

## Weight Room Policy

No person(s) under the age of 12 shall be permitted to access the Fitness Centre. Youth between the ages of 12-13 must register, participate in and successfully complete the Pre-teen orientation course with a Personal Trainer in order to use the Fitness Centre. Youth 12-13yrs must be supervised by a guardian 18+ years at all times while in the fitness centre. Person(s) of 14 years of age and older are permitted with valid membership to access the Fitness Centre.

