



UNITED STATES MARINE CORPS
MARINE CORPS COMMUNITY SERVICES LEJEUNE-NEW RIVER
MARINE CORPS INSTALLATIONS EAST
1401 WEST ROAD
CAMP LEJEUNE NC 28547

1710
SFIT

JAN 23 2019

From: Assistant Chief of Staff, Marine Corps Community Services,
Marine Corps Installations East-Marine Corps Base, Camp Lejeune
To: Director, Marine and Family Programs Division, Headquarters
Marine Corps

Subj: WAIVER FROM POLICY FOR FITNESS CENTER AGE LIMITATIONS

Ref: (a) MCO 1700.29

1. Reference (a) sets the policy regarding use of fitness facilities by youth under the age of 12 and the requirement to request a waiver for exemptions to the established policy.
2. Request exception to allow authorized youth, ages 10 and 11 years, to utilize Wallace Creek Fitness Center aboard Marine Corps Base, Camp Lejeune (MCB CAMLEJ) and AS-4400 Fitness Center aboard Marine Corps Air Station, New River (MCAS NR) under direct supervision of a parent or guardian. Youth in this age group will not be allowed to utilize cardiovascular or weight-training equipment, but will be allowed on basketball courts, running tracks, climbing walls, and in multi-purpose rooms and racquetball courts.
3. According to the Centers for Disease Control obesity rates in children have more than tripled since the 1970's. North Carolina is among the states with the highest percentage of obese high school students in the nation. In addition, North Carolina also ranks high in the percentage of adults with Type 2 Diabetes.
4. Neither MCB CAMLEJ nor MCAS NR have facilities that are open to youth outside of the School Age Child Care program. In addition, there is no Young Men's Christian Association or similar organization that provides support for youth fitness. Therefore, military children in Onslow County have no options for participating in any indoor fitness activities such as basketball, volleyball, racquetball, running, or rock climbing. Extreme heat/weather conditions also make these activities impossible to do outdoors during much of the year.
5. Exemption from the age policy will allow children to establish lifetime fitness habits at an early age. The two Fitness Centers specified for this waiver have the capacity and amenities to support children without detriment to our Marines and Sailors.


SARAH WILTGEN