

Davis Swim & Fitness

Kids Club Rules/All Children

6 months – 7 years must be checked In “Kids Club”

(All kids that are checked into Kids Club, by parents, must stay in kids club and cannot leave unless their parents check them out).

8 years – 10 years Can Sit “Quietly” table/chairs – Do Homework!

(However, if the child has difficulties sitting by themselves, we may ask the parent to make other arrangements for childcare).

10 years – 13 years May Become a Member, Parents Signature on Enrollment, Signed Off By Personal Trainer, Accompanied by Adult and ONLY use “Cardio Equipment” or “Group-X Classes”. Muscle development is still in process and not recommended until a child is 14 years old or older, please see personal trainer to evaluate your Childs development.

14 years – 17 years Can Use Cardio & Strength Training Equipment

All children in this age group are allowed to workout un-accompanied by a parent but must sign paperwork for liability and feel comfortable with their child’s behavior in this setting.

** However, if any child becomes difficult or does not follow all club rules, they may be asked to discontinue their membership until their behavior has improved.*

NO CHILDREN OR NON-MEMBERS ARE ALLOWED ON FITNESS EQUIPMENT- It is up to the parent to make sure that their children do not enter this area or sit, play or come close to fitness equipment. **This is for the safety of your children!**

Group X Room

No Kids Allowed In Group X Room during Classes. After classes any kids must be accompanied by a Kids Club Staff! This is not a play area for parents to leave their children unattended.

Swimming Pool Rules

Anyone under 18 years of age MUST have a parent or adult accompany them while swimming, absolutely NO exceptions, no matter how great of a swimmer your child is. We do not have a lifeguard on duty! This policy cannot and will not be altered and is highly enforced.

Play Structure / Basketball Court Rules

No child under 7 years of age is allowed in this area without adult supervision. Children over the age of 7 may play in this area and are the parent’s responsibility if an incident occurs. Any child that cannot play well in this environment may be asked to leave.

Rules for All Club Members:

- ***Put back your weights when you are done using them, don't leave them on the equipment for someone else to re-rack***

Courtesy Please..... Some members may not be able to move larger weights.....

- ***No equipment should ever be monopolized by one member – If you are doing sets between machines, you cannot ask another member to NOT use that machine while you are doing another set on another machine. You must work “politely” with all members and “work together” to accommodate each other’s needs.***

- ***We DO NO tolerate “bullying, vulgarity or profanity” at DSF***

Anyone who uses such tactics to make any member feel uncomfortable will be asked to leave the premises and we will discontinue their membership.

- ***Talking Negatively About Any Issues***

If you have an issue regarding our facility, we encourage you to discuss it with the owners of the club so we can fix the issue before it becomes a problem. We want to have a positive experience for all of our members and highly recommend you not talk negative to other members. This always creates an uncomfortable environment for others.

- ***Wear The Right Stuff***

You must wear a closed toe shoe and fitness shoes are recommended anytime you workout. Please consult a fitness shoe store for the right shoe for your fitness needs.

We are a family friendly fitness club that strives on making your fitness environment as comfortable as possible. These rules are made to protect our members and the safety of ALL members who join Davis Swim & Fitness.

Any questions or concerns: please consult ownership ASAP!