

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

