



George-Little Rock Community School District

Rev 07/2023

**Fitness Center Guidelines**

The GLR school will provide availability of the fitness center to the public. Membership is granted to adults who are 18 or older and no longer a high school student (and have graduated and concluded all summer sports seasons).

For the purpose of safety, students must be supervised by an adult while using the fitness center.

**Fitness center will be available for membership use Monday through Friday from 5:30 am to 7:30 am and 6:00 pm to 9:00 pm, Saturday 7:00 am to 7:00 pm and Sunday 12:00 Noon to 5:00 pm.**

School use hours are Monday – Friday 7:30 am – 6:00 pm. **The fitness center will be closed on inclement weather days or other days when the school is closed due to weather or health concerns.** If there are changes in these hours, the posting will be on the high school announcements web page. Access the fitness center by door “A” on the east side of the GLR district building.

If an individual/family resident of the GLR school district would like to use the fitness center, they will need to purchase membership which will include a key card/fob from the district central office at \$20.00 per month for individual membership or \$25.00 per month per family household payable annually as defined below. Non GLR resident membership rates are outlined below. One card will be issued per family. This card is for fitness center access only with no other access to other parts of the school. Membership is to be paid annually at the district central office. Replacement cards/fobs cost \$10. Cards can and will be turned off without notice if payment is not received by the 10<sup>th</sup> of the month due. If membership is cancelled or revoked, cards need to be returned to the district central office. Current GLR staff members and board members are allowed a waived membership fee for their household (staff member, spouse, and dependents) with receipt of the membership form being required before access is granted.

Membership FOBS may not be given to non-members for use. Memberships are only available through the district central office and may not be sold or transferred between members.

**If guidelines or other district policies are violated, including member opening the doors or propping doors open for non-members, bringing in non-members, giving FOBs to non-members, lack of supervision by adults, or if there is abuse of the policies, protocols, or guidelines, membership will be cancelled and result in loss of fitness center privileges with no refunds of membership issued.** Members will not offer fitness classes for a fee without the district central office written approval and completion and payment of the rental of the facilities information for the specific dates as defined in Board Policy 905.1. Security cameras are in use in the hallways and fitness center.

## Fitness Center Guidelines:

1. **School Use Hours: Monday – Friday 7:30 am – 6:00 pm**

**Community Use Hours: Monday – Friday 5:30 am – 7:30 am & 6:00 pm – 9:00 pm**  
**Saturday: 7:00 am – 7:00 pm**  
**Sunday: 12:00 Noon – 5:00 pm**

<b>Fees:</b>	<b>GLR Resident Individual Membership:</b>	<b>\$240/year paid annually</b>
	<b>GLR Resident Family Membership:</b>	<b>\$300/year paid annually</b>
	<b>GLR Non-Resident Individual Membership:</b>	<b>\$270/year paid annually</b>
	<b>GLR Non-Resident Family Membership:</b>	<b>\$330/year paid annually</b>

2. **You must be a registered user of the fitness center by completing the membership agreement and paying required fees in order to use the center.** A registered user is considered to be an adult who is 18 years or older. High school students are not eligible to be registered users until they have graduated and all summer sports seasons have concluded.
3. **Members must sign in and out on the provided clip board with time and date when arriving and leaving the facility.**
4. Students must be accompanied by an adult during all times. An adult is defined as an individual who is 18 years or older and no longer a high school student having graduated and concluded all summer sports seasons. A registered user or GLR staff member must supervise students in grades 7-12. Absolutely no children in 6<sup>th</sup> grade or under are allowed in the fitness center at any time.
5. Appropriate gym attire must be worn. Separate set of clean athletic (tennis) shoes must be worn in all fitness areas. No outside shoes are allowed within the fitness center. Appropriate workout attire (t-shirt, sweatshirt, shorts, sweatpants) must be worn. Please be tactful of choice of attire.
6. Members will not prop open doors or open doors to allow non-members use of the facility.
7. This facility is for persons using the wellness equipment only.
8. Access to other areas of the school is not allowed.
9. Proper warm-up and stretching is a must.
10. No lifting alone - always have a spotter.
11. **No food or drink other than water is allowed in the fitness center.**
12. Fitness center may be periodically closed to the public for physical education classes or sporting practices.
13. **All weight equipment will be put away in designated area when finished.**
14. All equipment and supplies are to stay in the facility.
15. **Users must wipe down each piece of equipment after use. Hand towels and sanitizer can be found in many locations within the fitness center.**
16. Members will not offer fitness classes for a fee without the district central office written approval and completion and payment of the rental of the facilities information for the specific dates as defined in Board Policy 905.1.
17. If you see any equipment in need of repair, report that to the activity director, principal, fitness center coordinator, or superintendent.
18. **Violation of rules may result in loss of the fitness center use/privileges and forfeiture of your use fee.**

I have read, understand, and will abide by the above guidelines. I acknowledge receipt and agree to follow the rules and regulations set forth by this agreement and any additional changes or amendments made by the George-Little Rock Community School District. I agree to sign in and out each time using the fitness center. (This will help GLR better understand the amount of use for the center moving forward.) This agreement includes understanding that George-Little Rock Community School has the exclusive right to reject the agreement at any time. Use of the equipment is at one's own risk.

I am willing to assume any and all risks and take full responsibility for participation in the event and/or use of the school's facilities or equipment and all occurrences incident thereto, including, but not limited to, any medical needs and expenses related thereto. I waive and release the George-Little Rock Community School District, its directors, officers, employees, agents, and representatives thereof, from all and any claims or liabilities of any kind or nature whatsoever that may arise out of the participation in this event or use of the school's facilities or equipment.

I further agree to indemnify, save and hold harmless the District, its officials, agents, and employees from any and all claims or damages, including attorney fees and expenses, that may arise by reason of the use of the school facilities and/or equipment or arising from participation in any activity thereon.

This membership agreement is good for one year with paid membership. Membership good from \_\_\_\_\_ through \_\_\_\_\_.

Signature: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone No.: \_\_\_\_\_

E-mail: \_\_\_\_\_

Payment Record:

Date of Payment: \_\_\_\_\_ Amount: \_\_\_\_\_

Staff Member in Receipt of Payment: \_\_\_\_\_

GLR Board of Education Reviewed and Approved on 7/17/2023.

**GEORGE-LITTLE ROCK  
COMMUNITY SCHOOLS**

**Participant and Facility Use Waiver**

I am willing to assume any and all risks and take full responsibility for participation in the event and/or use of the school's facilities or equipment and all occurrences incident thereto, including, but not limited to, any medical needs and expenses related thereto. I waive and release the George-Little Rock Community School District, its directors, officers, employees, agents, and representatives thereof, from all and any claims or liabilities of any kind or nature whatsoever that may arise out of the participation in this event or use of the school's facilities or equipment.

I further agree to indemnify, save and hold harmless the District, its officials, agents, and employees from any and all claims or damages, including attorney fees and expenses, that may arise by reason of the use of the school facilities and/or equipment or arising from participation in any activity thereon.

**STUDENTS MAY NOT USE THE WEIGHT ROOM WITHOUT PARENT, ADULT, OR STAFF SUPERVISION.**

Signed by:

\_\_\_\_\_  
Participant's Name

\_\_\_\_\_  
Participant's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Participant's Name

\_\_\_\_\_  
Participant's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Participant's Name and Age (if minor)

\_\_\_\_\_  
Parent's Signature (if participant is a minor)

\_\_\_\_\_  
Participant's Name and Age (if minor)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Participant's Name and Age (if minor)