

Fob# _____

Allen Weight Room/ Gym Membership Contract

New Membership

Renewal

Congratulations on your Membership. Your membership entitles you and your immediate family (college students included) access to the Weight Room and Gymnasium during the following hours:

During the school year:

Monday through Friday 4:50am to 7:00 am and 6:30 pm to 10:00 pm. Saturday and Sunday 4:50 am to 10:00 pm

Summer Hours:

Monday through Friday: 4:50 am to 6:30 am and 12:00 pm to 9:00 pm. Saturday and Sunday 4:50 am to 10:00 pm

ANYTIME THERE IS A SCHOOL SPONSORED EVENT IN THE GYM YOU WILL NOT HAVE ACCESS TO THE SCHOOL

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 Gym

- I. 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 connect 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. You are also responsible for replacing a lost FOB.
14. Please use gym appropriate shoes while in the gym, non-marking soles and clean.

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 _____

FOR SCHOOL USE ONLY

Check # _____

Amount _____

Cash _____

Initials _____

Print name please

Length of membership

Member Signature

Date