

MWR FITNESS AGE AUTHORIZATION

GENERAL FITNESS SPACES

Age	Free Weights/ Cardiovascular & Selectorized Area	Family Fitness Area	Group Exercise/ Martial Arts & Boxing Room/Area	Locker Room & Restroom	Sauna/ Steam Room/ Whirlpool	Racquetball Court/ Gymnasium
16 - 17	YES Unsupervised	YES <i>(Working out with parent)</i>	YES Unsupervised	YES Unsupervised	NO	YES Unsupervised
14 - 15	YES Line of Sight Supervision	YES Line of Sight Supervision <i>(Working out with parent)</i>	YES Line of Sight Supervision	YES Unsupervised	NO	YES Unsupervised
12 - 13	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 Unsupervised	NO	YES Unsupervised
9 - 11	NO	YES Line of Sight Supervision <i>(Unable to work out with parent)</i>	YES Line of Sight Supervision	YES Unsupervised	NO	YES Line of Sight Supervision
7 - 8	NO	YES Line of Sight Supervision <i>(Unable to work out with parent)</i>	NO	YES Unsupervised	NO	YES Touch Supervision
3 - 6	NO	YES Line of Sight Supervision <i>(Unable to work out with parent)</i>	NO	YES Touch Supervision	NO	YES Touch Supervision
2 and under	NO	YES Line of Sight Supervision <i>(Unable to work out with parent)</i>	NO	YES Touch Supervision	NO	NO

PROGRAMS & EVENTS

Age	Fitness Event/Program	Intramural Sports	Sports Spectator
16 - 17	YES <i>(Age Appropriate)</i> Line of Sight Supervision	YES* Line of Sight Supervision <i>*Skill Dependent</i>	YES Unsupervised
14 - 15	YES <i>(Age Appropriate)</i> Line of Sight Supervision	NO	YES Line of Sight Supervision
12 - 13	YES <i>(Age Appropriate)</i> Line of Sight Supervision	NO	YES Line of Sight Supervision
9 - 11	YES <i>(Age Appropriate)</i> Line of Sight Supervision	NO	YES Line of Sight Supervision
7 - 8	YES <i>(Age Appropriate)</i> Line of Sight Supervision	NO	YES Touch Supervision
3 - 6	YES <i>(Age Appropriate)</i> Line of Sight Supervision	NO	YES Touch Supervision
2 and under	NO	NO	YES Touch Supervision



For more information, call

Fitness Forum, Support Site
081-811-6604 or DSN 629-6604

Fit Zone, Capodichino
081-568-4266 or DSN 626-4266

