

Youth ages 10-14

are authorized access to MWR Fitness Centers

under the following guidelines:

- Youth in the approved age range must be accompanied by a parent or legal guardian at all times.
- Prior to the initial workout, the youth and the parent must attend a fitness program orientation together, that is conducted by an MWR Fitness Professional.
- Infants and toddlers in strollers, car seat carriers, and all other infant carriers, are prohibited in all areas of the fitness center.
- Children ages nine and below are not authorized to be in the MWR Fitness Center weight room or cardio area.