

For the safety and welfare of Fort Lee Youth and IAW Army Regulation 215-1 (Paragraph 8-20 (2) d., dated 24 September 2010), Youth may use adult indoor physical fitness centers only under the following provisions:

Children 12 years old and under may not use any fitness machines or equipment. Prohibited areas include: Cardio Rooms, Weight Rooms, Sauna or Steam Rooms. When in other areas, youth must be under the direct line of sight supervision of a parent or guardian.

Youth ages 13-15 years old must be actively participating in the same activity and under direct line of sight supervision of a parent or guardian.