



Children's Club Use Guidelines

GENERAL

CHILDREN UNDER 18 y.o. may only swim during lifeguarded swim times

- The Yakima Athletic Club considers a child anyone under 15 years of age.
- Non-member children, ages 3 – 14 yrs. accompanied by a current member, may use the tennis and racquetball courts or swim during life-guarded swim times, for a \$5 per day guest fee. Groups of 5 or more must be pre-arranged.
- Children under 3 yr. may use the pool free of charge.
- Children under the age of 15 yr. must be supervised by an adult or enrolled in a supervised club program while in the club, or on the club premises.
- Member children must check in at the front desk.
- Children may not "wait" unattended while their guardian(s) workout.

CLUB USAGE AND PROGRAMS AVAILABLE BY AGE

AGES 0 – 5

- **Pool Use** – Children must be accompanied by an adult 18 years of age or older during life guarded swim times ONLY. Children at this age can not be left alone with a lifeguard. Children in diapers must have plastic pants or swim diapers. No children allowed in the adult lap lane area of the pool. Children must abide by all pool rules and regulations. Please return any equipment to storage area after use.
- **Hot Tub Use** – Children under the age of 6 are NOT allowed in the hot tub. (WAC 246-260-110(27))
- **Locker Rooms** – Children 5 years of age and older are NOT allowed in the opposite sex locker room. (Parents may use the bathroom upstairs to help children over the age of 5).

- **Kid's Club** – Parents must be in the facility while children are in the Kid's Club. Check the Kid's Club for specific policies, rates and hours of operation.

AGES 6-14

- **YAC Night Out Family Program** – Parents and children 6 – 12 years of age may join in the organized activity for the evening. This program runs scheduled Fridays from November through March. This is a free program to YAC Family Memberships, see Program Guide for non member fees and specific information.
- **Kid's Club/REC Room** – Parents must be checked-in the facility while children are in the Kid's Club or REC Room. Check Kid's Club for specific policies, rates and hour of operation.
- **Equipment Use – Children under the age of 12 may not use the cardio equipment and weight equipment, or be allowed to sit or stand in any of the exercise areas, eg. weight room, cardio area and locker rooms.** Children ages 12 – 14 may use the cardio and weight equipment if supervised by an adult from the hours of 5:00am – 8:00am, 2:00pm – 4:30pm and 7:00pm – 10:00pm on the weekdays, and 12:00pm – 6:00pm on the weekend. (Summer hours: June 1st – August 31st: 1:30pm – 4:30pm on weekdays.
- **Pool Use-** Children 6 and older may swim during life-guarded times only. Parent must be on the premises. No children are allowed in the adult lap lanes. Please return any equipment to storage after use.
- **Hot Tub/Steam/Sauna** - Children under 15 yrs may not use the locker room hot tub, steam or sauna.
- **Group Fitness Classes-** Children 12 years and older may participate in any group fitness class. Proper non-marking shoes must be worn.
- **Court Use (Racquetball & Tennis)** - Children ages 8 and older may play court sports with a parent between the hours of 2:00pm – 4:30pm on the weekday and 12:00 – 6:00pm on the weekend. Adult members and/or scheduled programs have precedence of court use. Children must check in at the front desk before using courts. Eye guards are mandatory on racquetball courts. Non-marking shoes only.