

The Summit Medical Fitness Center

Guest Guidelines



Guest Information

- All guests **MUST** follow the age guidelines for use of the facility.
- The member is responsible for the behavior of the guest.
- Guests caught sneaking in will not be allowed to use the facility.
- Inappropriate behavior will result in dismissal from facility, without refund.

Please Be Aware of these Age Specific Guidelines. Check area schedules for available activities and times.

Children ages 6 and under

Children 6 and under may use the following areas of the facility with direct adult (18+) supervision. The responsible adult (18+) cannot leave a child unsupervised to use another area of the facility. Guest ages 4-6 must pay a guest fee or use a guest pass. Ages 3 and under are free with paying adult.

- Pool – Only during Open Swim times and **MUST** be accompanied in the water with a responsible adult. See aquatic age guidelines on back and pool schedule for availability.
- Gymnasium
- Track
- Racquetball court, check with fitness or front desk regarding availability.
- Climbing Wall is available for children 6 and older with direct adult (18+) supervision. See climbing wall schedule for guidelines and availability.
- Locker rooms: Responsible adult (18+) with same gender children 6 & under may use the men's & women's locker room. Steam room & sauna NOT allowed. Children **MUST** be under direct adult supervision. Responsible adult with opposite gender children **MUST** use the family changing rooms.
- Fitness area and Turf are not available for use.
- **All other areas of the facility are off limits unless the child is in a directly supervised Summit program.**

Children ages 7 – 12

Guests 7 years & older must pay a guest fee or use a member guest pass. They have access to most of the facility; however, they must be supervised by a responsible adult (18+) and within sight at all times in the gymnasium, track and racquetball court.

- Pool, during Open Swim times when a lifeguard is on duty and a responsible adult (18+) must be on premises. See aquatic age guidelines on back.
- Climbing Wall must be directly supervised by an adult (18+). See Climbing Wall schedule for other guidelines and availability.
- Fitness area, including all strength-training and cardio equipment areas are off limits.
- May use Turf only when participating in a Summit program lead by staff.
- **MUST** use Boy's and Girl's locker room. Men's and Women's locker rooms are off limits.

Children ages 13 – 17

Guests 13 to 17 years may be in the facility without adult supervision. Children are required to sign in at the front desk for each visit. See aquatic area age guidelines for details.



THE SUMMIT
MEDICAL FITNESS CENTER
KALISPELL REGIONAL HEALTHCARE

AQUATIC AREA AGE GUIDELINES :GUESTS					
	Age 0-5	Age 6	Ages 7-12	Age 13	14 & older
Spa	Not allowed at any time per Summit policy.				Full Access
Multi-Use Pool see schedule	Allowed during OPEN SWIM. MUST be under direct adult (18+) supervision in the water. (MAX 2 non-swimmers per adult)	Allowed during OPEN SWIM. Non-swimmers MUST wear a life jacket & stay in the shallow end. Responsible adult (18+) must stay in the building.	Allowed during OPEN SWIM. Non swimmers MUST wear a life jacket & stay in the shallow end. May use <u>without</u> a responsible adult on premises.	Full Access Non swimmer MUST stay in the shallow end.	
Lifeguards are on duty during Open Swim only.					