



Youth & Family Guidelines

Michigan Athletic Club

The Michigan Athletic Club extends full membership privileges to adults and young adults, age 13 and older. We ask that dependents under 13 years of age be accompanied by a parent or guardian at all times unless enrolled in a supervised program or meet the Youth Guidelines set below.

Guardian is defined as a person such as a grandparent, stepparent or an adult age eighteen or older with whom the child lives, or a person who is legally responsible for the child's welfare, or is a designated caregiver for the child. Written authorization by means of a completed MAC Child Care Provider Form must be in place before any child can be accompanied by anyone other than his or her parent(s) at the MAC. MAC Child Care Provider Forms can be found with the Members Service Representatives located near the club entrance.

DAY(S)	KID'S KLUB	CARDIO EQUIPMENT & TRACK	RESISTANCE TRAINING EQUIPMENT	SUMMER OUTDOOR POOLS	DOMETIME OUTDOOR POOLS	GYMNASIUM MAIN / EAST	RACQUET COURTS
MONDAY	8:30am-8:30pm	9:00am-11:00am 1:00pm-4:00pm 7:00pm-10:00pm With Fit Kids Certification	9:00am-11:00am 1:00pm-4:00pm 7:00pm-10:00pm With Fit Kids Certification	11:00am-1:00pm 4:00pm-8:00pm Supervised 11:00am-9:00pm Family Time	4:00pm-7:00pm Supervised 3:00pm-8:00pm Family Time	See Gym Schedules for "Open Gym" Times	3 years of age and up All Day – Reservation Required
TUESDAY	8:30am-8:30pm	9:00am-11:00am 1:00pm-4:00pm 7:00pm-10:00pm With Fit Kids Certification	9:00am-11:00am 1:00pm-4:00pm 7:00pm-10:00pm With Fit Kids Certification	11:00am-1:00pm 4:00pm-8:00pm Supervised 11:00am-9:00pm Family Time	4:00pm-7:00pm Supervised 3:00pm-8:00pm Family Time	Located at each gym and on www.themac.org	3 years of age and up All Day – Reservation Required
WEDNESDAY	8:30am-8:30pm	9:00am-11:00am 1:00pm-4:00pm 7:00pm-10:00pm With Fit Kids Certification	9:00am-11:00am 1:00pm-4:00pm 7:00pm-10:00pm With Fit Kids Certification	11:00am-1:00pm 4:00pm-8:00pm Supervised 11:00am-9:00pm Family Time	4:00pm-7:00pm Supervised 3:00pm-8:00pm Family Time	See Gym Schedules for "Open Gym" Times	3 years of age and up All Day – Reservation Required
THURSDAY	8:30am-8:30pm	9:00am-11:00am 1:00pm-4:00pm 7:00pm-10:00pm With Fit Kids Certification	9:00am-11:00am 1:00pm-4:00pm 7:00pm-10:00pm With Fit Kids Certification	11:00am-1:00pm 4:00pm-8:00pm Supervised 11:00am-9:00pm Family Time	4:00pm-7:00pm Supervised 3:00pm-8:00pm Family Time	Located at each gym and on www.themac.org	3 years of age and up All Day – Reservation Required
FRIDAY	8:30am-7:00pm	9:00am-11:00am 1:00pm-4:00pm 7:00pm-10:00pm With Fit Kids Certification	9:00am-11:00am 1:00pm-4:00pm 7:00pm-10:00pm With Fit Kids Certification	11:00am-1:00pm 4:00pm-8:00pm Supervised 11:00am-9:00pm Family Time	4:00pm-7:00pm Supervised 3:00pm-8:00pm Family Time	See Gym Schedules for "Open Gym" Times	3 years of age and up All Day – Reservation Required
SATURDAY	8:00am-5:00pm	All Day With Fit Kids Certification	All Day With Fit Kids Certification	11:00am-1:00pm 4:00pm-8:00pm Supervised 11:00am-8:00pm Family Time	11:00am-1:00pm 3:00pm-5pm Supervised 11:00pm-8:00pm Family Time	Located at each gym and on www.themac.org	3 years of age and up All Day – Reservation Required
SUNDAY	9:00am-4:00pm	All Day With Fit Kids Certification	All Day With Fit Kids Certification	11:00am-1:00pm 4:00pm-8:00pm Supervised 11:00am-8:00pm Family Time	11:00am-1:00pm 3:00pm-5pm Supervised 11:00pm-8:00pm Family Time	See Gym Schedules for "Open Gym" Times	3 years of age and up All Day – Reservation Required

KID'S KLUB

- Available for children 8 weeks to 12 years
- Maximum length of care is 3 hours for children 18 months and older, 2 hours for children under 18 months old per visit. Call 517.364.8809 to make a reservation for any child under 18 months old.
- Fee: \$3.30/hr/1st Child; \$2/hr/ for each additional child of the same family

- See reverse side for additional details and clarifications

(Please contact the Concierge Desk #517.364.8888 for special hours and programs during school holidays)

HAVE FUN!!!

Youth & Family Guidelines

(back side)

FAMILY HOURS

- Dependents ages 8-12 years must complete a Fit Kids Certification through the Fitness Department to use CARDIO and RESISTANCE TRAINING EQUIPMENT. (see front for detailed times)
- Children 12 years and under must be accompanied by a parent or guardian at all times.

FIT KIDS CERTIFICATION

- Available for children of members ages 8-12 years.
- Required to complete a Fit Kids Certification to use CARDIO and RESISTANCE TRAINING EQUIPMENT (excludes free weight equipment). Children must wear their certification badge provided by the fitness department while using the fitness equipment. (if badge is lost please see the Fitness Department for a replacement)
- Fitness equipment use is restricted to CARDIOVASCULAR EQUIPMENT for children ages 8-10 years of age with a Fit Kids Certification.
- RESISTANCE TRAINING EQUIPMENT (excludes free weight equipment) is available for Children 11-12 years with a Fit Kids Certification.
- PARENTS OR GUARDIANS must accompany child at all times unless child is participating in a specific supervised program/event or is in the gym during designated "Open Gym" time as a Certified Fit Kid.
- Register by calling the Concierge Desk at 517.364.8888. This program is complimentary for all members.

OPEN GYM (MAIN & EAST GYM)

- Look for "Open Gym" times on the Main Gym and East Gym schedules located near each gym, at www.themac.org or call the Concierge Desk for available "Open Gym" times 517-364-8888
- Availability limited by programs, events and group activities.
- "Open Gym" is defined as time provided for members and families to participate in court activities of their choice.
- Children 8-12 years that have their Fit Kids Certification may participate in the designated "Open Gym" times without the parent or guardian present (Parents must still be present at the MAC).
- Children 12 years and under without a Fit Kids Certification must be accompanied by a parent or guardian at all times even during designated "Open Gym" times.

POOLS & WET KIDS CERTIFICATION

- Children 12 years and under must be accompanied by a parent or guardian at all times in the pool areas unless the child has a Wet Kids Certification.
- Children 10 – 12 years of age may use the outdoor pools during supervised swim time with a Wet Kids Certification
- Wet Kids Certification: Children must be able to swim one length of the lap pool and demonstrate this to a lifeguard for the DOME and SUMMER seasons each year. This program is complimentary for all members. (See any Lifeguard for details)
- Children must be signed in/out by parent/guardian with lifeguard
- "Supervised" is defined as time for Wet Kids Certification to use the pool without parent supervision present
- "Family Time" is defined as time for families to use the pool
- "Summer" is defined as the time the outdoor pool is not covered by the dome
- "Dometime" is defined as the time when the Dome is over the outdoor pool

LOCKER ROOMS

- Children 4 years and older are not permitted in the locker room of the opposite sex. (Please use Family Changing Rooms)
- Family Changing Rooms are located between men's and women's locker room #2 and we encourage the use for all children under the age of 13 years.
- Children 13 years and under are not permitted in spa, saunas or steam room as determined by the Michigan Department of Health.

GROUP FITNESS CLASSES

- Children 13 years and older may attend all classes.

INDOOR TRACK

- Children ages 8-12 years must be accompanied by a parent or guardian at all times.
- A Fit Kids Certification is not required to use the track but is recommended.

(Please contact the Concierge Desk #517.364.8888 for special hours and programs during school holidays)

HAVE FUN!!!