

# CHILD POLICY

rev. May 2025

## KEEPING YOUR CHILDREN SAFE!



This brochure outlines the policies for all children at Henry Ford Genesys Health Club. For more information on these policies, please contact Membership Services at (810) 606-7523.

As a family friendly facility, we have many activities to aid families in their pursuit of a healthy lifestyle. Children are always welcome, and there is no charge for member children or grandchildren under 13 years of age.

For the safety of our members and our member children, some areas of the club are prohibited to children under the age of 13 and adult supervision is required in others. To aid members, guest, and staff, children 6—12 years of age are required to wear one or two wristbands depending on their age and/or certifications. **Wristbands must always be visible**, and may only be removed after child leaves the facility.

### Definitions

**Child:** Under the age of 13

**Adult Supervision:** 18 years of age or older

**Red Wristband:** Children 6—12 years of age who have not completed a FitKid/Safety Orientation

**Green Wristband:** Children 10—12 years of age who have completed a FitKid/Safety Orientation

**Orange Wristband:** Children 6—12 years of age who are swim test approved

### Red Wristband

Children who are not FitKid/Safety certified, between the ages of 6—12 years are required to obtain a red wristband from the Service Desk. The red wristband indicates to Henry Ford Genesys Health Club staff the child is eligible to be in certain areas of the club **under the direct supervision of an adult**, see "Permitted with Adult" section for eligible areas.

### Green Wristband

Member children 10—12 years of age are able to utilize additional areas of Henry Ford Genesys Health Club **under direct supervision of an adult**, after completing a complementary FitKid/Safety Orientation with a Fitness Specialist. Upon completion of the FitKid/Safety Orientation, a notation will be made on the member child's account and a green wristband may be obtained at the Service Desk upon each visit.

FitKid/Safety Orientations may be scheduled by contacting Membership Services at (810) 606-7523.

## Orange Wristband (Aquatics)

**Orange wristbands are required for children 6—12 years of age in order to swim without the supervision of a parent or adult.** Member children must meet the following requirements.

1. Child must enter the family/therapy pool and stand with head completely above water.
2. Child must swim one (1) length of the family/therapy pool unassisted and without stopping.

Upon successfully completing the swimming test, a notation will be made on the child's account and an orange wristband may be obtained at the Service Desk upon each visit. The orange wristband will notify Henry Ford Genesys Health Club staff that the child is allowed to be checked in with the lifeguard.

Provided the child meets the requirements listed above, parents or adult members may sign in member children ages 6—12 years of age for up to an hour (members may not sign in non-member children). The parent or adult member must check in with the lifeguard after one hour for an additional half hour of swim time. Maximum swim time: 1 1/2 hours.

The adult member must remain in the club the entire time the child or children are signed in with the lifeguard.

## Child Etiquette

Members are responsible for the behavior of their child at all times. Children are subject to the same rules and guidelines as adults. Please review the rules and guidelines with your children before using the facility.

## Permitted WITHOUT an Adult

- Checked into Kids Corner (3 yrs.—12 yrs.)
- Checked into pool area (ages 6—12, Orange Wristband)
- Participating in a youth program (all ages)

## Permitted WITH an Adult

### **Red Wristband (6—12 years of age):**

- Basketball courts
- Golf
- Tennis courts
- Racquet courts
- Pool

### **Green Wristband:**

Additional child friendly areas are available for children 10—12 years of age after a FitKid/Safety Orientation has been completed.

- Cardio equipment located near the stairs in the tennis area
- Mezzanine area (upstairs)
- Track (adult must be on track with child)
- Basketball Courts
- Golf
- Tennis Courts
- Racquet Courts
- Pool
- Group Fitness Classes

## Not Permitted

- Main cardiovascular area
- Main strength training area (unless with a Trainer)
- Steam room, Sauna, Hot Tub or Cold Plunge
- Auxiliary strength area located near the tennis courts (unless with Personal Trainer)

## Hours of Operation

### **Club Hours**

Monday—Friday	5:00 a.m.-9:00 p.m.
Saturday	7:00 a.m.-8:00 p.m.
Sunday	7:00 a.m.-8:00 p.m.

*\*Holiday hours and changes posted.*

### **Membership Services**

Monday—Friday	8:00 a.m.-6:00 p.m.
Saturday	8:00 a.m.-1:00 p.m.
Sunday	Closed

*\*\*Closed holidays. Changes will be posted.*

# GET IN. GET FIT. GET THE MOST OUT OF LIFE.

801 Health Park Blvd., Grand Blanc, MI 48439 | [HenryFordGenesysHealthClub.com](http://HenryFordGenesysHealthClub.com)