

LAKEVIEW FITNESS/WEIGHT ROOM

RULES & REGULATIONS

Hours of Operation

Monday – Friday: 5:15 a.m. until 7:30 a.m.

Monday – Friday: 7:00 p.m. until 9:00 p.m.

Facilities may be closed on occasion due to Lakeview School Activities

Facilities will be available only on days when school is open for students

LAKEVIEW SCHOOL ACTIVITIES TAKE PRECEDENT

- 1. Open to Lakeview Patrons, Age 21 years and older**
- 2. District Issued Key Card Required for Entry (Purchased in Lakeview District Office) - \$25 per month for individual, \$40 per month for couple, \$5.00 replacement cost for lost card.**
- 3. No Permitted Use Beyond Posted Hours and Days of Operation**
- 4. No Food or Beverages Permitted (Water Bottles Only)**
- 5. Proper Clothing Attire Required**
- 6. No Locker Room Facilities Available**
- 7. No Profanity, Which Includes Vulgar Music**
- 8. A Spotter is Required When Lifting Heavy Free Weights**
- 9. Use of Cardio Equipment Limited to 20-Minute Intervals When Busy or Individuals Waiting**
- 10. Do Not Remain on Equipment Between Sets, Be Courteous, and Leave Equipment Promptly**
- 11. Wipe Down Equipment as Needed After Use (Wipes Provided)**
- 12. Dumbbells and Weight Plates Must Be Returned to the Appropriate Racks After Use
(Do Not Leave Plates on the Floor or Bars)**
- 13. No Loitering in Weight Room/Fitness Room or Hallway**
- 14. Be Courteous – Avoid Injury – HELP OTHERS!**

LAKEVIEW SCHOOL DISTRICT OFFICIALS RESERVE THE RIGHT

TO REMOVE AND/OR REVOKE PRIVILEGES TO THOSE INDIVIDUAL(S) NOT ADHERING

TO THE ABOVE RULES AND REGULATIONS