

## Weight Room Schedule

	MON	TUE	WED	THU	FRI	SAT	SUN
6		Open		Open			
6:30	Open 6:30-7:30 Dexter	6-7:00 Stefanie	Open 6:30-7:30 Dexter	6-7:00 Stefanie	Open 6:30-7:30 Dexter		
7:30		Open 7:30-8:30 Liz	Open 8-8:45 Paul	Open 7:30-8:30 Liz	Open 8-8:45 Paul	Open 8:00-10:00 Morgan	
8	Open 8-8:45 Paul						
8:30							
8:45	Open 8:45-9:15 Marie Eve				Open 8:45-9:15 Marie Eve		
9:15							
9:30							
10							
10:30		Closed		Closed			
11		10:30-11:30 RSS Apr 10-May 10		10:30-11:30 RSS Apr 10-May 10		Open 11:00-12:00 Marie Eve	
11:30						Open 11:30-1:30 Cam	
12	Open 12-1:00 Women & Weights (Women Only)	Open 12-1:00 ## Rec Dept	Open 12-1:00 Women & Weights (Women Only)	Open 12-1:00 Kim	Open 12-1:00 ## Rec Dept	Open 12-2:00 Amanda M.	
1	Open 1:00-2:00 Carly	Open 1:00-2:00 Micah	Open 1:00-2:00 Carly	Open 1:00-2:00 Micah	Open 1:00-2:00 Carly		
2							
3	Open 3:00-4:00 Ernie	Open 3:00-4:00 Ernie	Open 3:00-4:00 Ernie	Open 3:00-4:00 Ernie	Open 3:00-4:00 Ernie		
4	Open 3-5:00 Dale	Open 3-5:00 Dale	Open 3-5:00 Dale	Open 3:30-4:45 Youth Weights	Open 3-5:00 Dale		
4:30							
5		Open 5:00-7:00 Angus				Open 5:00-7:00 Caroline	
5:30							
6		Open 6:00-7:00 Paul/Andy I		Open 6:00-7:00 Paul/Andy			
6:30							
7		Open 7:00-9:00 Dan			Open 6:00-8:00 Scott	Open 7-9:00 Curtis	
7:30	Open 7:30-8:30 Jessica			Open 7:30-8:30 Jessica			
8			Closed 8-9:00 Janitorial				
8:30							
9							

**\*\* TH's Achieving Healthy Weights program will be in the Fitness Centre 5:30-7:45 Tuesdays & Thursdays from March 6<sup>th</sup> – May 24<sup>th</sup>. The Fitness Centre will remain open to the public during this time.**

**## Circuit Training - Tues & Fri, 12:10-12:50, May 8-31, Cost \$30. Please register @ the Rec Dept.**

## City of Dawson Fitness Centre

The City of Dawson Fitness Centre relies on volunteers to make the centre accessible to the community.  
Thank you to all our volunteers who dedicate their time to open the facility.

**Monthly & Season Passes Available at the Rec. Office for \$20/month or \$200/year**

**Recreation Dept. Phone (days) – 993-2353**

**Fitness Centre Phone – 993-7416**

### Reminders for Pass Holders & Volunteers:

1. All users must have a valid, non-refundable Fitness Centre pass, and must complete a waiver form.
2. Passes expire the last day of the month. Renew your passes *in person* at the Recreation Office.
3. Sign in each time you access the facility. This information is useful for funding purposes. Volunteers must initial beside their scheduled shift on the shift schedule in the red binder.
4. Respect the volunteer shift schedule by planning your workouts accordingly. All users must be ready to leave the Fitness Centre at the end of the shift. Likewise, volunteers must stay for the duration of their shift.
5. Combination locks will be reset the first Monday of each month. If the first Monday falls on a holiday, it will be reset the following Monday. Volunteers must hold a valid pass in order to receive the new code.
6. Under no circumstances are volunteers permitted to distribute the code or fitness centre key to users or other volunteers.
7. Full Weight Room policy is available online, at [www.cityofdawson.ca](http://www.cityofdawson.ca)

### Fitness Centre Schedule:

- The schedule is updated on the 1<sup>st</sup> and the 15<sup>th</sup> of each month. Schedules are available in the Fitness Centre, at the Rec Department office, and on the City of Dawson website ([www.cityofdawson.ca](http://www.cityofdawson.ca)). A schedule is always posted in the Fitness Centre window.
- Times that are listed as “closed” are not accessible by the public during that time.
- Volunteers are responsible for finding a substitute for any missed shifts. If you are unable to find a substitute, post a notice on the board at least 24 hours prior to your missed shift. Contact the Rec Department for a current volunteer sub contact list.
- If a volunteer isn't at a scheduled shift, please contact the Rec Dept. The Rec Dept staff will follow up.

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## Gym Etiquette

Be considerate of others when using the City of Dawson Fitness Centre.

Remember, the centre is run by volunteers. Do your share to help everyone have a pleasant experience.

1. Wear clean, indoor shoes.
2. Put away all equipment after use. Unload all weight bars, and put away all free weights.
3. To reduce the spread of germs, please use vinegar spray to clean all equipment and mats after use. Users are encouraged to bring a towel.
4. Limit cardio equipment use to **20 minutes during busy periods.**
5. Share the equipment. Let others work in between sets.
6. The use of personal music devices is encouraged, especially between 9am-5pm, Monday to Friday. We have a tenant upstairs; please be respectful by keeping noise levels down.
7. Do not drop weights, free weights or weight stacks. If you can't control the equipment, it may be too heavy.
8. For your own safety, use a spotter when needed.