


# Supervision & Age Guidelines

## Know Before You Go

See age limits, supervision needs, and participation requirements at a glance, so your visit goes exactly as planned, and everyone knows what to expect.

## Age Access Guide

	Ages 0 - 7	Ages 8 - 11	Ages 12 - 13	Ages 14 - 16	Ages 16+
 Indoor Playground	Active Supervision	No Access	No Access	No Access	No Access
 Aquatic Centre & Outdoor Pool	Active Participation	Full Access	Full Access	Full Access	Full Access
 Arenas					
 Fieldhouses	Active Supervision	Full Access	Full Access	Full Access	Full Access
 Indoor Track	Active Supervision				
 Fitness Centre	No Access	No Access	Active Supervision	Teen Fit	Full Access

**Active Participation** requires a responsible person 14 years of age or older to participate with the participants 7 years of age or under in the fieldhouse. In the Aquatic Centre and/or on the ice the child must be within arm's reach of guardian. If the description states that an Adult is required, the active participant must be 18 years or older. Some instructor-led programs may also require active participation. You will see the following red icon beside all Active Participation activities. 

**Active Supervision** requires a responsible person 14 years of age or older to watch participants 7 years of age or under from the sidelines of the fieldhouse, from the players bench in the ice arenas, in the pool of the Aquatic Centre and within the allotted space of each zone on the Indoor Track level (High Performance, Cycling & Training Zone).

## Youth Ice Opportunity Supervision Guide

	Ages 0 - 5	Ages 6 - 7	Ages 8 - 11	Ages 12 - 17
All Ages Stick & Puck	Active Participation	Active Participation	Full Access	Full Access
Child Stick & Puck	No Access	Active Supervision		Full Access
Youth Stick & Puck		No Access	No Access	