Aurora Wellness Center created Family Time Fitness as an additional privilege of membership to provide a safe and fun environment for parents, grandparents and their children/grandchildren to share quality time together.

We appreciate your family’s cooperation in following some simple guidelines which allow everyone to fully enjoy Family Time Fitness.

Fridays
5:30-8:00pm

Saturdays
1:00-4:00pm

Sundays
1:00-4:00pm

Interested in finding out more about your membership benefits?
Stop by our membership services office and see what makes us unique.
General Guidelines

- Family time is for members and their immediate family only, including:
  - Member’s spouse or partner.
  - Member’s children age 17 and under.
  - Member’s grandchildren age 17 and under.
- $10 guest pass is available for non-members age 15 and older if not considered immediate family as outlined above.
- Member must complete a Family Time waiver at the Service Desk.
- Member must remain in the facility with their family at all times.
- Parent and/or grandparent must accompany and supervise their children and/or grandchildren at all times.

Locker rooms

- Members with children and/or grandchildren age 15 and under are required to use the family or student locker rooms.
- Member locker rooms are reserved for members and guests age 15 and older.
- Towels are available for members only.
- Lost key charge is $20.

Fitness areas

- Children age 14 and under are not permitted on the fitness floor. This includes all equipment, free-weight and stretching areas, stability balls, Bosu balls, mats, etc.
- Use of group exercise studio and spin room is prohibited during Family Fitness Time.
- The track and racquetball court are available to children age 8-14, when accompanied by an adult. Sign-up at the service desk for a court time and to check out equipment.
- A maximum of four people are allowed on the racquetball court. Protective eye ware is required and is available at the service desk.

Pool Area - Pool area must be exited 15 minutes prior to Family Time Fitness ending

- Parents and/or grandparents must accompany and supervise their children and/or grandchildren at all times.
- Proper swim attire is required in the pool (i.e. swimsuit, swim trunks).
- Showers are required prior to use of all pools.
- Street shoes are not permitted on the pool deck.
- Swim diapers are required for children who are not toilet trained.
- No diving, running or rough play in the pool area and no personal flotation devices.
- Warm water therapy pool may be used by children and/or grandchildren age 7 and under when accompanied by parent and/or grandparent.
- Whirlpool may be used by members and guests age 15 and older.

Disregarding these guidelines will result in Membership and Family Time Fitness privileges being revoked.