

# WHAT CAN MY KIDS DO AT CAC-FISHER'S LANDING

Your CAC-Fisher's Landing 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 are \$5 (+tx) per visit during Family Hours. 10 & Older is \$9 (+tx)

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
<b>ADULT LOCKER ROOMS</b>	<ul style="list-style-type: none"> <li>Family Hours Only with <b>*direct adult supervision</b></li> </ul>	<ul style="list-style-type: none"> <li>Family Hours Only with <b>*direct adult supervision</b></li> </ul>	<ul style="list-style-type: none"> <li>Anytime</li> </ul>	<ul style="list-style-type: none"> <li>Anytime</li> </ul>	<ul style="list-style-type: none"> <li>Anytime</li> </ul>
<i>Children 4 &amp; older may not be in a locker room of opposite sex. Please use family changing rooms.</i>					
<b>GYMS</b>	<ul style="list-style-type: none"> <li>No Use</li> </ul>	<ul style="list-style-type: none"> <li>Family Hours Only with <b>*direct adult supervision</b></li> <li>Organized Programs</li> </ul>	<ul style="list-style-type: none"> <li>Anytime with <b>*direct adult supervision</b></li> </ul>	<ul style="list-style-type: none"> <li>Anytime</li> </ul>	<ul style="list-style-type: none"> <li>Anytime</li> </ul>
<b>INDOOR WARM WATER POOL</b>	<ul style="list-style-type: none"> <li>Family Hours Only with <b>*direct adult supervision</b></li> </ul>	<ul style="list-style-type: none"> <li>Family Hours Only with <b>*direct adult supervision</b></li> <li>Organized Programs</li> </ul>	<ul style="list-style-type: none"> <li>Family Hours Only</li> <li>Organized Programs</li> </ul>	<ul style="list-style-type: none"> <li>Family Hours Only</li> </ul>	<ul style="list-style-type: none"> <li>Anytime</li> </ul>
<i>Kids 15 &amp; under: No use of Sauna/Hot Tub/Steam Room</i>					
<b>INDOOR LAP POOL</b>	<ul style="list-style-type: none"> <li>No Use</li> </ul>	<ul style="list-style-type: none"> <li>No Use</li> </ul>	<ul style="list-style-type: none"> <li>No Use</li> </ul>	<ul style="list-style-type: none"> <li>No Use</li> </ul>	<ul style="list-style-type: none"> <li>Anytime</li> </ul>
<i>Kids 15 &amp; under: No use of Sauna/Hot Tub/Steam Room</i>					
<b>OUTDOOR POOL</b>	<ul style="list-style-type: none"> <li>Family Hours Only with <b>*direct adult supervision</b></li> </ul>	<ul style="list-style-type: none"> <li>Family Hours Only with <b>*direct adult supervision</b></li> </ul>	<ul style="list-style-type: none"> <li>Family Hours Only</li> </ul>	<ul style="list-style-type: none"> <li>Family Hours Only</li> </ul>	<ul style="list-style-type: none"> <li>Anytime</li> </ul>
<i>Kids 15 &amp; under: No use of Sauna/Hot Tub/Steam Room</i> <i>Children 4 &amp; older may not be in a locker room of opposite sex. Please use family changing rooms.</i>					
<b>THE COVE</b>	<ul style="list-style-type: none"> <li>Family Hours Only with <b>*direct adult supervision</b></li> </ul>	<ul style="list-style-type: none"> <li>Family Hours Only with <b>*direct adult supervision</b></li> </ul>	<ul style="list-style-type: none"> <li>Anytime with <b>*direct adult supervision</b></li> </ul>	<ul style="list-style-type: none"> <li>Anytime</li> </ul>	<ul style="list-style-type: none"> <li>Anytime</li> </ul>
<i>The Cove will be open at all times except during Club Rentals/Parties</i>					
<b>WEIGHT FLOOR &amp; CARDIO EQUIPMENT &amp; GROUP EXERCISE</b>	<b>Weight Floor/Cardio Equipment</b>				
	<ul style="list-style-type: none"> <li>No Use</li> </ul>	<ul style="list-style-type: none"> <li>No Use</li> </ul>	<ul style="list-style-type: none"> <li>After YFO, anytime with <b>*direct adult supervision</b> must carry purple workout card <i>Cardio Equipment use may be restricted during busiest time of year</i></li> </ul>	<ul style="list-style-type: none"> <li>After YFO, anytime with <b>*direct adult supervision</b></li> <li>By self, after passing the Jr. Cert. Must carry orange workout card</li> </ul>	<ul style="list-style-type: none"> <li>Anytime</li> </ul>
	<b>Group Fitness Classes</b>				
	<ul style="list-style-type: none"> <li>No Use</li> </ul>	<ul style="list-style-type: none"> <li>No Use</li> </ul>	<ul style="list-style-type: none"> <li>Kids must be at least 10 to attend a Fitness Class (10-11 yr olds with an adult)</li> </ul>		
<b>ROCKWALL</b>	<b>Rock Wall</b>				
	<ul style="list-style-type: none"> <li>No Use</li> </ul>	<ul style="list-style-type: none"> <li>Open Climb Times 5 &amp; up parent must be in South Fitness area</li> </ul>	<ul style="list-style-type: none"> <li>Open Climb Times parent must be in South Fitness area</li> <li>May 'Boulder' anytime (after certification*) w/ direct adult supervision</li> </ul>	<ul style="list-style-type: none"> <li>Open Climb Times</li> <li>May 'Boulder' anytime (after certification*)</li> </ul>	<ul style="list-style-type: none"> <li>Open Climb Times</li> <li>May 'Boulder' anytime (after certification)</li> </ul>
<i>Please ask at Desk about the *Boulder Certification Program</i>					