



2024 AGE POLICY
(Updated May 1, 2024)

ADULTS 18 & OVER

- Full access to the entire facility including the 24/7 area after hours.

14 - 17 Year Olds

- Full access to the entire facility during normal operating hours.
- MAY NOT use the 24/7 area after hours.

11-13 Year Olds

- May use the basketball courts, running track, and pool WITH adult supervision. Adult must be in the same area/same floor.
- May use the 24/7 room, turf area, and cycling bikes upstairs WITH adult supervision after completing the Teen Weight Room Orientation.
- MAY NOT use the 24/7 area after hours.

10 Years of Age and younger

- May use the basketball courts, running track, and pool WITH adult supervision. Adult must be in the same area/same floor.
- MAY NOT use the 24/7 room, turf area, and cycling bikes upstairs.
- MAY NOT use the 24/7 area after hours.

Program Participants

- Any aged program participant may remain in the building without an adult if they are actively engaging in an organized activity being overseen by a trainer, coach, or RAC employee. Once the activity has ended, anyone 13 years of age or younger must be accompanied by an adult in the building. ***Non-members must leave the building immediately following the conclusion of their activity regardless of age.***

Tot Express

- Available for toilet trained children ages 2-12 that are on their parent or guardian's ***family membership***. Parents must remain in the building,
- Tot Express is available: Monday-Friday, 9:00am-11:00am, Monday and Wednesdays 6:00 -8:00 p.m., Tuesday and Thursdays 6:00- 7:00 p.m.
- No Tot Express on the following holidays: Memorial Day, July 4th, Labor Day, Halloween, Day after Thanksgiving, Christmas Eve and New Year's Eve.