

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 during the following hours:

During the school year:

Monday thru Friday 4:50am to 7:00 am and 6:00 pm to 9:00 pm. Saturday and Sunday 4:50 am to 9:00 pm

Summer Hours:

Monday thru Friday: 4:50 am to 6:30 am and 9:00 am to 9:00 pm. Saturday and Sunday 4:50 am to 9:00 pm

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. To purchase a membership contract you must be a high school graduate or 19 years of age.
2. **Family membership \$120.00 per year, or \$10 dollars per month.
College membership \$60.00 per year, or \$5.00 per month.
Senior citizens (65+) are free.**
3. Check with your doctor before using this facility if there is any question of physical health problems that may be complicated by exercise.
4. Become knowledgeable about safety and correct use of equipment before exercising.
5. No food or drink in weight room area.
6. No children under the age of 12 (7th grade) are allowed to use the weight room. Members are allowed to bring one guest with them when using the weight room.
7. When using the free weights in the weight room there must be a spotter present.
8. Be courteous. Limit yourself to no longer than 30 minutes on one piece of equipment.
9. Rack weights and wipe down pads on equipment when finished.
10. Report any problems with facilities and equipment on forms at the high school office.
11. Secure the building if you use it beyond school hours.
12. **Fobs are for adult use only. You must provide adult supervision in the immediate area of your children in the weight room, or gymnasium. Any use of a fob by a student will result in the termination of your membership.**
13. You may be held responsible for any damage resulting from intentional misuse of the facility or equipment or failure to properly secure the facility.

I understand there are 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 expires on _____.

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

Print name please

Length of membership

Member Signature

Date

08.08.2024