

## **LOURDES ACADEMY WELLNESS CENTER GUIDELINES**

### **PURPOSE:**

The Lourdes Academy Wellness Center exists for the purpose of providing a place for Lourdes Academy adults to utilize weight training and cardiovascular exercise equipment during select adult fitness hours.

### **MEMBERSHIP:**

The following affiliates are eligible for membership in the Lourdes Academy Wellness Center:

- Current Paid Employees, Coaches and Board of Trustees members of Lourdes Academy
- Spouses of Employees, Coaches and Board of Trustees members of Lourdes Academy
- Parents/Grandparents of current Lourdes Academy students and Alumni

### **Membership Fees:**

Annual Adult Individual	\$120
Annual Family	\$200
Current Lourdes Employees, Coaches and Board of Trustee members and spouses	FREE

The Lourdes Business Office will bill individuals and families in August for the annual period of September through August. Membership will be prorated for those joining mid-year.

\*ELEMENTARY STUDENTS are NOT allowed in the Wellness Center.

\*MIDDLE AND HIGH SCHOOL STUDENTS (grades 5-12) must be accompanied by a VIRTUS TRAINED ADULT at all times. The expectation is that they utilize the Center between 3:00 and 4:30pm on school days.

### **LIABILITY WAIVER:**

All adult users of the Wellness Center are required to sign a liability waiver prior to facility usage.

### **ACCESS BADGES:**

Each member of the Lourdes Academy Wellness Center will receive a photo ID access badge to enter the facility. Family memberships are issued one badge. Please sign in upon entering the facility.

**\*ADULTS who provide their child (LA student/alumni) with their access badge to enter the facility will lose their access privileges for a minimum of one month.**

### **ENTRANCE TO THE WELLNESS CENTER:**

Please enter the Wellness Center from the parking lot (Door #4). Access to the Wellness Center isn't meant to grant access to any other areas of the school.

### **DRESS/APPAREL:**

All Wellness Center participants must wear appropriate top and bottom clothing, modesty rules apply. Athletic shoes must be worn at all times. Please do not wear street (especially in wet weather) or open toed shoes.

### **MUSIC:**

You are welcome to use the stereo system to connect to your playlist. Please keep in mind appropriate music levels. Music must be appropriate for a Catholic school setting.

### **LOCKERS:**

The PE locker rooms will be available for use. PLEASE lock your items. WE ARE NOT RESPONSIBLE FOR LOST OR STOLEN ITEMS.

\*Please also provide your own towel.

On evenings with a home volleyball, wrestling, or basketball game, the lockers will be closed.

### **INCLEMENT WEATHER/SNOW DAYS:**

The Wellness Center access will be closed on SNOW DAYS or EARLY RELEASE DAYS for inclement weather.

When parking lot snow removal needs to take place prior to school days, please do not park in unplowed areas. We need to clean the lots prior to staff and students' arrival.

### **MEMBERSHIP EXPECTATIONS:**

All members of the Wellness Center are expected to display the values of respect, honesty, responsibility, and kindness. Members behaving inappropriately may have their membership revoked. Refunds will NOT be given.

- Access to non-Wellness Center areas is strictly prohibited
- The gymnasiums are not available to members without prior approval from the Activities Director.
- No FOOD OR SODA
- Members/students are responsible to clean, with disinfectant spray, following the use of any equipment. Cleaning materials are available in two areas of the Wellness Center. Keep the Wellness Center clean for all who use the facility.

### **MEMBER HOURS OF OPERATION:**

School Year:			Summer:		
Mon - Fri	5:30a – 7:30a	4:30p - 8:00p	Mon – Fri	5:30a – 7:30a	10:30a – 8:00p
Sat & Sun	5:30a – 8:00p		Sat & Sun	5:30a – 8:00p	