

# Fitness & Sports Center

# AGE RESTRICTIONS

## 16 Years of Age and Over

- Permitted in all areas of the Fitness & Sports Center (FSC) without a qualified adult. \*

## 13-15 Years of Age

- Permitted in cardiovascular, weight equipment, group exercise rooms, locker rooms, saunas, etc., only under qualified adult interactive supervision. Interactive supervision requires qualified adult and child to participate in/perform activity together at all times.
- Permitted in other activity areas (i.e., basketball court, racquetball court, running track) only when a qualified adult is present in the facility at all times.
- Permitted to be a participant (participating in age appropriate programming) or spectator in a sport or special event when a qualified adult is present in the facility at all times.
- For FSC pools, use is permitted during instructional programs, or when a qualified adult is present in the facility at all times.

## 6-12 Years of Age

- Not permitted in cardiovascular, sauna, weight equipment rooms, or group exercise rooms during scheduled adult exercise classes.
- Permitted in other activity areas (i.e., basketball court, racquetball courts, running track, or locker room) only under qualified adult interactive supervision. Interactive supervision requires qualified adult and child to participate in/perform activity together at all times.
- Permitted to be a participant (participating in age appropriate programming) or spectator in a sport or special event only under qualified adult interactive supervision.
- For FSC pools, use is permitted during instructional programs, or when under qualified adult interactive supervision.

## Under 6 Years of Age

- Not permitted in FSCs except as follows. Permitted in FSC Parent (legal guardian)/Child Areas (PCAs) for supervised play.
- Permitted to be a participant (participating in age appropriate programming) or spectator in a sports activity or special event under qualified adult interactive supervision. Interactive supervision requires qualified adult and child to participate in/perform activity together at all times.
- For FSC pools, use is permitted during instructional programs, or when under qualified adult interactive supervision.

\* For purposes of this Table, a "qualified adult" is a parent, legal guardian, qualified Family Member Program (FMP) staff member, FSC staff member conducting a program, or coach.