



**Welcome to the Cedar Grove-Belgium Fitness Center**

In this guide, you will find valuable information about the Cedar Grove-Belgium Fitness Center. The Cedar Grove-Belgium Board of Education and administration hope your experience brings you increased health and happiness.

**Purpose Statement**

The Cedar Grove Belgium Fitness Center exists for the purpose of providing a venue for physical education programs, athletic teams, and residents of the Cedar Grove-Belgium School District to utilize aerobic exercise and weight training equipment during school hours for CGB students and athletic teams and also during regularly scheduled hours for community members.

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**CGB Fitness Center Hours of Operation (including Summer 2017- Starting 6/12)**

**Mornings**

**Monday – Friday  
Saturday**

**Time**

**5:15 – 7:15 AM  
7:00 – 10:00 AM**

**Evenings**

**Monday – Thursday  
Fridays**

**3:00 – 8:00 PM  
3:00 – 5:00 PM**

**Evening School Year Hours: Student/Staff Only Hours Monday – Friday 3:00 – 5:00 PM  
Members Hours Monday – Thursdays 5:00 – 8:00 PM**

\*Please note all or part of the CGB Fitness Center may be closed for participants during school sponsored activities and events including summer school. Participants of the CGB Fitness Center must comply with the posted dates/times and are not permitted to use the aerobic or weight lifting equipment while school sponsored activities and summer school classes are in session.

**Closed:** Labor Day, Thanksgiving Eve Day, Thanksgiving, the day after Thanksgiving, Christmas Eve, Christmas Day, New Year’s Eve, New Year’s Day, Good Friday, Memorial Day, and the Fourth of July

**Inclement Weather**

It may be necessary to close the CGB Fitness Center during inclement weather. Closing the CGB Fitness Center depends on whether or not it is safe for supervisory staff to travel to the high school to open the fitness center as well as to be able to return home safely. If it is unsafe for general travel, it is highly likely the fitness center will be closed.

- If the Cedar Grove-Belgium School District cancels school due to inclement weather, the CGBSD Fitness Center will be closed.

## Enhancement Fees

Enhancement fees allow for equipment upgrades, machine cleaning services, program expansion, and utilization of fitness trainer services. All enhancement fees are ANNUAL, non-refundable with an expiration date of June 30<sup>th</sup>. The annual enhancement fee provides a full year, July 1 through June 30<sup>th</sup>, use of the facility. After July 1 fees will be prorated through June 30<sup>th</sup>.

<b>Resident Adult (Age 18+)</b>	\$120 annual enhancement fee
<b>Resident Couple</b>	\$230 annual enhancement fee
<b>Resident Senior Citizen (Age 60+)</b>	\$100 annual enhancement fee
<b>Resident Senior Citizen Couple (both age 60+)</b>	\$180 annual enhancement fee
<b>CGB School District Employee Spouse/Domestic Partner</b>	\$100 annual enhancement fee
<b>CGB Middle School in Grades 7 and 8*</b> *Must be accompanied by their own registered parent	NO FEE
<b>CGB High School Student in Grades 9-12</b>	NO FEE
<b>CGB School District Employees</b>	NO FEE
<b>Day Pass:</b>	
<b>Resident Adult and Student</b>	\$5.00
<b>Non-Resident Adult and Student</b>	\$6.00
<b>Non-Resident Adults and Students</b>	\$300 for a year (If foregoing the daily pass)

If you would like to obtain a combined Fitness Center and Gym and Swim pass prices are listed below:

<b>Resident Adult (Age 18+)</b>	\$175.00
<b>Resident Couple</b>	\$300.00
<b>Resident Senior Citizen (Age 60+)</b>	\$150.00
<b>Resident Senior Citizen Couple (both age 60+)</b>	\$275.00
<b>Non-Resident Adults (individual)</b>	\$400.00

**All members must present their membership card upon entrance to the fitness center, there will be no exceptions made.**

## New Participant Orientation

All new users of the fitness center are required to set up an orientation appointment with the Fitness Center Coordinator. During the orientation session, users will learn how to safely and properly use the equipment, review policies and expectations, and have an opportunity to ask questions. Orientation sessions will be offered on Tuesdays and Thursdays at 6:00 PM or on a drop-in as needed basis to be arranged directly with the Fitness Coordinator.

## **Fitness Center Policies and Procedures**

### **Dress Code**

A dress code has been established for the comfort and safety of all users, as well as for the care of the equipment. All users are asked to abide by the following dress code:

1. Appropriate shirts must be worn at all times.
2. Shorts or athletic pants are permitted. No cut-offs or blue jeans are allowed.
3. Tennis shoes must be worn at all times. Please bring a different pair of shoes to change into upon arrival. No open toed shoes, boots, or cleats are allowed.

### **Food and Beverages**

No food or drink other than water is allowed in the fitness center.

### **Personal Items**

There are hooks outside the fitness center for storage of personal belongings during workout sessions. The Cedar Grove-Belgium School District is not responsible for lost or stolen personal items.

### **Restrooms**

There are restrooms in close vicinity of the fitness center for users to utilize and change. Locker rooms and showers are not available for fitness center participants.

### **Medical Clearance**

Consultation with a physician is extremely important prior to engaging in physical activity. Although medical clearance is not required for using the fitness center, adherence to this recommendation is highly endorsed by the Cedar Grove-Belgium Board of Education.

### **Assistance**

Users with special needs are asked to contact the Fitness Center Coordinator in order to make necessary accommodations.

### **Music, Television, and Cell Phones**

Participants may utilize their personal listening devices. The supervisor will determine the television selections. Music and television stations will be appropriate for school age children. The use of cell phones for listening to personal music is allowed; however, personal calls are to be taken outside of the fitness center area.

### **Childcare**

The fitness center does not provide childcare services. Children may not be left unattended in fitness center, gymnasium, or hallways. Children should not wait by exercise equipment while their parents exercise. For the safety of young children, prior childcare arrangements are necessary.

### **Emergencies**

In the event of an emergency within the fitness center, notify the onsite supervisor immediately or call 911.

## **Violation**

The Cedar Grove-Belgium Board of Education reserves the right to add or amend fitness center rules and policies at any time. All users must abide by the rules of the fitness center. A user may be suspended from the CGB Fitness Center in the event a violation of the fitness center rules or CGB School District policies occurred. Violations include, but are not limited to: intentional damage or misuse of property; fighting; use of inappropriate language; use of drugs, alcohol, or other illegal substances in property, and theft or illegal acts. Access will be denied to any participant who is under the influence of alcohol or other illegal substances.

## **Fitness Center Etiquette**

- Be respectful of the facility, equipment, and others.
- Spotters are recommended when lifting.
- If you are doing multiple sets on a piece of equipment, please allow others to work with you or trade sets.
- No weightlifting chalk is permitted.
- Please disinfect all equipment after each use by using the wipes provided.
- Plate collars need to be used on all bars at all times.
- Re-rack all weights and dumbbells after use.
- Please do not drop or slam weights.
- Do not lean plates or bars against weight equipment, walls, or mirrors.
- No standing on benches.
- Do not place bars or dumbbells on bench padding.
- Family friendly language only; no profanity.
- Limit use on cardiovascular machines to 30 minutes when busy; use sign-up sheets on machines and please be considerate of others.
- If you are unsure how to properly use a piece of equipment, please ask the Fitness Center Supervisor.





## CEDAR GROVE-BELGIUM FITNESS CENTER STUDENT WAIVER FORM

Name	Year of Graduation
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CGB students in grades 7 and 8 may use the fitness center only when accompanied by their own parent who is a resident of the Cedar Grove-Belgium School District. The parent must remain in the fitness center at all times.

### **Expectations**

All students are expected to follow the fitness policies, procedures, and etiquette guidelines at all times. Failure to do so will result in suspension from the Cedar Grove-Belgium Fitness Center.

### **Liability Release: (All students must sign)**

I understand there are a number of inherent risks associated to using the Cedar Grove-Belgium Fitness Center, and therefore agree to follow any and all safety standards, guidelines, and procedures established for using the Cedar Grove-Belgium Fitness Center.

As the parent of \_\_\_\_\_, I do hereby grant permission for my child to participate in the Cedar Grove-Belgium Fitness Center. I agree to assume responsibility for any and all past, present, or future loss or damage to property and/or bodily injury, including death, however caused including negligence, from or arising out of or in any way connected with my child's use of the Cedar Grove-Belgium Fitness Center. To this end, I irrevocably and unconditionally waive on behalf of my child any and all claims, demands, rights, damages, costs, losses, legal actions, causes of action, attorney's fees and expenses, of any nature whatsoever, against the Cedar Grove-Belgium School District, its officers, employees, volunteers, agents and their heirs, executors and assigns for any injuries foreseen and unforeseen, that should occur from my child using the Cedar Grove-Belgium Fitness Center.

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date