



Whirling Thunder Wellness Center Facility Age Guidelines

Whirling Thunder Wellness Center Gym

- The following rules are enforced after 5:30pm
- An individual must be at least 12 years of age to be in the gym
- If an individual is from ages 5-11 they must be accompanied by an individual who is at least 12 years of age
- If an individual is under the age of 5 they need to be accompanied by an individual who is at least 18 years of age.

Whirling Thunder Wellness Center Pool

- The following rules are enforced after 5:30pm
- An individual must be at least 12 years of age to be in the pool
- If an individual is from ages 5-11 they must be accompanied by an individual who is at least 12 years of age
- If an individual is under the age of 5 they need to be accompanied by an individual who is at least 18 years of age.

Whirling Thunder Wellness Center Exercise Facility

- Individuals wanting to use the exercise facility must be at least 14 years of age and must be signed up through our membership management software.
- All individuals must use the fingerprint scanner or keypad to access the exercise areas.
- Any individuals between ages 8-14 that want to use the facility must be accompanied and **supervised** by a guardian or parent of 18 years or older.
- Individuals must be 14 years or older to participate in group exercise classes.