



CAC-Gresham
 19201 SE Division St
 Gresham, OR 97030
 1-503-665-4142

WHAT CAN MY KIDS DO AT CAC-GRESHAM?

Your CAC-Gresham Family Membership includes the following:

If you do not have a Family Membership, you may pay a per visit fee. Or please talk with a Membership Director about a Family Plan
 Kids 4-9 is \$5 per visit during Family Times and Open Swim at Outdoor Water Park. 10 & Older is \$10/visit to the Gresham Club
 Guests 16 & older must get the manager on duty's approval before using the weight floor.

Code: *YFO - Youth Fitness Orientation *Direct Adult Supervision - someone 18 & older

AGES:	1-3 Yrs	4-9 Yrs	10-11 Yrs	12-15 Yrs	16-18 Yrs
ADULT LOCKER ROOMS	♦ Family Time Only with *direct adult supervision <i>Kids 3 & under: No use of Sauna/Hot Tub</i>	♦ Family Time Only with *direct adult supervision <i>Kids 4-14: Use of Sauna/ Hot Tub w/ direct adult supervision only</i> <i>Children 4 & older may not be in a locker room of opposite sex</i>	♦ Anytime	♦ Anytime	♦ Anytime
GYMS	♦ No Use	♦ Family Time with *direct adult supervision ♦ Organized Programs	♦ Anytime during Open Gym times with *direct adult supervision	♦ Anytime during Open Gym times with *direct adult supervision ♦ *By self, during Open Gym, after passing the Jr. Certification	♦ Anytime
<i>Remember to check gym board for available Open Times some age restrictions may apply</i>					
INDOOR SWIMMING POOLS	♦ Family Time with *direct adult supervision <i>Kids 3 & Under: NO Use of Hot Tub/Sauna/Steam</i>	♦ Family Time with *direct adult supervision ♦ Organized Programs <i>Kids 4-14: Use of Sauna/Steam/Hot Tub with direct adult supervision only</i>	♦ Anytime with *direct adult supervision ♦ Organized Programs	♦ Anytime with *direct adult supervision	♦ Anytime
OUTDOOR POOL COMPLEX	♦ Open Swim Times with *direct adult supervision <i>Kids 3 & Under: No use of Hot Tub</i>	♦ Open Swim Times with *direct adult supervision <i>Children 4 & older may not be in a locker room of opposite sex</i> <i>Kids 4-14: Use of Hot Tub with direct adult supervision only</i>	♦ Open Swim Times with *direct adult supervision	♦ Open Swim Times with *direct adult supervision ♦ a 14 yr old or older with another 14 yr old or older	♦ Open Swim Times
TENNIS/ RACQUETBALL COURTS	♦ No Use	♦ Family Time with *direct adult supervision ♦ Organized Programs	♦ Anytime with *direct adult supervision	♦ Anytime with *direct adult supervision ♦ By self, after passing the Jr. Certification	♦ Anytime
<i>To use the Tennis or Racquetball Courts, you must have appropriate Tennis or Racquetball Membership All Court Policy Rules and Regulations apply (Remember, only 2 Reservations per membership on the books at a time)</i>					
WEIGHT FLOOR & CARDIO EQUIPMENT & GROUP EXERCISE	Weight Floor and Cardio Equipment				
	♦ No Use	♦ No Use	♦ After YFO, anytime with *direct adult supervision must carry purple workout card <i>Cardio Equipment use may be restricted during busiest time of year</i>	♦ Family Time ♦ After YFO, anytime with *direct adult supervision ♦ By self, after passing the Jr. Cert. Must have orange workout card	♦ Anytime
	Group Fitness Classes				
	♦ No Use	♦ No Use	Kids must be at least 10 to attend a Fit Class (10-11 yr olds with an adult)		

June-August: Children on your membership (or with appropriate guest fee) ages 4-9 may use the Tennis and Racquetball Courts or Open Gym Times Monday-Friday until 5pm under constant adult supervision. (Indoor Pool and Lockerrooms are not available to kids under 10 except during Family Times with an adult)