

Weight/Fitness Room Guidelines

1. Only use the door at the end of the hallway.
2. Sign in when you arrive.
3. Each person using the weight/fitness room will need to have an orientation by the supervisor
4. Clean machines after use.
5. If equipment does not work properly, please phone and leave a message at 346-1211 x500
6. Keep the radio at a reasonable volume.
7. Use a spotter when using free weights.

Community Use (through Adult Education):

Hours: October 1, 2015 – June 24, 2016*

Hours are determined by the weight room supervisor and will be posted at www.brcsd.org, and on the weight room door.

1. There must be a weight room supervisor present at all times.
2. Each person in the weight room must have a pass on them at all times. Passes may be obtained from the district office.
3. There is a charge of \$2.00 per session. This payment is given directly to the weight room supervisor for their duties.
4. If you are interested in being a supervisor, please contact Nicole Kuhl – Adult Education Coordinator at nkuhl@brcsd.org

Student Use:

Hours: November 9, 2015 - February 12, 2015*

Monday-Friday 3:30-5:00

1. The weight room will be supervised by an adult during this time.
2. Students are to stay in the weight room at all times.

*The weight room will not be open at any time during a regular school break. (ex. Thanksgiving, Winter break, etc.)