



Committed to the Growth & Success of Each Student, Each Year

EAST TROY FITNESS CENTER

MEMBER GUIDE



Community Memberships Available!
Sunday - Friday: 3:15^{PM} to 7:45^{PM}

Welcome to Membership in the East Troy Fitness Center

In this guide, you will find valuable information about the East Troy Fitness Center. We hope your experience brings you increased health and happiness.

Purpose Statement

The East Troy Fitness Center exists for the purpose of providing a venue for students and residents of the East Troy Community School District to utilize weight training and aerobic exercise equipment during regularly scheduled community hours. The East Troy Fitness Center will provide a means by which one can train consistently, sensibly, and systematically over designated periods of time in a safe, clean, and professional environment to help prevent injury and improve athletic performance.

Location

East Troy High School: 3128 Graydon Avenue, East Troy, WI 53120

Contact Information

Fitness Room Coordinator	Ms. Morgan Lese	262-642-6760 x5293	lesmor@easttroy.k12.wi.us
Athletic Director	Mr. Brian O'Leary	262-642-6760 x5273	olebri@easttroy.k12.wi.us

Hours of Operation*

Monday – Friday	3:15 PM	7:45 PM
Sunday	3:15 PM	7:45 PM

**Hours subject to change*

Fitness Center Closed

New Year's Eve, New Year's Day, Memorial Day, Fourth of July, Labor Day, Thanksgiving Day, Christmas Eve and Christmas Day

Inclement Weather Closures

When School is in Session: If the ETCSD has cancelled school due to inclement weather, the Fitness Center will be closed. School closings are posted on the District website.

When School is not in Session: Fitness Center closure depends on road conditions and if it is safe for the Supervisor to travel. If road conditions are unsafe, the Fitness Center will be closed. To confirm any inclement weather closures, check the District website for more information.

Membership Eligibility

The following are eligible for membership:

- Current residents of the ETCSD
- Current property owners within the ETCSD
- Current employees and spouses of the ETCSD
- Current students of ET Middle School or ET High School
- ETHS graduates currently attending a post-secondary educational institution
- Individuals not meeting above criteria may be eligible if they have made a significant contribution to better the lives of the ETCSD community. (Eligibility will be determined by the Fitness Center Coordinator and Athletic Director)

Membership Fees

Membership fees are annual, non-refundable and will be good for one (1) year starting on your sign-up day. Membership Applications can be found at www.easttroy.k12.wi.us. All fees and memberships are processed through the East Troy Athletic Office.

Student Membership Requirements

Any current ETMS student must be accompanied by a parent or adult when utilizing the Fitness Room. All student members are required to have an approved fitness plan. Plans must be approved by an ET physical education teacher, ET Coach, or the Fitness Room Coordinator.

Fitness Room Rules

The following must be adhered to at all times:

- ONLY water bottles are allowed in the Fitness Center. Food, sports drinks, soda, etc are NOT allowed.
- Shoes worn in the Fitness Center must be clean of dirt, debris, water, snow, ice, etc.
- Report any damaged or broken equipment to the supervisors on duty.
- Use disinfectant wipes after use of machines
- Appropriate dress must be worn at all times
- Display the community values of the ETCSD (Respect, Responsibility, Integrity, and Courtesy).
 - Treat the facility, equipment and staff with respect. Unsafe use or abuse of any equipment may result in membership termination. Refunds will NOT be given.

<u>One Time Fees</u>	
\$15	Enrollment Fee
<u>Annual Fees</u>	
\$72	Adult, Age 18+
\$ 0	ETCSD Employee
\$ 0	Current ETMS OR ETHS Student
\$ 5	ET Grad in College: Spring Break
\$ 5	ET Grad In College: Winter Break
\$15	ET Grad in College: Summer Vacation
\$ 0	ET First Responders, Active Duty, Veterans

Frequently Asked Questions

1. **Where is the East Troy Fitness Center located?** The Fitness Center entrance is located on the north-east side of East Troy High School (3128 Graydon Avenue, East Troy) near the football field and track.
2. **Where do I park?** Members may use the staff parking lot on the north east side of the building.
3. **How do I enter the Fitness Room?** Members must enter through Door 6 (door closest to Fitness Center) and utilize their issued membership card to enter. Upon entering, members must sign in at the information desk.
4. **Where do I put my belonging when I'm using the Fitness Center?** Members are asked to use the coat hooks inside the entrance of the Fitness Center. Members are advised not to leave any valuables in the hallway. The ETCSD is not held responsible for any lost or damaged items.
5. **Who is in charge of the Fitness Center stereo system/televisions?** Supervisors will be in charge of selecting upbeat and positive music during community hours. While using the aerobic equipment (treadmills, bikes, etc.) you may choose to watch television.
6. **What if I want to use a piece of equipment but don't know how to use it?** The safety of individuals using the exercise equipment is a high priority. If you do not know how to use a piece of equipment, please ask a supervisor.
7. **What is the role of a Fitness Center Supervisor?** All supervisors are CPR/AED and First Aid certified. Supervisors are hired by the ETCSD and are to effectively manage the Fitness Center during community hours.
8. **What do I do if I lost my membership card?** Immediately notify the ET Athletic Department if you misplace your membership card.
9. **What happens if an athletic team is using the Fitness Center when I want to use it?** Athletic teams and community members are to share the space. Typical use by athletic teams occurs weekdays from 3:15 to 5:00pm. Cardio equipment is reserved for community use at all times.

