



Paul Derda Recreation Center Tour FAQs:

Climbing Wall:

- 1. Are there extra fees for using the climbing wall?**
 - a. No, however skill level and age restrictions do apply. Please see [climbing wall page](#) for more information.
- 2. Do you offer classes for the climbing wall?**
 - a. Yes, please see [climbing wall page](#) for more information
- 3. Can I use the climbing wall on my own time?**
 - a. To use the wall on your own time you need to be an assessed climber. Assessed climbers have a current waiver on file, and have been in for an assessment of skills by an employee. Assessment must be updated once a year. An assessed climber must be 15+ and practice climbing and belay skills regularly.
- 4. How old does my child need to be to climb?**
 - a. Typically 4+. Your child will need to understand and respond to stop, use walking feet, stay next to you, and follow other common directions well.
 - b. Please plan accordingly if you have multiple children. Max number of guests in a family or group at a time is 6.
- 5. Can I bring guests with me when climbing?**
 - a. Yes. Once you become an assessed climber, you can bring guests. Guests will have a current waiver on file, be 1:1 with you in the climbing area, and only have access to climbing on a top rope.

Fitness Classes:

- 6. How old do you have to be to go to a fitness class?**
 - a. 12-15 years can attend a group fitness class with an adult 18+.
 - b. 16+ can attend a group fitness class on their own.
 - c. Children under age 12 or not participating in a class are not allowed in the studios during classes.
- 7. What programs can I do with Silver Sneakers?**
 - a. All drop in classes are included with Silver Sneakers, including Pilates and Yoga.
- 8. Is there an extra fee for fitness classes?**
 - a. All classes on the Fitness Class schedule are included with a recreation pass. An extra fee is required for Yoga and Pilates for punch pass holders. Separate mind body punch passes are available.
- 9. Do you allow strollers near the cardio machines?**
 - a. Yes. Every weekday from 1-3 p.m. Your child must be securely fastened in a car seat carrier and stroller next to you.
- 10. Do you offer Personal Training Sessions?**
 - a. Yes. Personal training sessions can be purchased on B-Rex.com or through the front desk.
 - b. After the patron completes the request, a trainer will be assigned to them based on specific request and availability.
 - c. Personal Trainer bios can be found on B-REX
- 11. Do you offer Pilates Reformer and Private Yoga?**
 - a. Yes. We offer both pilates reformer and private yoga.
 - b. Sessions can be purchased at the front desk or online at B-Rex.com under Private Mind Body training.
 - c. Patrons must complete and submit the form at the front desk or at B-REx.com.
- 12. How often do you change your Fitness Schedule?**
 - a. The overall schedule does not change but it is updated quarterly with time changes, instructor changes, and class changes.

General Facility Questions:

- 13. At what age can children be in the facility on their own?**
 - a. 8 years old
- 14. How old do you need to be to use the cardio/weight/track?**
 - a. Ages 11-13 years need a youth certification to use the equipment. Ages 14+ can use the equipment on their own. Children under the age of 11 may use the track as long as they follow the flow of traffic.
- 15. How many laps on the track equals a mile?**
 - a. 11 laps = 1 mile
- 16. When are your open gym times?**

- a. [PDRC Gym Schedule](#)

17. How old do you have to be to use the Indoor Playground and what is the fee?

- a. Ages 0-7 years old are welcome in the Indoor Playground, children must be accompanied by an adult while in the indoor playground. Kids 0-3 are free.

18. What does a Silver Sneakers Pass cover? How do I qualify?

- a. A Silver Sneakers Pass is the same as an recreation pass (includes classes, pool, weight equipment, etc.)
- b. Silver Sneakers is through your insurance, you can check with the front desk to see if you qualify.

Pool Questions:

19. At what age can children be in the pool on their own?

- a. All children 6 and under and non swimmers must have a parent in the water within arms reach.

20. What is the temperature of the pool(s)?

- a. Main Pool: 88 degrees
- b. Adult Hot Tub: 101 degrees
- c. Family Hot Tub: 96 degrees

21. How often do you change your Pool Schedule (lap swim times, etc.)?

- a. We normally change the pool schedule 3 times a year- September, January, June

22. How tall does my child need to be to go on the slides?

- a. A lone child needs to be at least 48 in tall. If they are under 48 in they can take a swim test to go down the slides. If the child passes the swim test but is 6 or under the parents still needs to be with the child in the pool- the child can just go down the slides without them.

Child Care Questions:

23. What ages is child care?

- a. 6 months up to their 10th birthday.

24. How do I make a reservation?

- a. Reservations can be made 48 hours in advance, but calling the room (303-460-6916) or online via Appointment Plus. Please see [Child Sitting page](#) for more information.

25. How long can my child stay?

- a. We book on the half hour and allow children to stay for up to 1 ½ hours. Children are welcome twice a day as long as appointments are separated by an hour. Infants (ages 6-18 months) may only come once a day.

26. Do you offer Preschool Programs?

- a. Yes. Please see [Early Learning page](#) for more information.

27. Do you offer Youth and Teen Programs?

- a. Yes. Please see [Youth and Teen page](#) for more information.

Gymnastics Questions:

28. What ages are offered in gymnastics?

- a. We offer gymnastics classes for ages 18 months - 12 year olds, as well as a Competitive Team program for 7 - 18 year olds.

29. Do you have to sign up for a class to go to gymnastics?

- a. Yes. Except for the Parent-Tot Drop In classes for ages 5 and younger.