



Children's Admission Policy

Children under 10 years of age **MUST** be accompanied by a responsible adult, a person over 18 years of age, in the water at **ALL** times

The ratio is 2 children to 1 adult in the water

Supervising from the viewing gallery, pool deck or Sauna/Steam room
WILL NOT be accepted as adequate supervision

Childre **MUST** be always supervised by an adult while in the facility

Children over 13 years of age are welcome in the Gym, but are restricted to
Cardio **ONLY**

Children over 16 years of age are welcome to use light weights, once a Gym
Induction has taken place

Please follow the rules and advise on display for the various activities at the centre.
These rules and information are to ensure that everyone may continue to enjoy a safe
and pleasant facility. Any persons that do not abide by the rules set out by the
Management of RLC may be asked to leave.