

Vance AFB Fitness Center Age Policy
DAFI34-114_VANCEAFB SUP 20 February 2024, Table 3.1

Age	Authorized use WITHOUT Qualified Adult during staffed hours	Authorized use WITH Qualified Adult/ Interactive Supervision** during staffed hours	RESTRICTED use
16 years of age and older	<ul style="list-style-type: none"> • All areas of the Fitness and Sports Center excluding saunas 	<ul style="list-style-type: none"> • Saunas 	
Youth 14-15 years of age*	<ul style="list-style-type: none"> • All areas of the Fitness and Sports Center excluding saunas 	<ul style="list-style-type: none"> • Saunas 	
Youth 10-13 years of age*	<ul style="list-style-type: none"> • Basketball court • Racquetball courts • Relaxation room • Locker room/Restrooms • Running track • Tennis/Multi-purpose courts • Fitness Pad 	<ul style="list-style-type: none"> • Cardiovascular equipment • Strength training rooms and equipment • Group exercise room and classes • Exercise area of Parent/Child exercise room 	<ul style="list-style-type: none"> • Saunas
Youth 6-9 years of age		<ul style="list-style-type: none"> • Basketball court • Racquetball courts • Child area of Parent/Child exercise room • Relaxation room • Locker room/Restrooms^^ • Running track • Tennis/Multi-purpose courts • Fitness Pad • Facilities as a participant/spectator in a sport or age-appropriate special event or class 	<ul style="list-style-type: none"> • Saunas • Cardiovascular equipment • Strength training rooms and equipment • Group exercise room and classes
Youth 5 years and younger		<ul style="list-style-type: none"> • Child area of Parent/Child exercise room • Racquetball courts • Relaxation room • Locker room/Restrooms • Running track • Tennis/Multi-purpose courts • Fitness Pad • Facilities as a participant/spectator in a sport or age-appropriate special event or class 	<ul style="list-style-type: none"> • Saunas • Cardiovascular equipment • Strength training rooms and equipment • Group exercise room and classes^ • Basketball court^

*Must enroll in Youth Fitness Program

^Unless participant/spectator in a sport or age-appropriate special event or class

** Interactive supervision requires qualified adult and child to participate in/perform activity together at all times. A qualified adult is a parent, legal guardian, qualified family member program (FMP) staff member, qualified child and youth program personnel, Fitness and Sports Center personnel conducting a program or coach.

^^Children ages 6 and older are not allowed in opposite gender locker rooms/restrooms.

No youth ages 18 and younger are permitted in the facility during unstaffed after-hours access.