

Little Chute Area School District Mustang Community Fitness Center Member Guide



LITTLE CHUTE
Area School District
fostering a community of learners

Welcome to membership in the Mustang Community Fitness Center

The Mustang Community Fitness Center, located in Little Chute High School, exists to provide the residents of the Little Chute Area School District a venue to utilize weight training and aerobic exercise equipment during regularly scheduled community hours. A wide variety of equipment is available for our citizens to use, including easy to use selectorized weight resistance machines (no heavy plates to load, just pull a pin), free weights, treadmills, exercise bikes, and elliptical trainers. The fitness center is located on the top floor of the high school.

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

Membership Eligibility

The following are eligible for membership:

- Residents of the the Little Chute Area School District
- Property owners within the Little Chute Area School District
- Employees of the Little Chute Area School District and their immediate family members
- Students attending the High School
- Little Chute graduates currently attending a postsecondary educational institution
- Members of the Little Chute Volunteer Fire Department
- Employees of the Fox Valley Metro Police Department

Additionally, persons not meeting the criteria stated above may be eligible for membership if they have made a significant contribution to better the lives of people within the Little Chute Area School District Community. The Superintendent of Schools will determine the eligibility of those seeking membership under this provision.

Hours of Operation

- Monday - Friday 5:00 am - 7:30 am
- Monday - Thursday 5:30 pm - 8:30 pm
- Saturdays from Labor Day to Memorial Day 8:00 am - 11:00 am
- Hours during summer school (June 11 through July 22)
 - Monday, Tuesday, Thursday - 5:00 am-6:30 am
 - Wednesday and Friday - 5:00 am-7:30 am
 - No Saturday mornings
- Early Bird Walkers, November 1- April 30, Monday-Friday, 5:30 am-7:30 am. Requires a returnable \$10 key fob deposit available at the LCASD office.
- Community Track Hours
 - April 1 through the Friday before Memorial Day and Tuesday after Labor Day through October 31 - 6:30 am-8:30 pm Monday-Friday (not open during recess or track practice)
 - Tuesday after Memorial Day to Friday before Labor Day - 6:30 am-4pm

A supervisory staff operates the Fitness Center in the evening. Members must bring along their membership key fob to be let in.

All or part of the Fitness Center may be closed for members during school-sponsored activities and events including summer school. Members must comply with the posted dates/times and are not permitted to utilize fitness facilities while school sponsored activities and summer school sessions are in progress. Early Bird Walkers will not be permitted to utilize the Field House facility during early morning athletic practices.

Holiday Closures: New Year's Eve, New Year's Day, Good Friday, Memorial Day, Fourth of July, Labor Day, Thanksgiving Day, Christmas Eve, and Christmas Day.

Currently, all membership applications, fees, and access fobs are processed through Little Chute High School, 788-7600. Beginning in the fall of 2018, all this service will be provided through the Little Chute Area School District office.

Membership Fees

Yearly Membership Fees plus a \$10 refundable fob fee - Good for one year from the date of purchase with the exception of College Student memberships:

Family	\$125/year
Adult - Age 18+	\$75 per year
Senior Citizen - Age 55+	\$25 per year
Couples	\$100 per year
Village of Little Chute Emergency Personnel (Firefighters and Police Officers)	Free plus \$10 fob fee
LCHS Grad and College Student/ Resident of Little Chute June 1-Aug 31 access	\$25

Little Chute Area School District Employee Free Family Membership

**Family pricing includes both parents and children grades 8-12, younger children are not permitted. To qualify for the College Student rate you must reside in the district and hold a current student ID. District Employees must sign the release of liability waiver and must be present with family members who utilize the facility.*

Inclement Weather

If the Little Chute Area School District has cancelled school due to inclement weather, the Mustang Community Fitness Center will be closed.

Membership Expectations

All members are expected to display the community values of the Little Chute Area School District.

Member expectations include:

- Only water bottles are allowed in the Mustang Community Fitness Center. No food, sports drinks, or soda permitted within the facility.
- Disinfect equipment after use. Spray the towel and then wipe the equipment with damp towel.
- Return equipment to its proper storage place when finished with it.
- No use of chalk.
- No propping door/giving non-members access to facility.

A member's inability to adhere to these expectations may result in termination of membership. Refunds will not be given.

Membership Fobs/Entrance to the Mustang Community Fitness Center

- Members will be issued an access key fob which can be used at the main entrance of LCIS/MS/HS to gain entrance to the Mustang Community Fitness Center. Please note that your key fob will only work at the main entrance and will be programmed to open this door during scheduled community fitness center hours (see hours above).
- Misuse of your key fob - including lending to anyone to gain access to the Community Fitness Center, bringing unpaid members into the facility, or entering other areas of the building will result in immediate termination of your membership.
- Please immediately notify Little Chute Area School District, 788-7605 if you lose your key fob.
- Replacement key fobs will cost \$10 and can be obtained at LCASD.

Parking

Members may use the high school parking lot on the northwest side of the high school.

Personal Property

Please do not leave any valuables unattended. LCASD is not responsible for lost or stolen property.

Dress/Apparel

Clean athletic shoes and workout clothes are appropriate apparel.

Music

The Mustang Community Fitness Center is equipped with a stereo system. Supervisors will be in charge of a selection of upbeat and positive music during community hours. No inappropriate music will be tolerated.

Safety

The safety of individuals using the exercise is a high priority. If you do not know how to use a piece of equipment, please ask a supervisor.

Supervisors

Supervisors are paid staff. However, they are not trained fitness professionals. Their duties are to effectively manage the Fitness Center during community hours. All supervisors are CPR/AED and First Aid certified.

LCHS
1402 Freedom Road
Little Chute, WI 54140

Mustang Community Fitness Center
Membership Application

Member's Name:	
Phone Number:	
Address:	
Names of family members for family membership:	
Applying for (type of membership)	<input type="checkbox"/> Adult <input type="checkbox"/> Senior <input type="checkbox"/> College (June 1-Sept 1) <input type="checkbox"/> Family <input type="checkbox"/> Village Emergency Personnel <input type="checkbox"/> LCASD Employee

Liability Release: (All adults must sign)

I/we understand and appreciate that there area number or inherent risks involved with using the Mustang Community Fitness Center and, therefore, agree to follow any and all safety standards, guidelines, and procedures established for using the fitness center.

I/we understand there are inherent risks associated with participating in fitness activities that may lead to injury and even death. I/we am/are voluntarily participating in these activities at Little Chute Area School District and using equipment and machinery with knowledge of the dangers involved. I/we hereby 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 using the fitness center. To this end, I/we irrevocably and unconditionally waive on behalf of myself, my heirs or legal guardian, any and all claims, demands, rights, damages, costs, losses, suits, actions, causes of action, attorneys' fees and expenses, of any nature whatsoever, against the Little Chute Area School District, its officers, employees, volunteers, agents, and their heirs, executors and assigns for any injuries, foreseen and unforeseen, that should occur from my using the fitness center.

Signature _____ Date _____ Signature _____ Date _____

Office Use Only:

Fob Deposit Paid (Date): _____ Fob # _____

Membership Paid (Date): _____ Cash Check # _____

Received by: _____

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