

Facility Access by Age

Public Areas

Ages 7 and under

Guardian supervision required.

Ages 8+

Guardian supervision not required.

Fieldhouse

Ages 7 and under

Guardian supervision required.

Ages 8+

Guardian supervision not required.

Fitness Floor

Ages 12 and under

Access not permitted, including car seats and strollers.

Ages 13-15

Must receive fitness orientation before use without guardian.

Ages 16+

Full access permitted.

Indoor Running Track

Ages 7 and under

Only secured in stroller or chest-carrier.

Ages 8-12

Must remain within arm's reach of guardian. Corner equipment use not permitted.

Ages 13-15

Must receive fitness orientation before use without guardian.

Ages 16+

Full access permitted.

Aquatic Centre*

Ages 7 and under

Guardian supervision required within arm's reach.

Ages 8+

Full access permitted.

*Any age may be required to complete a swim test to determine if life jacket is required.

*Certain facilities in the Aquatic Centre may have different usage restrictions based on height, weight and age.

Indoor Playspace

Ages 7 and under

Guardian supervision required.

Ages 8-12

Youth 8-12 years do not require guardian supervision.

Ages 13-15

Not permitted unless in designated programming.

Ages 16+

Only permitted when supervising ages 0-7.

Child Minding

Ages 7 and under

Welcome for child minding care.

Ages 8+

Not eligible for child minding care.

Rec Room

Age restrictions vary depending on scheduled programming. Visit our website to view schedule.



* Guardian consent is required to complete waivers of anyone aged 17 years or under