



# Westwood

Wellness begins here.

## AGE RESTRICTIONS\*

### TOTAL FITNESS MEMBERS

- 13+ years of age: Can utilize all fitness areas\*\* and track building without an adult.
  - 13-15 year-olds must complete an approved Youth Fitness class.
- 9-12 years of age: Can utilize all fitness areas\*\* with an adult after completing a Park District offered Youth Fitness class (with a specially colored ID card).
- 12 and younger: Can utilize the track building with an adult also in the track building.

### DROP-INS

- 16+ years of age: Can utilize all fitness areas\*\* and track building without an adult.
- 9-15 years of age: Can utilize all fitness areas\*\* with an adult in the same area after completing a Park District offered Youth Fitness class. In an instance where a class has not been available, the drop ins can use the facility with an adult after signing an additional waiver and an acknowledgment that they are only allowed to do this until the next youth fitness class is offered.
- 15 and younger: Can utilize the track building with an adult also in the track building.

### AGES 8-UNDER

- Not allowed in any fitness area\*\* unless participating in the Park District program; or attending a rental, Kids Gym, or a party.

### WESTWOOD WELLNESS

- Open to ages 16+ (excluding stand up tanning booths, which are only available to ages 18+). Younger individuals may utilize Westwood Wellness if they have a doctor's note recommending one of our services to treat a medical condition.

### BUILDING #3

- 13+ years of age: Can utilize Building #3 lower areas without an adult.
- 12 and younger: must have an adult present.

### BUILDING #2

- Any age can play if an adult is in the B2 lobby.
- Must be 13 to rent without a parent.

\*Westwood reserves the right to temporarily modify these age restrictions for special/specific reasons.

\*\*Fitness areas include... cardio area, upper/lower fitness areas, functional training area, fitness turf, boxing area, warehouse, wood basketball courts and tennis courts.