

# **FITNESS CENTER AGE RESTRICTIONS**



All patrons shall have a valid ID card.

Youth ages sixteen (16) and older are authorized independent (self-directed) use of the Fitness Center. Youth ages ten (10) to fifteen (15) are authorized use only when accompanied by and with direct supervision by a parent or legal guardian age 18 or older.

## **Ages 9 and under. Children ages 9 and younger are not allowed in the Fitness Center or gymnasium due to the inherent risks and dangers in a fitness facility.**

- Consideration will be given to youth requiring use of facility when prescribed by their doctor. Please contact the Personal Training office for information.
- Youth under the age of ten (10) are not authorized in the Fitness Center unless utilizing the MCCS Children Youth & Teen Child Care program or participating in an MCCS sponsored event/activity. Youth may accompany their parents or legal guardians to watch a scheduled MCCS game or event but must remain with their sponsor in the bleachers at all times.
  - All youth in this category are not permitted in other areas of the fitness center.

## **Ages 10 to 15**

- Youth ages 10 to 15 are authorized use of the equipment in the Fitness Center when accompanied by and with direct supervision of a parent or legal guardian age 18 or older. The Fitness Center staff will monitor this usage.
- See direct supervision guidance (5.0).

## **Ages 12-15**

- Semper Teen Program: Youth 12 and older may participate in the Semper Teen Program. Upon successful completion of this program, youth 12-15 may participate in self-directed cardiovascular/weight training and group exercise classes.
- Parents must remain in the facility.

## **Ages 16 to 17. Youth ages 16-17 are permitted full use of all fitness areas and gymnasium.**

- Youth ages 16 to 17 are authorized to participate in self-directed cardiovascular/weight training activities, provided they have received instruction on the proper use of equipment and performance technique, in addition to participating in group exercise activities.

## **Direct Supervision. Direct supervision is defined as:**

- The sole responsibility of the parent or legal guardian to supervise and care for the child.
- The adult cannot leave the child unattended anywhere in the Fitness Center. Parents may not leave their children alone in the bleachers, lobby, etc. while they participate in basketball, volleyball, or any other activity.
- The adult cannot participate in any event that does not directly involve the child/youth.
- During cardiovascular/weight training activities, the parent or legal guardian is required to act as the child's workout partner/"spotter" for children ages 10-15.