












# Fitness Center Dependent Hours

Dependents **12 years of age or younger** may only utilize the fitness center during the following hours:

<b>Monday – Thursday:</b>	9 a.m. - 3 p.m. 6 p.m. - close
<b>Friday:</b>	9 a.m. - close
<b>Saturday – Sunday:</b>	9 a.m. - close

Dependents 12 years of age or younger can use the following areas during **Dependent Hours ONLY** when no programs are scheduled and under the following conditions:

AGES	0 - 12	13 - 15	16 - 17
Track	✓ 	✓ 	✓
Multipurpose Gym Space*	✓ 	✓ 	✓
Pool*	✓ 	✓ 	✓
Exercise Equipment	✗	Must complete Teen Certification Program and be accompanied by adult	✓
Group Exercise Classes	✗	✓ 	✓
Rockwall*	✓ 	✓ 	✓

 Must be accompanied by adult

**\*NOTE:** Areas may not be available during Dependent Hours due to scheduled programs.