

Weight Room Schedule

	MON	TUE	WED	THU	FRI	SAT	SUN
6:15		Open 6:15-7:15 Rachel	Open 6:15-7:15 Simon				
7							
8:00							
9	Open 9-10:00 Saskia	Open 9-10:00 Jen	Open 9-10:00 Saskia	Open 9-10:00 Jen	Open 9-10:00 Saskia		
9:30							
10		Open 10:15-11:15 RS School		Open 10:15-11:15 RS School		Open 10-11:30 Jen L.	
11			Open 10:30-11:30 Riley				
11:30							
12	Open 12-1:00 Lou/Amanda	Open 12-1:00 Women & Weights	Open 12-1:00 Lou/Amanda	Open 12-1:00 Women & Weights	Open 12-1:00 Lou/Amanda		Open 12:30- 2:30 Stefan
1:00							
2		Open 1-3:00 Brandi	Open 1-3:00 Brandi/Danielle	Open 1-3:00 Brandi	Open 1-3:00 Brandi	Open 1-3:00 Simon	
2:30	Danielle 2:30						
3	Open 3-4:00 Ernie	Open 3-4:00 Ernie	Open 3-4:00 Ernie	Open 3-4:00 Ernie	Open 3-4:00 Ernie		Open 2:30-4 Jen L.
3:30							
4	Open 3-5:00 Dale	Open 3-5:00 Rec Dept	Open 3-5:00 Dale	Open 3-5:00 Dale	Open 3-5:00 Dale		
5							
5:30	Open 5-6:00 Rachel	Open 5-7:00 Angus	Open 5:15-6:15 Randy 5:30-6:30 Tiss	Open 5:00-6:00 Daisy	Open 5:30-6:30 Tiss		
6	5:15-6:30 Randy	Open 6-7 Andy/Paul		Open 6-7 Andy/Paul			
6:30							
7		Open 7-8:00 pm Dave	Open 7-8:00 pm Kathryn/Christine Women Only	Open 7-8:00 pm Dave	Open 7:00-8:30 Daisy		
8				Open 8-9:30 pm Douglas 10-11:00 Charlie	Open 8-9:30 pm Douglas	Open 8-9:30 pm Douglas	Open 10-11:00 Charlie
9:30							
11							

20.00/month or \$200/year

Monthly & Season Passes Available At the Rec. Office

All participants must fill out a waiver form.
Volunteers supervise the Fitness Centre.

If interested, please contact 993-2353.

April 7, 2010

Weight Room Rules

1. Weight Room Rules:

- a. Your first visit is complimentary, after which all users must hold a valid pass.
- b. All weight room users must purchase a non-refundable monthly pass.
- c. Your first visit is complimentary, after this you must purchase a pass to use the facility.
- d. Clean indoor shoes must be worn while using the facility.
- e. Users are responsible for ensuring all equipment is put away after use.
- f. The facility must be left clean and tidy.
- g. Failure to abide by the rules of the weight room will result in revocation of weight room pass.
- h. The weight room may be used by professional fitness trainers to provide training to community members at no additional cost, provided that all have paid the monthly membership fee.

Or

The weight room may be used by professional fitness trainers to provide training to community members. 10% of any fees charged must be returned to the City for use of the facilities. The trainer need not have a membership pass if reimbursing the City and not using the facility for personal use.

2. Weight Room Volunteers:

- a. All volunteers must obtain a Criminal Record Check from the RCMP. This check is free of charge, upon request from the Recreation Department.
- b. Volunteers must be 21 years of age or older.
- c. Volunteers must commit to a minimum of two hours per week in the weight room.
- d. Volunteers must be present and are responsible for supervising users at the Weight Room for the duration of their shift.
- e. In the event of a cancellation it is the responsibility of the volunteer to post a notice in the weight room 24 hours in advance.
- f. A volunteer may only cancel a maximum of 2 shifts per month unless prior arrangements are made with the Recreation Department.
- g. Volunteers will be required to pay weight room fees for the first three months. Upon completion of the 3 month period if the volunteer has demonstrated a strong commitment to the facility and met the expectations of a volunteer, the volunteer will be eligible for a reduction in monthly fees (see attached fee schedule).
- h. Volunteers must enforce the rules of the weight room, ensure all users have a valid pass and have completed a waiver form.
- i. Volunteers must ensure the weight room is left in a respectable manner, lights are turned off and doors are locked upon completion of each shift.
- j. The combination locks will be reset the first Monday of each month, volunteers will be required to purchase a new pass at the Art & Margaret Fry Recreation Centre at which time they will receive the new combination.
- k. Under no circumstance are volunteers permitted to distribute the combination. Distribution of the combination by a volunteer will result in revocation of weight room privileges.

3. Fee Schedule:

- a. A one month pass for the facility is \$20.00
- b. A yearly pass for the facility is \$200.00
- c. Individuals that volunteer 2 – 4 hours per week in the weight room will receive a 50% reduction of the fees.
- d. Individuals that volunteer for 5 or more hours per week will not be charged any weight room fees.
- e. Weight room fees will be reviewed annually.