



SOUTH MILWAUKEE FITNESS CENTER

DATE: _____

901 15TH Avenue Door #24

www.smfitness.org

South Milwaukee, WI 53172

TRACK ACCESS FORM

(Driver's License to verify) RESIDENT _____ NON-RESIDENT _____

Silver Sneakers Member _____ (see additional application)

NAME: _____ DOB: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

HOME / CELL PHONE: _____

EMAIL ADDRESS: _____

EMERGENCY CONTACT NAME: _____

EMERGENCY CONTACT PHONE: _____

Residents are free after a one-time \$5 card fee

Non-Residents pay a \$25 annual user fee (card included)

Replacement cards are \$5

HOURS OF OPERATION		
Monday – Thursday	5:35 AM – 7:45 PM	Friday 5:35 AM – 6:45 PM Sat – Sun 700 AM – 2:45 PM

I understand that the School District of South Milwaukee will NOT be held liable to any user for claims, demands, injuries, damages, or actions arising due to the use of the track and facilities in general.

Track User Signature _____ Date _____

South Milwaukee Fitness Center

Rules and Regulations

Rules and regulations will be clearly posted and must be always followed when using the Fitness Center. Those individuals not complying with the rules will be asked to leave the facility and may have membership privileges suspended.

South Milwaukee Track Rules

1. First and foremost, we are a school, which means the students get priority whether it is P.E. classes or High School athletics. This means the track may be closed for certain hours on certain days of the week, which will always be communicated. Please notice signs posted upon entering the facility, at the Safety Desk, and check our website (www.smfitness.org) for updates.
2. Proper identification (Membership Card) is mandatory to enter the building. This card will unlock the interior doors at the Door #24 entrance; the scanner is located on the right side of the door. Once you are in the building, please scan your card again at the Safety Desk to check in prior to your workout.
3. Community bathrooms are located on the first floor in the hallway located by the Safety Desk.
4. For Track usage, children who are in Middle School must be on a family membership and may use the track ONLY while accompanied by their parent/legal guardian. Children younger than Middle School may also use the track while being accompanied by their parent/legal guardian but do not need to be on the Membership.
5. Wear proper training attire. No open-toed shoes are allowed while working out. Please wipe your shoes on the mat by the door. During the winter months and inclement weather days, it is recommended to bring an extra pair of shoes. Please use the benches located outside of the Fitness Center or on the track to change into exercise shoes BEFORE your workout.
6. Immediately report any facility related injury or facility problem to the staff on duty.

I have read, understand, and agree to comply with the above rules and regulations:

Member Signature: _____ Date: _____