






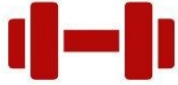


Family and Kids Activities at CBRC

	 <p>Swimming Pools</p>	 <p>Basketball Courts</p>	 <p>Indoor Track</p>	 <p>Racquet Sports</p>	 <p>Fitness Center</p>	 <p>Group Exercise Classes</p>
<p>Ages 5 and under</p>	<p>Rec swim, Aqua Track, private or group swim lessons are available. Adult supervision required. <i>Ages 6 and older may check-in with lifeguard at indoor pool.</i></p>	<p>Must have adult present. Balls available upon request at the front desk.</p>	<p>Not applicable to this age group.</p>	<p>*Reserve a court for the entire family. Age 6 may enroll in Red Dot Tennis.</p>	<p>Not applicable to this age group.</p>	<p>May attend Zumba Kids.</p>
<p>Ages 6-9</p>	<p>May check-in child with lifeguard at indoor pool. Rec swim, Aqua Track, private or group swim lessons are available.</p>	<p>Must have adult present. Balls available upon request at the front desk.</p>	<p>Must be accompanied by an adult.</p>	<p>*Reserve a court for the entire family. Private lessons or group lessons are available.</p>	<p>Not applicable to this age group.</p>	<p>May attend Zumba Kids.</p>
<p>Ages 10-13</p>	<p>May check-in child with lifeguard at indoor pool. Rec swim, Aqua Track, private or group swim lessons are available.</p>	<p>No restrictions. Ball available upon request at the front desk.</p>	<p>Must be accompanied by an adult.</p>	<p>*Reserve a court for the entire family. Private lessons or group lessons are available.</p>	<p>Must complete youth orientation before using the equipment. Private/Group Personal Training available. <i>(please see reverse for more information)</i></p>	<p>May attend with adult supervision. All strength classes are to be performed without equipment. <i>(please see reverse for more information)</i></p>
<p>Ages 14 and older</p>	<p>No restrictions.</p>	<p>No restrictions. Ball available upon request at the front desk.</p>	<p>No restrictions.</p>	<p>*Reserve a court for the entire family. Private lessons or group lessons are available.</p>	<p>No restrictions. Private/Group Personal Training available.</p>	<p>May reserve a class. No restrictions.</p>
<p>As a family</p>	<p>No restrictions.</p>	<p>No restrictions. Ball available upon request at the front desk.</p>	<p>No restrictions.</p>	<p>*Reserve a court for the entire family. <i>*Reservations are limited to tennis and racquetball courts only.</i></p>	<p>Limited to parents and children 14 and older.</p>	<p>Limited to parents and children 10 and older. Must reserve spot per participant. <i>* Reservations can be made via mycbrc app.</i></p>



Fitness Center

Ages 10-13

Must complete youth fitness orientation before using the equipment.

- Sign up for a complimentary 30-minute youth orientation with a personal trainer at the Front Desk or Fitness Desk.
- Upon completion of youth fitness orientation children with adult supervision may use only the specific equipment listed below:
 - Indoor Tracks
 - Curve Treadmill
 - Red Circuit Machines labeled 1-11.



Red Circuit Machines



Curve Treadmill



Group Exercise Classes

Ages 10-13

- No equipment may be used in the strength class BodyPump, just body weight.
- Smart Bands may be used in the strength classes Tone and CORE.



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