the gymnasium. Parents must be in the facility for children 12-14 years of age.
- H.I.I.T. Zone: Under 8 years old not permitted. Children 8-11 permitted in the H.I.I.T. Zone only if they are participating in a VERDURE sponsored class, small group, or private training session. Children 12 years and older are otherwise permitted in the HIIT Zone. However, children 12-14 years of age must pass the VERDURE Teen Training Orientation and be accompanied by an adult 18 years or older.
- Rock Climbing Wall: Any age with adult supervision and proper equipment harnessed by VERDURE staff. Children 11 years and under must be specifically participating in a VERDURE sponsored class, small group, camp, or private training session.
- Golf Simulator: Any and all users must be accompanied by an adult member on the membership account and subject to hourly reservation and fee (unless otherwise included in membership).
- Racquetball: Under 8 years old not permitted. Children 8-11 years of age accompanied by person 16 years of age or older who must be present at all times in the viewing area. Protective eyewear is required.
- Pilates Studio: Under 12 years old not permitted. Children 12-17 permitted only if participating in a VERDURE sponsored class, small group, or private training session. 18 years and over are otherwise permitted with a VERDURE instructor.
- Mind/Body Studio: Under 12 years old not permitted. Children 12-14, with adult supervision, must be specifically participating in a VERDURE sponsored class, small group, or private training session AND must pass the VERDURE Teen Training Orientation.
- Cycling Studio: Under 12 years old not permitted. Children 12-14, with adult supervision, must be specifically participating in a VERDURE sponsored class, small group, or private training session AND must pass the VERDURE Teen Training Orientation.

- Strength/Cardio Studio: Under 12 years old not permitted. Children 12-14, with adult supervision, must be specifically participating in a VERDURE sponsored class, small group, or private training session AND must pass the VERDURE Teen Training Orientation.
- Fitness Floor: Under 12 years old not permitted. Children 12-14, with adult supervision at all times, must pass the VERDURE Teen Training Orientation. Children under the age of 15 not permitted on any free weights.
- Track: Under 12 years old not permitted. Children 12-14, with adult supervision, AND must pass the VERDURE Teen Training Orientation.
- Locker Rooms: Children under 12 not permitted in the adult locker rooms. Children 12 -17 years of age must use the specific locker area designated only for their age group in the adult locker room. Must be 18 years or older to use the steam, sauna, or hot tub.