



NAWS CHINA LAKE
MWR FITNESS, AQUATICS & SPORTS
AUTHORIZED AGES for FITNESS

| FITNESS AREAS | | | | | |
|----------------------|---|---|---------------------------------|---|---|
| AGE | Free Weights, Cardio & Selectorized Area | Group Exercise Classes <small>(Age appropriate, determined by instructor)</small> | Locker Rooms/ Restrooms | Courts | Aquatics (Oasis Pool) |
| See Note 1 | | | | | See Note 2&3 |
| 16-17 | YES Unsupervised | YES Unsupervised | YES Unsupervised | YES Unsupervised | YES Unsupervised |
| 15 | YES Unsupervised | YES Unsupervised | YES Unsupervised | YES Unsupervised | YES Unsupervised |
| 12-14 | YES Line of Sight Supervision | YES Line of Sight Supervision | YES Unsupervised | YES Unsupervised | YES Unsupervised |
| 10-11 | YES Touch Supervision | YES Line of Sight Supervision | YES Unsupervised | YES Line of Sight Supervision | YES Unsupervised |
| 7-9 | NO | NO | YES Unsupervised | YES Touch Supervision | YES Line of Sight Supervision |
| 2-6 | NO | NO | YES Touch Supervision | YES Touch Supervision | YES Touch Supervision |
| <2 | NO | NO | YES Touch Supervision | NO | Recreational Swim & Lessons Only |

| PROGRAMS & EVENTS | | | |
|------------------------------|---|--|--|
| Age | FITNESS EVENTS <small>Age appropriate, determined by Instructor</small> | INTRAMURAL SPORTS <small>Skill Dependent</small> | SPORTS SPECTATOR |
| 16-17 | YES - Line of Sight Supervision | YES - Line of Sight Supervision | YES - Unsupervised |
| 15 | YES - Line of Sight Supervision | NO | YES - Line of Sight Supervision |
| 12-14 | YES - Line of Sight Supervision | NO | YES - Line of Sight Supervision |
| 10-11 | YES - Line of Sight Supervision | NO | YES - Line of Sight Supervision |
| 7-9 | YES - Line of Sight Supervision | NO | YES - Touch Supervision |
| 2-6 | YES - Line of Sight Supervision | NO | YES - Touch Supervision |
| <2 | NO | NO | YES - Touch Supervision |

Note 1, FITNESS & SPORTS: Touch, and Line of Sight Supervision required by a Qualified Adult. A Qualified Adult is defined as an adult family member, legal guardian, qualified Child and Youth staff member or qualified coach.

IAW CNIC "AUTHORIED AGES FOR MORALE WELFARE AND RECREATION FITNESS CENTERS" dated 4 Nov 19.

Note 2, AQUATICS: Children under 10 years of age must be accompanied by, and under the direct supervision of, an individual whose minimum age is 16 years. Children between the ages of 10-16 if left unattended, must have passed the Navy Swim Test.

IAW CNICINST 1710.3 Ch12, & Navy Youth Swim Test May 16

Note 3, AQUATICS: CNIC Inst 1710.3 for ages 7-9 direct supervision is required. NAWS China Lake defines direct supervision as Line of Sight for 7-9 year olds.