



## YOUTH POLICY

Lakeshore Athletic Club encourages members to use the club as a family. For safety reasons and to respect the rights of all members, LAC has established the following youth policy as dictated by the American College of Sports Medicine (ACSM), the American Academy of Pediatrics (AAP), and the National Strength and Conditioning Association (NSCA), all of whom “support children’s participation in **appropriately designed and competently supervised programs.**”

LAC offers a variety of such programming for our youth members, both fee-based and non fee-based. While the club provides direct supervision for children during scheduled program times, it is the parents’ responsibility to escort children to and from each activity. Parents are directly responsible for their children’s behavior in all areas of the club.

### Child’s Age

### Lakeshore Athletic Club Youth Policy

Infant to 10

Allowed to use the gymnasium, indoor and outdoor pools, and tennis courts while in direct visual and speaking contact with a supervising and responsible adult member 18 years of age or older (same proximity, same activity). Must be part of a family membership or using the club on a guest pass (or participating in a club staff–supervised activity) in order to do so.

Children 10 years of age or older may be checked in with the lifeguard on duty once they have successfully performed a swim test. Wristband required.

11 to 13

Required to complete the **Youth Certification Program\*** in order to use the cardiovascular area, group exercise studios or weight room with a **LAC personal trainer**. Children 11-13 may utilize these areas while in direct visual and speaking contact with a supervising and responsible adult member 18 years of age or older (same proximity, same activity) or while working with a certified trainer on staff.

May use the gymnasium or tennis courts without adult supervision based on availability (check schedule at the Member Services Desk; reservations required for tennis), while supervising and responsible adult member 18 years of age or older is on the premises.

14 to 17

Able to use any area of the club without adult supervision. This includes use of the adult locker room. Adult privileges/usage of the club are granted with the expectation of adult behavior in return.

May bring in an adult (18 and older) guest, **OR** a youth guest (14 to 17) with a supervising and responsible adult 18 years of age or older (same proximity, same activity).

Locker rooms

Youth ages infant -13 must use the **youth locker rooms**. Not permitted to use adult locker room, including whirlpool, sauna, or steam room.

\*Five comprehensive personal training sessions **and authorization for extended use of club; \$200**

**Youth found not in compliance with the aforementioned policy will be escorted to Kidshore and the parent will be charged accordingly. Abuse of this policy could be grounds for termination of membership. Please note, this policy applies to members, non-members and guests.**

## **LAC LOCKER ROOM POLICY**

- Adult locker rooms are designated for those members 14 years of age and older.
- Youth ages infant -13 must use the Family Locker Rooms.
- Towels are to be returned to the towel drop-off.
- The steam room, whirlpool, and dry sauna (located in the adult locker room) are for members 14 years of age and older and are to be used for relaxation purposes only.
- No food or beverages permitted.
- Horseplay, roughhousing, loud noises, screaming, running, and excessive or improper use of water or amenities will not be permitted.
- LAC's cell phone policy applies to all locker rooms on Lakeshore Athletic Club property.
- Lakeshore Athletic Club reserves the right to refuse the use of any locker room facilities if used improperly by any member(s).

## **NANNY MEMBERSHIP**

For an additional fee, families with children 13 years of age or younger may add a nanny to their family membership. A nanny membership permits full usage of the club. A guardianship form must be completed and kept on file for a nanny to leave a child in Kidshore.