

Ponca Weight Room/West Gym Membership Contract

Congratulations on your Membership. Your membership entitles you and your immediate family (college students included) access to the Ponca Weight Room and West Gymnasium from 5:00 a.m. to 9:00 p.m., Monday through Friday, and from 6:00 a.m. to 9:00 p.m., on weekends. Use outside of the 8:00 a.m. to 4:00 p.m. community access time and on weekends will require the use of your membership fob.

If you access the building with your membership fob, you are responsible for securing the building when leaving. This membership entitles access to the weight room and west gymnasium. Use of any other part of the facility is prohibited and may result in loss of membership. The guidelines listed below provide additional guidance in the proper use and care of this facility.

GUIDELINES: Weight Room and West Gym

1. Sign in before exercising and sign out when finished during the school day.
2. To purchase a membership you must be a high school graduate or 19 years of age.
3. Family membership \$120.00 per year. Senior citizen and college membership \$50.00 per year. Memberships run from September 1 to August 31.
4. Check with your doctor before using this facility if there is any question of physical health problems that may be complicated by exercise.
5. Become knowledgeable about safety and correct use of equipment before exercising. (See video for proper instruction and safety.)
6. No food or drink in weight room area.
7. No children under 12 (7th grade) are allowed to use the weight room. Members are allowed to bring one guest with them when using the weight room.
8. When using the free weights in the weight room there must be a spotter present.
9. Be courteous. Limit yourself to no longer than 30 minutes on one piece of equipment.
10. Rack weights and wipe down pads on equipment when finished.
11. Report any problems with facilities and equipment on forms at the front desk.
12. Secure the building if you use it beyond school hours.
13. You must provide adult supervision in the immediate area if you sponsor your children in the weight room or gymnasium.
14. You may be held responsible for any damage resulting from intentional misuse of the facility or equipment or failure to properly secure the facility.
15. Elementary coaches are required to pay a \$10.00 deposit for a fob which is refundable at the end of the season.

I understand there is certain health risks associated with exercise. Therefore, I agree to assume the responsibility for any injury or health problems that may develop as a result of exercise.

I also agree to assist in enforcing the above rules to ensure a safe and well-maintained fitness center. I understand that failure to follow these rules may result in the loss of membership and privilege to the facility.

This agreement will expire on_____.

Ponca Public School reserves the right to schedule activities and/or close the facility. Scheduled activities take precedent over individual community access.

Member Signature

Date