



Junior Orientation Guidelines

Cordata Club General Rules and Guidelines for Usage

Juniors between the ages of 9-15 years must complete the Junior Orientation Program to be eligible to use BAC independently without their parent.

1. Children 12 and under must have an adult on the premises.
2. Junior members under the age of 16 are to use only the locker rooms located in the pool area.
3. Juniors 8 and under must be checked into the Kids Club while their parents are using the facility. Parents may bring their junior to the basketball gym during open gym time or to use the pool during family swim time.
4. Juniors may use the gym (during open gym time), pool (during family swim time), racquetball courts, cardio areas, and weight room only after receiving a Junior Orientation Card. Please note that fitness areas have age restrictions associated with each area.
5. NO running in the club and NO horseplay or foul language.
6. Athletic attire is to be worn while working out. Proper attire is: clean athletic shoes, t-shirts, shorts and/or athletic pants.
7. Food and beverages, except for water, are not to be taken outside of the lobby area.

Specific Facility Area and Program Usage

Zone 1	Lower Cardio Area	Juniors age 9-15	
Zone 2	Studio Classes	Juniors age 9-15	*9-11 restricted from all weight related classes
Zone 3	Gym, Pool, Racquetball	Juniors age 9-15	*pickleball is available at 14 years old
Zone 4	Cybox Strength Area/Punching Bag	Juniors age 12-15	
Zone 5	Free Weight Area	Juniors age 14-15	
Zone 6	Upper Cardio Area	Juniors age 14-15	

Group Ex Studio/Classes

1. Juniors 9 years of age and up may participate in Group Ex classes with the exception of any class that incorporates weight training.
2. Please see the Group Ex instructor prior to class to inform them that the junior participant has been through the Junior Orientation by showing J.O Card.

Cardio Area

1. Lower-level cardio machines are open to junior members 9-15 years of age upon completing a 30-minute training session with a BAC trainer. Juniors aged 9-13 may not use the downstairs weight area.
2. Upper-Level Cardio area is open to junior members 14-15 years of age upon completing an orientation session with a BAC trainer.
3. Equipment is to be cleaned with disinfectant after each usage. Disinfectant and towels are provided downstairs and should be returned downstairs when done.
4. Please respect the 30-minute time limit on Cardio equipment and remember that adult members have priority during peak usage times.

Weight Training Facilities/ Programs

1. Junior members aged 12 years and up may use the Circuit Area weight training equipment **only** after completing a 30-minute session with a BAC trainer.
2. Junior members aged 14 years and up may use all the weight training and cardio areas **only** after completing a 30-minute session with a BAC trainer. Juniors **under** the age of 14 may not use any of the equipment in the Free Weight area, including the Cardio Equipment.

Gym Facility

1. Junior members 9 years and up may use the gym facility after completing an orientation session. They may use the gym during any scheduled open gym times.
2. All juniors using the gym facility must wear clean non-marking court shoes.
3. Usage of Group Ex equipment stored in the Gym facility is restricted. This includes dumbbells, stability balls, weights, and step benches.
4. Basketballs may be checked out at the BAC front desk. Please return the equipment back to the front desk after usage.

Racquetball Courts

1. Junior members 9 years and up may use the racquetball courts without the supervision of an adult only after completing a Racquetball Orientation with a BAC racquetball trainer.
2. Junior members may reserve a court up to 7 days before they are intending to play.
3. For your safety, all Junior members are required to wear eye guards and the wrist strap on the racquet.
4. Clean, non-marking athletic shoes are to be worn when using the Racquetball Courts.

Pool Facility

1. Junior members 9 years and up may use the pool facilities and pool hot tub unsupervised by an adult **ONLY** during lifeguarded family swim times.

Disciplinary Action

- **1st infraction:** Verbal warning is issued, independent club usage denied for one day, and 1st corner of Junior Orientation Card will be cut.
- **2nd infraction:** Parent will be contacted, independent club usage denied for one week, and a 2nd corner of Junior Orientation Card will be cut.
- **3rd infraction:** Parent will be contacted, independent club usage will be suspended indefinitely, and 3rd corner will be cut.

Scheduling Junior Orientation Appointments

1. Appointment slots for cardio, pool, basketball, and racquetball can be made at the Front Desk.
2. All weight orientations **MUST** be completed with a Personal Trainer and booked through scheduler at our Cordata Front Desk. Juniors and their parents will be given a tour of the facility zones and the rules and guidelines for each zone.
3. Once the orientation is completed, Juniors receive a Junior Orientation Card that must be worn when they use BAC Cordata facilities. Cards are stored at the front desk for your convenience.
4. Upon completion of the Junior Orientation to each zone, the Junior will receive a mark on their card that shows they are eligible for that zone. Please refer back to the age requirements for each zone. Note that the Resistance Training Zones do require additional orientation sessions to use those zones without BAC staff supervision.