

WHAT KIDS CAN DO AT CASCADE ATHLETIC CLUBS – FISHER’S LANDING LOCATION –

If you do not have a Family Membership, you may pay a per visit fee, or speak with a Membership Director about a Family Plan. All children 3 years of age and older must be on your membership or pay a guest fee to utilize the facilities.

What Are Family Hours?

Family hours are designated hours throughout the week where we allow you and your child to enjoy the facilities together. During family hours a child must be accompanied by an adult at all times. Children 9 and under may swim with you, play in the gym with you and use the locker room. Child must be on your membership, have a Kids Annual Pass or pay a guest fee to participate in Family Hours.

	0-2 years old	3-9 years old	10-11 years old	12-15 years old
LOCKER ROOMS	Family Hours Only <i>w/ adult supervsion</i>	Family Hours Only <i>w/ adult supervsion</i>	Anytime <i>w/ adult supervsion</i>	Anytime <i>Must have a JR.Certification</i>
GYM	Family Hours Only <i>w/ adult supervsion</i>	Family Hours Only <i>w/ adult supervsion</i>	Anytime <i>w/ adult supervsion</i>	Anytime <i>Must have a JR.Certification</i>
WARM POOL	Family Hours Only <i>w/ adult supervsion</i>	Family Hours Only <i>w/ adult supervsion</i>	Family Hours Only <i>w/ adult supervsion</i>	Family Hours Only <i>w/ life guard</i>
LAP POOL	No Use Permitted	No Use Permitted	No Use Permitted	No Use Permitted
STEAMROOM SAUNA / HOT TUB	No Use Permitted	No Use Permitted	No Use Permitted	No Use Permitted
WEIGHT/CARDIO FLOOR GROUP FITNESS CLASS	No Use Permitted	No Use Permitted	Anytime <i>w/ adult supervsion & Youth JR. Certification</i>	Anytime <i>Must have a JR.Certification</i>
ROCK WALL	No Use Permitted	No Use Permitted	Open Climb Times May Boulder <i>w/adult supervsion & Boulder Certification</i>	Open Climb Times May Boulder <i>w/ Boulder Certification</i>
THE COVE	Family Hours Only <i>w/ adult supervsion</i>	Family Hours Only <i>w/ adult supervsion</i>	Anytime <i>w/ adult supervsion</i>	Anytime

At all locations children under 16 may ONLY use pools during Family Hours or lessons.

GRESHAM LOCATION

	0-2 years old	3-9 years old	10-11 years old	12-15 years old
LOCKER ROOMS AND SAUNA	Family Hours Only <i>w/ adult supervsion</i>	Family Hours Only <i>w/ adult supervsion</i>	Anytime <i>w/ adult supervsion & Youth JR. Certification</i>	Anytime <i>Must have a JR. Certification</i>
GYM 1 and GYM 2	Family Hours Only <i>w/ adult supervsion</i>	Family Hours Only <i>w/ adult supervsion</i>	Anytime <i>w/ adult supervsion & Youth JR. Certification</i>	Anytime <i>Must have a JR. Certification</i>
WARM POOL	Family Hours Only <i>w/ adult supervsion</i>	Family Hours Only <i>w/ adult supervsion</i>	Family Hours Only <i>w/ adult supervsion</i>	Family Hours Only <i>w/ adult supervsion</i>
LAP POOL	Weekend Family Hours Only <i>w/ adult supervsion</i>	Weekend Family Hours Only <i>w/ adult supervsion</i>	Weekend Family Hours Only <i>w/ adult supervsion</i>	Weekend Family Hours Only <i>w/ adult supervsion</i>
STEAMROOM HOT TUB	No Use Permitted	Family Hours Only <i>w/ adult supervsion</i>	Family Hours Only <i>w/ adult supervsion</i>	Family Hours Only <i>w/ adult supervsion</i>
WEIGHT FLOOR CARDIO FLOOR GROUP FIT CLASS	No Use Permitted	No Use Permitted	Anytime <i>w/ adult supervsion & Youth JR. Certification</i>	Anytime <i>Must have a JR. Certification</i>

PDX-205 LOCATION

Children must be added to Membership (Monthly dues or Kids Annual Pass) or pay a daily fee to use our family hours.

	0-2 years old	3-7 years old	8-9 years old	10-11 years old	12-15 years old
LOCKER ROOMS	Family Hours Only <i>w/ adult supervsion</i>	Family Hours Only <i>w/ adult supervsion</i>	Family Hours Only <i>w/ adult supervsion</i>	Anytime <i>w/ adult supervsion</i>	Anytime <i>Must have a JR. Certification</i>
POOL	Family Hours Only <i>w/ adult supervsion</i>	Family Hours Only <i>w/ adult supervsion</i>	Family Hours Only <i>w/ adult supervsion</i>	Family Hours Only <i>w/ adult supervsion</i>	Family Hours Only <i>w/ adult supervsion</i>
STEAMROOM SAUNA HOT TUB	No Use Permitted	Family Hours Only <i>w/ adult supervsion</i>	Family Hours Only <i>w/ adult supervsion</i>	Anytime <i>w/ adult supervsion</i>	Anytime <i>w/ adult supervsion</i>
WEIGHT FLOOR GROUP FIT CLASS	No Use Permitted	No Use Permitted	No Use Permitted	Anytime <i>w/ adult supervsion & Youth JR. Certification</i>	Anytime <i>Must have a JR. Certification</i>
CARDIO FLOOR	No Use Permitted	No Use Permitted	Daily 3-6pm <i>w/ adult supervsion</i>	Anytime <i>w/ adult supervsion & Youth JR. Certification</i>	Anytime <i>Must have a JR. Certification</i>

FAMILY SWIM HOURS | Fri. 3-6pm | Sat. 1-3pm | Sun. 3-5pm