



FAMILY FITNESS AREA

AREA IS DESIGNATED FOR PATRONS ACCOMPANIED BY THEIR CHILDREN

CHILDREN AGE ELIGIBILITY

- Infants and toddlers are prohibited in workout areas
 - The “Non-Walker” space is for non-walking infants
 - Car seat carriers, bounce seats, and infant carriers are permitted in infant “non-walker” areas only
- The Walker space is for walkers up to 6-years-old
- 7-15 year-olds may use the equipment when they possess a fitness card—see a Fitness specialist for details
- Children 6 years and younger cannot workout

RESPONSIBILITIES

- Parents/legal guardians are responsible for direct supervision of their children.
- Parents/legal guardians must remain with their children and keep them within direct line-of-sight
- Sick children are prohibited in the Fitness Center
- The Navy, MWR, and its employees do not assume responsibility for children in Fitness Center areas

FACILITY

- Food and drinks are prohibited with the exception: liquids in non-spill, non-glass containers, and “sippy cups”
- For safety, children without a “Family Fitness Area Card” are not allowed on or around fitness equipment
- Changing tables must be used for diaper changes
- Strollers are prohibited