

# WHAT KIDS CAN DO AT CASCADE ATHLETIC CLUBS

## PDX-205 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	3-7 years old	8-9 years old	10-11 years old	12-15 years old
<b>LOCKER ROOMS</b>	<b>Family Hours Only</b> <i>w/ adult supervision</i>	<b>Family Hours Only</b> <i>w/ adult supervision</i>	<b>Family Hours Only</b> <i>w/ adult supervision</i>	<b>Anytime</b> <i>w/ adult supervision</i>	<b>Anytime</b> <i>Must have a JR. Certification</i>
<b>POOL</b>	<b>Family Hours Only</b> <i>w/ adult supervision</i>	<b>Family Hours Only</b> <i>w/ adult supervision</i>	<b>Family Hours Only</b> <i>w/ adult supervision</i>	<b>Family Hours Only</b> <i>w/ adult supervision</i>	<b>Family Hours Only</b> <i>w/ adult supervision</i>
<b>STEAMROOM SAUNA HOT TUB</b>	<b>No Use Permitted</b>	<b>Family Hours Only</b> <i>w/ adult supervision</i>	<b>Family Hours Only</b> <i>w/ adult supervision</i>	<b>Anytime</b> <i>w/ adult supervision</i>	<b>Anytime</b> <i>w/ adult supervision</i>
<b>WEIGHT FLOOR GROUP FIT CLASS</b>	<b>No Use Permitted</b>	<b>No Use Permitted</b>	<b>No Use Permitted</b>	<b>Anytime</b> <i>w/ adult supervision &amp; Youth JR. Certification</i>	<b>Anytime</b> <i>Must have a JR. Certification</i>
<b>CARDIO FLOOR</b>	<b>No Use Permitted</b>	<b>No Use Permitted</b>	<b>Daily 3-6pm</b> <i>w/ adult supervision</i>	<b>Anytime</b> <i>w/ adult supervision &amp; Youth JR. Certification</i>	<b>Anytime</b> <i>Must have a JR. Certification</i>

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

**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 &amp; 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 &amp; 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 &amp; Youth JR. Certification</i>	Anytime <i>Must have a JR. Certification</i>

# - FISHER'S LANDING LOCATION -

	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 &amp; Youth JR. Certification</i>	Anytime <i>Must have a JR.Certification</i>
ROCK WALL	No Use Permitted	No Use Permitted	Open Climb Times <i>May Boulder w/adult supervsion &amp; Boulder Certification</i>	Open Climb Times <i>May Boulder 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