



All people entering the facility who are 17 or younger **MUST** have a Facility Usage Waiver on file, signed by parent/guardian. Waivers can be downloaded online at [www.krocquincy.org/membership](http://www.krocquincy.org/membership).

## Cardio Equipment

- Ages 13–15 years old **MUST** have a parent/guardian with them at all times. (Excludes weight equipment)
- 16 years and older may be alone.



## Fitness Classes

- Ages 13+ may participate in any class. (13–15 must have parent in building)
- Ages 12+ may participate in select classes. See current Program Guide for details. (Ages 12–15 **MUST** have parent in building)

## Walking / Running Track

- 12–15 can walk track by themselves with parent/guardian in the building.
- 16 years and older can walk by themselves.
- Any age can walk track if parent/guardian is with them.
- Strollers are not allowed on the track Monday through Friday, 3:30pm to 8:00pm.

## Weight Equipment

- **MUST** be 16 or older. (Ages 13–15 can get certified with our Teen Fit Certification)



## Gymnasium / Basketball Courts

- 11 years of age and younger must have a parent/guardian present.
- 12-15 **MUST** have a parent/guardian in the building.
- 16 years of age and older can be alone.

## Climbing Wall

- 11 years of age and younger must have a parent/guardian present.
- 12–15 years of age must have a parent/guardian in the building.
- 16 years of age and older can be alone.

## Aquatic Center

- Children, ages 8–11, of Members are allowed to enjoy our Aquatic Center while their parent or guardian exercises in another area of the building. (Member parent/guardian **MUST** check-in at the Control Desk and Lifeguard Station and remain in the facility during this time)
  - 11 years of age and younger **MUST** have parent/guardian in Aquatic Center.\*
  - 12–15 years of age **MUST** have a parent/guardian in the building.\*
  - 16 years of age and older can be alone.
- \* Unless part of a Kroc Center swim lesson or program when an instructor is present.

## The Ledge Game Room

- All Ages allowed in The Ledge with a parent/guardian.
- 8–11 **MUST** have someone with them who is 16 years or older in The Ledge.
- 8–11 (Members **ONLY**) can be alone as long as parent is in building.
- 12 years and older can be in game room alone.

## Child Watch - Huck's Hideout

- 6 months to 7 years of age

## Teen Fit CERTIFICATION

MEMBERS ONLY  
\$40 • AGES: 13–15

Teens learn the proper usage of the Kroc fitness equipment covering basic safety, fitness etiquette & resistance training. Upon completion, a special permit card allows them use of both cardio & weight equipment without parent/guardian supervision. Register at the Control Desk.

**MEMBERS:** A 16 year old (or older) sibling may accompany a younger sibling.

**MEMBERS OR NON-MEMBERS:** 15 or younger must be accompanied by an adult who is 18 or older.