



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YOUTH FITNESS CENTER GUIDELINES MEMBERS & GUESTS

- Children under 10 are not allowed in the Fitness Center
- Youth ages 10–14 are allowed in the Fitness Center under the following conditions:
  - 1) They are working out with a parent or guardian age 18 or older
  - 2) They have a permission form signed by the parent or guardian
  - 3) They have completed a Fitness Center orientation with a Fitness Staff instructor