

June 24, 2022

LCC School Students and Families,

LCC School is pleased to now offer complimentary Fitness Center access to students currently enrolled at LCC School who meet established eligibility guidelines. Eligible students will have access to the weight rooms and designated gyms at both school campuses in Laurel and Coleridge. Please carefully review the following rules and guidelines established and required for LCC Student Fitness Center access.

Applications are available for download on the district website (www.lccschool.org) and are also available at both the LCC High School Office and the LCC Central Office during regular business hours. Applications will be accepted and processed at the LCC Central Office (502 Wakefield Street, Laurel) and at the LCC Middle School Office (203 S. Main Street, Coleridge) during regular business hours.

Guidelines for LCC Student Fitness Center Access

- **Eligibility and Age Restrictions:**
 - Students must be at least 12 years of age and currently enrolled in Grades 7-12.
 - School Year Access (actual grade of enrollment)
 - Summer Access (grade level for the next school year)
 - Graduates are not eligible for Student Membership.
 - All minors under age 12 (7th Grade), must be accompanied by an adult (age 19 or older) with membership access.

- **Summer 2022 Access for LCC Students:**
 - Laurel Campus
 - Weight Room (located in the Legacy Gym)
 - Main Gym (NOTE: Gym is closed for refinishing July 7th-17th)
 - Use the Main Entrance to gain access.
 - *NOTE: The Laurel campus Fitness Center and Gyms are NOT open to public membership access throughout the construction period.*
 - Coleridge Campus
 - Weight Room
 - Gym Access (NOTE: Gym is closed for refinishing July 30th-August 10th)
 - Use the Fitness Center Entrance on the South side of the school to gain access.

- **Hours of Access for LCC Students:**

LCC STUDENT FITNESS CENTER ACCESS	Morning Hours	Afternoon/Evening Hours
Monday - Friday	5:00 am - 7:30 am	4:00 pm - 9:00 pm
Weekends, Holidays, Non-School Days	5:00 am - 9:00 pm * No student access during NSAA Moratorium in December *	
Summer Hours	Facility access is restricted during Summer Weight/Conditioning Program hours.	
<i>Please Note: Hours are subject to change. LCC School reserves the right to schedule activities and/or close the facility. School activities take precedence over individual student access.</i>		

- **Application for Access:**
 - There is no cost for eligible students (*subject to change*).
 - Access is provided to both LCC School Fitness Centers (Laurel and Coleridge campuses), including weight room facilities and gymnasium(s), only as designated, and may be restricted at any time. Priority will be given to approved school and youth programs, activities and practices.
 - Each eligible student and a parent/guardian must annually complete and sign an LCC Student Fitness Center Access Contract. New contract agreements will be required starting September 1st each calendar year.
 - Applications are available for download on the district website and are also available at the LCC High School Office, the LCC Middle School Office, and the LCC Central Office during regular business hours.

- **Keycard Access:**
 - Access is granted to the Fitness Center(s) and gymnasiums using a programmed, electronic keycard.
 - One key card will be assigned to each eligible student and may only be used by the student. Allowing others to use the key card will result in suspension or revocation of access privileges.
 - Student access does not equate to the student's family access.
 - A \$25 fee will be assessed for replacement of each lost or damaged keycard.

- **Food and Drink:**
 - Limit food and drink to water and sports beverages only. Please clean up any spills.

- **Use and Care of Equipment:**
 - Be courteous when others are waiting to use equipment and limit usage to 30 minutes.
 - Remove and reset weights from bars when finished.
 - Return all equipment to designated locations.
 - Use provided sanitary wipes to sanitize pads and equipment.
 - Change into and wear separate gym shoes in the gyms as street shoes can damage the gym floors.
 - Please help us maintain a clean and organized facility. Promptly report any problems with facilities or equipment to the district's Central Office (402-256-3133).

- **Safety Considerations:**
 - Become knowledgeable regarding safety and correct use of equipment before exercising.
 - Check with your doctor before using the Fitness Center(s) if you have questions or have concerns about your physical health that may be complicated by exercise.