

Youth Policy

Northfield club encourages members to use the club as a family. For safety reasons and to respect the rights of all members, Northfield has established the following youth policy as dictated by the Canadian physical activity guide (PAG), the Canadian pediatric society (CPS) and the national strength & conditioning association (NSCA), all of whom “support children’s participation in appropriately designed and competently supervised programs.”

Northfield offers a variety of such programming for our youth members. While the club provides direct supervision for children during scheduled program times, parents are responsible for their children’s behaviour in all areas of the club.

TENNIS & SQUASH COURTS

Members under 10 may use these areas when supervised by a responsible older member. There is an additional fee for squash and indoor tennis courts or membership options which include squash and/or non prime time tennis. See our Membership Department for further details.

TENNIS & SQUASH PROGRAMS

Northfield offers 10-12 week tennis programs for youth 5-16 and squash programs for youth 4-14. Programs start in September, January and the end of the March with sign up starting 10-12 weeks prior. March break, PD day camps and weekly summer camps are also on offer. Go to www.northfieldclub.com and click on program & event registration for further details. Programs are open to members and non-members. Children must be members to receive a member discount.

CARDIO & WEIGHT ROOM AREAS

Members 13-17 may use the cardio and weight room areas but only after completing a Youth Assessment & equipment orientation lead by one of our Member Services Associates. There is no cost for Teens to participate in the assessment and orientation processes.

The assessment and orientation will cover weight room etiquette and safe training techniques. Access to cardio & weight room areas is a privilege for teens and we expect safe and courteous behaviour at all times.

Member 11-12 may use the **cardio pod area** by Kinesis only when under the direct supervision of a Northfield Personal Trainer or their parent. Members 11-12 are **not allowed in any weight room equipment areas** unless supervised by a personal trainer.

GROUP FITNESS & SPYN STUDIOS

The club offers youth (8-12) and teen (13-17) specific classes during the Fall, Winter & Spring. Children and teen members do not pay extra for these programs however registration is required for each program to reserve a spot. Non members are welcome too. Go to www.northfieldclub.com and click on program & event registration for further details. **Members 13 & over** may also attend adult group fitness & spyn classes. **Infrared/heated yoga classes are restricted to members 16 & over** for safety reasons.

PERSONAL TRAINING

One-on-one and paired training are available for youth **10 years and up** in 1 hour or ½ hour increments. PT is ideal for kids requiring sport specific conditioning or needing more individualized attention in order to reach their fitness goals. See a trainer for further details or contact kelly@northfieldclub.com

KIDZONE

The Kidzone is a supervised, active, hi-tech area for members and non-members **3-10 years old**. The Kidzone provides an environment where kids can get their heart rates up, meet new friends and burn off excessive energy. Reservations are recommended for drop ins. Children who are members can book up to 1 ½ hr per day in the Kidzone for free! For rates and times go to: www.northfieldclub.com or contact the front desk.

SMALL GROUP TRAINING IN AT STUDIO

Northfield offers a variety of small group training opportunities for teens and kids. Programs can also be designed for sports teams looking for a unique and fun conditioning option or active team parties. For further information contact kelly@northfieldclub.com

NURSERY

Our supervised Nursery has been organized for the convenience of members with small children, **3 months to 6 years**, while they are playing or working out at the club. Reservations are highly recommended. Children who are members can book up to 1 ½ hr of nursery per day for free. For nursery times & fee information, please refer to the Other Services sheet in your membership package or contact the front desk.

LOCKER ROOMS

Please respect other member's privacy and modesty. Children ages 3 and up are not permitted in the opposite sex locker room. If you are changing or your child requires washroom facilities, please use the public washroom upstairs.

Children 6-12 must be accompanied by an adult when using the sauna, steam room &/or whirlpools. For health and safety reasons, children under 6 are not permitted in these areas.

BISTRO AREA

Members, who have charging privileges, may charge the Bistro purchases to their personal club account. Non members or members without charging privileges must pay at the time of purchase. For information on setting up a charge account, please see the Accounting Department.

Keeping your kids active and healthy!