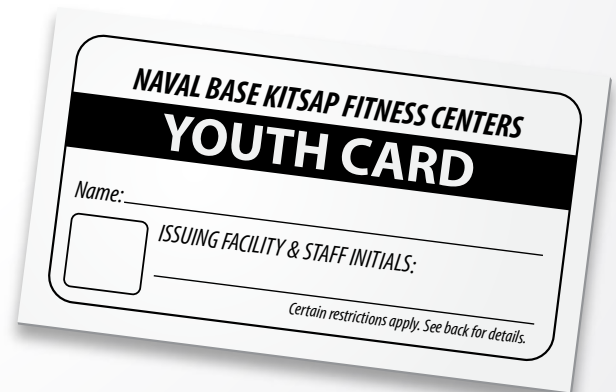




# Youth Policy

Youth must be 16 years old to utilize the fitness center unaccompanied. Youth 10-15 years of age must attend a youth orientation session with a Fitness Specialist to obtain a youth fitness card. This card allows the underage user to work out in the fitness center while directly supervised by an adult. Youth cards are issued at the Fitness Specialist's discretion.



**Orientation session is by appointment only.**

To schedule an appointment for a youth fitness orientation session, call (360) 315-2140 (Bangor) / (360) 476-2231 (Bremerton) or email [nbkfitness@navylifepnw.com](mailto:nbkfitness@navylifepnw.com)

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