



FAMILY FITNESS ROOM RULES:

Children from 6 weeks through 6 years old are welcome here; however please understand that this is not a day care facility. Torii Gym staff are not responsible for your children, you are. Do not ask the gym staff to watch your kids. This area is above Army Baseline Service standards and is a privilege; if it is abused it will go away.

- 1. Parent must remain in the Family Fitness Room with their children; you are not permitted to leave your children in the play area and utilize other areas of the facility, no exceptions.**
- 2. Children must remain in the play area at all times and are not permitted in the exercise area with the parent.**
- 3. Keep children off of and away from machines and out of exercise area.**
- 4. Don't let children play with or on exercise equipment.**
- 5. Don't hold children while on machines.**
- 6. No food or drink allowed in the children play area.**
- 7. Water or sports drinks are acceptable for parents exercising.**
- 8. Parents are not allowed to use headphones while exercising with children in play area.**
- 9. Remove shoes in play area.**
- 10. Clean up after your children.**
- 11. You are responsible for your children and their behavior.**
- 12. Please be extra cautious if there are older children playing near younger ones.**
- 13. Please don't change diapers in the Family Fitness or locker rooms, changing stations are available in the handicap restrooms. Take diapers home with you.**
- 14. Don't bring any toys that may be a choking hazard, especially if small parts might be left behind for other children.**