

# 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	<b>YES</b> Unsupervised	<b>YES</b> Unsupervised	<b>YES</b> <i>(Working out with parent)</i>	<b>YES</b> Unsupervised	<b>YES</b> Unsupervised	<b>YES</b> Unsupervised	<b>NO</b>	<b>YES</b> Unsupervised	<b>YES</b> Unsupervised	<b>YES</b> <i>(Age Appropriate)</i> Line of Sight Supervision	<b>YES*</b> Line of Sight Supervision <i>*Skill Dependent</i>	<b>YES</b> Unsupervised
15	<b>YES</b> Unsupervised	<b>YES</b> Unsupervised	<b>YES</b> <i>(Working out with parent)</i>	<b>YES</b> Unsupervised	<b>YES</b> Unsupervised	<b>YES</b> Unsupervised	<b>NO</b>	<b>YES</b> Unsupervised	<b>YES</b> Unsupervised	<b>YES</b> <i>(Age Appropriate)</i> Line of Sight Supervision	<b>NO</b>	<b>YES</b> Unsupervised
12 - 14	<b>YES</b> Line of Sight Supervision	<b>YES</b> Line of Sight Supervision	<b>YES</b> Line of Sight Supervision <i>(Not working out)</i> Touch Supervision <i>(Working out with parent)</i>	<b>YES</b> Line of Sight Supervision	<b>YES</b> Line of Sight Supervision	<b>YES</b> Unsupervised	<b>NO</b>	<b>YES</b> Unsupervised	<b>YES</b> Unsupervised	<b>YES</b> <i>(Age Appropriate)</i> Line of Sight Supervision	<b>NO</b>	<b>YES</b> Line of Sight Supervision
10 - 11	<b>YES</b> Touch Supervision	<b>YES</b> Touch Supervision	<b>YES</b> Line of Sight Supervision <i>(Not working out)</i> Touch Supervision <i>(Working out with parent)</i>	<b>YES</b> Line of Sight Supervision	<b>YES</b> Line of Sight Supervision	<b>YES</b> Unsupervised	<b>NO</b>	<b>YES</b> Line of Sight Supervision	<b>YES</b> Line of Sight Supervision	<b>YES</b> <i>(Age Appropriate)</i> Line of Sight Supervision	<b>NO</b>	<b>YES</b> Line of Sight Supervision
7 - 9	<b>NO</b>	<b>NO</b>	<b>YES</b> Line of Sight Supervision <i>(Unable to work out with parent)</i>	<b>NO</b>	<b>NO</b>	<b>YES</b> Unsupervised	<b>NO</b>	<b>YES</b> Touch Supervision	<b>YES</b> Touch Supervision	<b>YES</b> <i>(Age Appropriate)</i> Line of Sight Supervision	<b>NO</b>	<b>YES</b> Touch Supervision
2 - 6	<b>NO</b>	<b>NO</b>	<b>YES</b> Line of Sight Supervision <i>(Unable to work out with parent)</i>	<b>NO</b>	<b>NO</b>	<b>YES</b> Touch Supervision	<b>NO</b>	<b>YES</b> Touch Supervision	<b>YES</b> Touch Supervision	<b>YES</b> <i>(Age Appropriate)</i> Line of Sight Supervision	<b>NO</b>	<b>YES</b> Touch Supervision
2 and under	<b>NO</b>	<b>NO</b>	<b>YES</b> Line of Sight Supervision <i>(Unable to work out with parent)</i>	<b>NO</b>	<b>NO</b>	<b>YES</b> Touch Supervision	<b>NO</b>	<b>NO</b>	<b>NO</b>	<b>NO</b>	<b>NO</b>	<b>YES</b> Touch Supervision

