

MWR FITNESS AGE AUTHORIZATION

| GENERAL FITNESS SPACES | | | | | | | | | | PROGRAMS & EVENTS | | |
|------------------------|---|---|--|---|---|---------------------------------|------------------------------|---|---|---|---|---|
| Age | Free Weights & Selectorized Area | Cardiovascular Area | Family Fitness Area | Group Exercise Room | Martial Arts & Boxing Room/ Area | Locker Room & Restroom | Sauna/ Steam Room/ Whirlpool | Racquetball Court | Gymnasium | Fitness Event/ Program | Intramural Sports | Sports Spectator |
| 16 - 17 | YES Unsupervised | YES Unsupervised | YES <i>(Working out with parent)</i> | YES Unsupervised | YES Unsupervised | YES Unsupervised | NO | YES Unsupervised | YES Unsupervised | YES <i>(Age Appropriate)</i> Line of Sight Supervision | YES* Line of Sight Supervision <i>*Skill Dependent</i> | YES Unsupervised |
| 15 | YES Unsupervised | YES Unsupervised | YES <i>(Working out with parent)</i> | YES Unsupervised | YES Unsupervised | YES Unsupervised | NO | YES Unsupervised | YES Unsupervised | YES <i>(Age Appropriate)</i> Line of Sight Supervision | NO | YES Unsupervised |
| 12 - 14 | YES Line of Sight Supervision | YES Line of Sight Supervision | YES Line of Sight Supervision <i>(Not working out)</i> Touch Supervision <i>(Working out with parent)</i> | YES Line of Sight Supervision | YES Line of Sight Supervision | YES Unsupervised | NO | YES Unsupervised | YES Unsupervised | YES <i>(Age Appropriate)</i> Line of Sight Supervision | NO | YES Line of Sight Supervision |
| 10 - 11 | YES Touch Supervision | YES Touch Supervision | YES Line of Sight Supervision <i>(Not working out)</i> Touch Supervision <i>(Working out with parent)</i> | YES Line of Sight Supervision | YES Line of Sight Supervision | YES Unsupervised | NO | YES Line of Sight Supervision | YES Line of Sight Supervision | YES <i>(Age Appropriate)</i> Line of Sight Supervision | NO | YES Line of Sight Supervision |
| 7 - 9 | NO | NO | YES Line of Sight Supervision <i>(Unable to work out with parent)</i> | NO | NO | YES Unsupervised | NO | YES Touch Supervision | YES Touch Supervision | YES <i>(Age Appropriate)</i> Line of Sight Supervision | NO | YES Touch Supervision |
| 2 - 6 | NO | NO | YES Line of Sight Supervision <i>(Unable to work out with parent)</i> | NO | NO | YES Touch Supervision | NO | YES Touch Supervision | YES Touch Supervision | YES <i>(Age Appropriate)</i> Line of Sight Supervision | NO | YES Touch Supervision |
| 2 and under | NO | NO | YES Line of Sight Supervision <i>(Unable to work out with parent)</i> | NO | NO | YES Touch Supervision | NO | NO | NO | NO | NO | YES Touch Supervision |

