

FACILITY GUIDELINES BASED ON AGE MEMBERS



THE SUMMIT
MEDICAL FITNESS CENTER
 KALISPELL REGIONAL HEALTHCARE

All members are expected to behave in an appropriate manner. Members who fail to exhibit appropriate behavior may be removed from the facility and lose membership privileges.

AQUATIC AREAS					
	Age 0-5	Age 6	Ages 7-10	Age 11-13	14 & older
Spa	NOT allowed at any time per Summit policy.				Full Access
Multi-Use Pool See Schedule	Allowed during OPEN SWIM. <u>MUST</u> be under direct adult (18+) supervision in the water. (MAX 2 Non-swimmers per adult)		Allowed during OPEN SWIM. Non-swimmers <u>MUST</u> wear a life jacket & stay in the shallow end. Responsible adult (18+) supervision <u>MUST</u> be on premises.	Allowed during OPEN SWIM. Non swimmers <u>MUST</u> wear a life jacket & stay in the shallow end. May use <u>without</u> a responsible adult on premises.	Full Access Non swimmer <u>MUST</u> stay in the shallow end.
Lifeguards are on duty during Open Swim.					

ALL OTHER AREAS OF FACILITY

FACILITY GUIDELINES BASED ON AGE - MEMBERS

	Age 0-6	Ages 7-10	Age 11-12	13 & Older
Gym, Track, Racquetball Court	Allowed under direct adult supervision. Gymnasium Only: NOT allowed during Leagues.	May use when in line of sight of an adult (18+) or under the direct supervision of an adult (18+). See gymnasium schedule.	May use without a responsible adult on premises. See gymnasium schedule.	Full Access. Racquetball court reservations can be made at the Front Desk. See gymnasium schedule.
Alpine & Big Sky Studios	May use when a class is NOT in session. Children <i>may not</i> sit in studio during class. Adults must directly interact with children in organized activities. Fitness equipment for adult use only.			Full Access See schedule.
Canyon Studio	NOT allowed at any time.			Full Access See schedule.
Fitness Area Weight Area & Cardio Mezzanine	NOT allowed at any time.	NOT allowed at any time, with the following exception. Members ages 10, under direct adult (18+) supervision after attending Kids Quest Orientation.	Members ages 11-12, under direct adult (18+) supervision after attending Kids Quest Orientation.	Full Access.
Turf	NOT allowed at any time.	Only when participating in a Summit program. See schedule.	Only when participating in a Summit program. See schedule.	Full Access See schedule.
Tennis Courts	Allowed under direct adult (18+) supervision. Court reservations made at the Front Desk.			Court reservations made at the Front Desk.
Locker Rooms	Parents with <i>same gender</i> children 6 & under may use the men's & women's locker room. Steam room & sauna <u>NOT</u> allowed. Children must be under direct adult (18+) supervision.	Family and Boys' & Girls' Locker Rooms. Children MUST be under direct adult (18+) supervision.	Boys' & Girls' Locker Rooms.	Men's & Women's Locker Rooms. Full Access.
Climbing Wall Hang Time & Open Climb	Age 0-5	Age 6-12		MUST be belay certified by Summit staff. Advanced climbers must be on advanced climbing list. See schedule.
	NOT allowed at any time.	Allowed during Hang Time & Open Climb. MUST be under direct adult (18+) supervision and belay certified by Summit staff during Open Climb. See Climbing Wall schedule.		