



# What can my kids do at the Rec-Plex?

**To enter the Rec-Plex:** | Children 6 years old and under must be accompanied at all times by a guardian who is at least 13 years old.  
 Children 7-9 years old must have a guardian in the building who is at least 13 years old.

	Toddlers (18-36 months)	Pre-K (3-5 years old)	Elementary (6-9 years old)	Pre-Teen & Teens (10-15 years old)	High School (16-18 years old)	Free for Gold + Members
Tot Drop Babysitting Service (ages 3 months-8 years)	●	●	●			●
<b>SWIMMING</b> 50-meter recreational pool* w/ zero-depth entry, water play features, vortex, current channel and waterslide** <i>*In the natatorium (pool area), children 8 years old and under must be accompanied at all times by a guardian at least 13 years old. **Must be 4 feet tall for waterslide.</i>	●	●	●	●	●	●
Swim Lessons (parent participation required through 36 months)	●	●	●	●	●	
Scuba Diving Classes				●	●	
<b>ICE SKATING</b> Public ice skating sessions (skate rental available for child sizes 6 & up)	●	●	●	●	●	●
Ice skating lessons		●	●	●	●	
<b>KIDS' CLASSES</b> Mommy (or Daddy) & Me Exercise Class (ages 18 months-2 years)	●					●
Preschoolers Can Exercise! Class (ages 3-4)		●				●
Kids Jam (ages 5-8)		●	●			●
Tumbling Class (ages 2-7)		●	●			
On Stage Sparkle & Shine Private Dance & Stage Performance One-on-One Instruction (ages 3+)		●	●			
<b>YOUTH FITNESS ROOM</b> Drop-in service (ages 7-12)			●	●		●
Youth Fitness Classes (ages 7-12)			●	●		●
<b>EXERCISE/TRAINING</b> Access to weight room, indoor track, cardio room & DTC (ages 16+ or 12-15 with Youth Fitness Orientation)				●	●	●
Youth Fitness Orientation Class (ages 12-15)				●		●
Youth Weight Training Class				●		●
Rec-Plex Xtreme (RPX) Cycling Classes (ages 12-15 with parent)				●	●	●
Member Group Aerobics Classes (ages 13-15 with parent) - FREE for members!				●	●	●
Personal Training				●	●	
<b>SPORTS/ACTIVITIES</b> T-Ball (ages 4-5)		●				
Coach Pitch Baseball (ages 6-7)			●			
Open play basketball (ages 6+)			●	●	●	●
Basic & Intermediate Classical Fencing (ages 10+)				●	●	
Learn to Hockey Skate Class (ages 4-15)		●	●	●		
Stick & Puck Ice Hockey Sessions		●	●	●	●	●
<b>EVENTS</b> Indoor and outdoor triathlons (ages 14+)				●	●	
Father-Daughter Sweetheart Dance (ages 5-13) – February		●	●	●		
DJ Skate (Oct-Feb)	●	●	●	●	●	●
Halloween Spooktacular On Ice – October	●	●	●	●	●	
Breakfast with Santa (ages 2-8) – December	●	●	●			
Winter Wonderland On Ice Show – December	●	●	●	●	●	
Spring Ice Show – May	●	●	●	●	●	
New Year's Eve Lock-In (ages 8-13)			●	●		●