



At Bethany Athletic Club, we pride ourselves in having a family-friendly facility to promote health and wellness to all ages, including our junior members. We have developed a program for 9-15 year old members to help build trust by giving them more responsibility and access to various areas of the club, without supervision. For all children under the age of 9, we encourage parents to enjoy the club with their children, but only with direct supervision and only in specified areas of the club. All children 8 and under must receive a red wristband upon check-in to help our staff indicate the amount of access the child may have. Please see rules/policies below.

### **Self-Manager Program**

Bethany Athletic Club Members ages 9-15 years old have access to the Self-Manager Program, which gives them the opportunity to be given more responsibility and choices within Bethany Athletic Club. To become a self-manager, junior members must go through the self-manager orientation program. Sign-ups for the program are scheduled through the front desk. Once a self-manager has gone through the orientation, they will be put in the BAC computer system as a self-manager and receive a yellow wristband each time they check into the club. The rules listed below are a general guideline for behavior; additional rules may apply. Being a Self-Manager is a privilege, not a right, therefore they are expected to have a respectful and mature attitude at all times. **Please note that up until the age of 13, a parent or guardian must remain in the facility at all times.** Please see below for more details on access areas to the club for Self-Managers.

### **PEAK Performer Program**

Bethany Athletic Club Members ages 13-15 years old are eligible to take the PEAK Performer class (after completion of the Self Manager Program) to not only have access to the club without a parent/guardian on the premises, but also have full access to the weight room, cardio equipment and group exercise classes. The class is a 1-hour session with a certified personal trainer during which students will learn how to exercise properly with weight room and cardio equipment, learn proper weight room etiquette, and learn to train different areas of the body. Members can sign their children up for our PEAK Performer Class through our Front Desk Staff. There is no fee for this one time class. Once a PEAK Performer has completed their session, they will be put in the BAC computer system as a PEAK Performer and receive a green wristband each time they check into the club. Please see below for more details on access areas to the club for PEAK Performers.

### **Rules/Policies for All Children of Bethany Athletic Club**

**Front Desk:** All children that enter the club must check in at the Front Desk upon arrival and receive a wrist band according to age and program status.

**Locker Rooms:** No children under the age of 8 allowed in Men's/Women's Locker Rooms, even with adult supervision. Children 8 and under may use Family Locker Room with direct adult supervision. 9-12 years old may use Family Locker Room without adult supervision and Adult Locker Rooms with adult supervision. 13 and older may use the Men's/Women's Locker Rooms without adult supervision. . Adult Locker Room Rules are as follows - hot tub, sauna and steam room are PROHIBITED to all children 12 and younger (even with adult supervision), no children of the opposite sex allowed in Adult Locker Rooms and slamming of lockers and overnight use of lockers is prohibited.

**Pool:** Children 8 and under must remain with a parent/guardian at all times with direct supervision, unless in a swim program. Self-Managers/PEAK Performers must check in with a lifeguard and pass a swim test (25 yds without assistance). Once swim test is passed, their name will be added to a swim test list and lifeguards will check children in each time they free swim without a guardian. If no lifeguard is on duty, there must be a parent or guardian over the age of 16 in the pool area with the child; that parent or guardian is responsible for the safety of the swimmer. No running or horseplay is allowed in the pool area. Return any equipment after use and be sure to check out with the lifeguard when leaving.

**Hallways/Elevator/Back Stair Well:** There is no running, bouncing of balls or yelling allowed in the hallways. Please strive to maintain a peaceful atmosphere by being respectful and friendly to others. Children 8 and under MUST have



direct adult supervision at all times throughout hallways in the club. Self-Managers/PEAK Performers may have access to all hallways without adult supervision. Access to elevators and back stair well is restricted to all children unless directly supervised by an adult.

**Basketball Court:** Children 8 and under may use basketball court with direct adult supervision or while checked into a BAC class for children. Self-Managers/PEAK Performers may use the basketball court without adult supervision. While programs are taking place in the basketball court, be respectful of the members and instructors by staying out of the way and only using the court that is not in use. Please do not abuse the equipment. If something breaks, it will take a while to replace it, so be respectful of the equipment when using it and always be sure to return the basketballs when you are done using them. For use of other equipment, Self-Managers may check them out at the Front Desk but must also return to the front desk when finished.

**Track:** Children under the age of 8 may not have access to the track, even with adult supervision. Children 8 and under may only use track with BAC staff in a supervised class. Self-Managers and PEAK Performers may use track without direct adult supervision, as long as rules of the track are followed such as following signs of jogging/walking in the correct direction for that day of the week and always being respectful to any runners or members taking a class in the GX studio. Strollers are not allowed on the track due to space limitations.

**Group Ex Classes/MindBody Studio/Spin Studio:** Children 3-5 must have parental supervision during kid's group ex classes and children 6-8 may be dropped off by a parent and remain under instructor supervision for the duration of the class. Prompt pick up of children 6-8 years old is required after classes end. Due to larger than normal adult group ex class sizes, Self-Managers are no longer allowed to take adult group ex classes, even with approval. Self-Managers can take Kids Yoga, Kids Zumba and Kids Strength and Conditioning classes without adult supervision. PEAK Performers may take any adult group ex class without adult supervision or special permission from instructors. If rules are not adhered to, instructors have the right to deny access to junior members in group ex classes as needed. No members under the age of 16 are allowed in the cycling studio under any circumstances.

**Bistro/Lobby:** Children 8 and under must have direct adult supervision at all times in the Bistro and Lobby areas. Self-Managers/PEAK Performers may have access to Bistro and Lobby areas without adult supervision, as long as guidelines are followed, such as being respectful to all members and to the facility itself, and cleaning up after use.

**Junior Lounge:** Children 8 and under may only have access to the Junior Lounge if directly supervised by Kid Central Employees. Self-Managers/PEAK Performers may have access to the Junior Lounge as a quiet place to do homework or play board games.

**Salon and Spa:** Children 8 and under may not have access to the salon or spa, even with adult supervision. The daycare may be used as a complimentary service while receiving a spa service, as long as it is within the child care hours. Children 9-12 may receive specific services from the salon and spa, with a parent/guardian consent form filled out and signed with each service, and with adult supervision during the service. Junior Members 13-17 may receive spa services without a parent/guardian present or on the premises, as long as a parent/guardian consent form is signed prior to service.

**Self-Managers 9-12 years old must have a parent/guardian/responsible adult remain onsite at all times while using the facility. If a member is bringing in a guest who is a minor, the 'Youth Assumption of Risk and Liability Release Agreement' must be signed by the legal parent or guardian of said minor and can simply be brought with the minor when visiting Bethany Athletic Club.**

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Disciplinary Steps for Self-Managers/PEAK Performers who do not adhere to the guidelines:

Steps are in sequential order. BAC staff reserves the right to skip steps for more serious infractions.

1. A verbal warning will be given and the Self-Manager will need to repeat the course. Parent/Guardian will be notified.
2. A written warning will be given and the Self-Manager will need to repeat the course. Parent/Guardian will be notified.
3. Self-Manager will be placed on a one-week suspension and will repeat the course. Parent/Guardian will be notified.



4. Self-Manager will be placed on a one-month suspension and will repeat the course. Parent/Guardian will be notified.
5. Self-Manager will be terminated from the program and will not be eligible to take the course again. The child will only be allowed to enter and use the Bethany Athletic Club when accompanied by a parent at all times in the facility. The membership of the family may result in termination, depending on the action of the individual.

## CLUB ACCESS CHART

BRACELET COLOR	RED	YELLOW	GREEN	
CLUB AREA	AGES 0 - 8	AGES 9 - 12 SELF MANAGER	AGES 13-15 PEAK PERFORMER	AGES 16-17
Kid Central				
Family Changing Rooms	With parent			
Hallways	With parent			
Pools	With parent	With lifeguard	With lifeguard	
Basketball Court	With parent			
Lobby	With parent			
Junior Lounge	With BAC staff			
Check out equipment at Front Desk				
Track	With BAC staff			
Adult Locker Rooms		With Parent		
Fitness Annex				
Athletic Training Room		With BAC staff	With BAC staff	
MindBody Studio	With BAC staff	With BAC staff		
Group X Studio	With BAC staff	With BAC staff		
Cycling Studio				
Weight Room Area				
Hot Tub, Steam Room & Sauna				
Bistro	With parent			
Salon and Spa		With Parent		



Allowed Access				
Restricted Access				
No Access Allowed				

For more information about our Self-Manager, PEAK Performer or any other club programs, please contact the Front Desk or email [alona@bethanyathleticclub.com](mailto:alona@bethanyathleticclub.com)