

# Family Fitness Room Policy



1. Authorized users: Children ages 10-17 working out with parent or legal guardian. Adults 18 and over with children plus one guest.
2. A towel is required to use this facility.
3. **USAGE OF FAMILY FITNESS ROOM IS AVAILABLE ONLY TO PARENTS WITH CHILDREN PRESENT, REGARDLESS OF EQUIPMENT AVAILABILITY.**
4. Parents/legal guardians are responsible for the direct supervision of their own children while using the Family Fitness Room and the Fitness Center.
5. Children must remain in the play area or in a car seat. Strollers are not permitted inside the Family Fitness Room. Children are not allowed on the exercise equipment. If a child needs to use the restroom, the parent/legal guardian will accompany the child to and from the restroom. For diaper changing parents/legal guardian must use the changing table provided in the restrooms located in Halsey Gym.
6. Please make sure all personal toys are removed from the Family Fitness Area when the child leaves.
7. If a piece of fitness equipment is malfunctioning, please bring it to the attention of the Fitness Center staff.
8. Unruly children and their parents/legal guardian will be asked to leave the facility. Children who fight, bite, or throw tantrums are considered unruly.
9. Parents/legal guardians or children who violate play area policies and procedures may be denied future use of Family Fitness Room or the Fitness Center.
10. **NO FOOD OR BEVERAGES (EXCEPT WATER IN SPILL-PROOF CUPS/BOTTLES) ARE PERMITTED IN THE FAMILY FITNESS ROOM.**
11. Children must remove their shoes prior to entering the Children's Play Area.
12. Respect other patrons. If other parents are waiting to use the equipment/room, please limit time to 1 hour.
13. Group training sessions are prohibited unless conducted by MWR Fitness Instructors.
14. **ALL EXERCISE ITEMS IN THE FAMILY FIT ROOM MUST REMAIN IN THE ROOM.**