



# Hey Teens

**Please check in at the Fitness Desk with an attendant before going to the gym or Indoor Track.**

**Even if you have your wristband, we would like to say hello.**

## **Have you completed the Teen Fit Orientation?**

Get a tour, verify your age, determine if any supervision is needed and answer any questions you may have.

Speak with a fitness attendant to book your spot today.

Help us keep you and others safe while using the facility.

*Thanks for your cooperation!*





# Age Requirements when using the Facility



## **RE/MAX Fitness Centre //**

The minimum age to access the RE/MAX Fitness Centre unsupervised is 16 years of age.

Youth ages 14 - 15 can access alone, only after completing the Teen Fit Orientation.

Youth ages 12 - 13 can access only after completing the Teen Fit orientation, and must be actively supervised by a responsible person 18 years of age or older.

The supervision ratio for the Fitness Centre is 1:2.



## **Indoor Track Age Requirements //**

Youth aged 14 and older can access the Indoor Track unsupervised.

Youth aged 13 and younger must be actively supervised by a responsible person 18 years of age or older.

The supervision ratio for the Indoor Track is 1:4.



Help us keep you and others  
safe while using the facility.

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*Thanks for your cooperation!*