

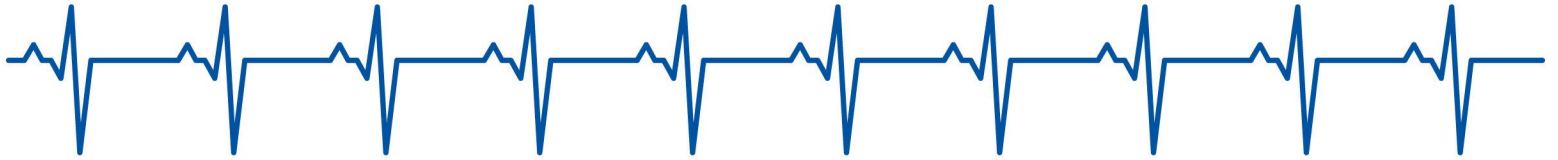


The Patriot Pulse



Tri-Village Local Schools

Issue 1 - 2023



Opening of the PAC Wellness Center

Memberships will be available to obtain starting on Tuesday, January 17, 2023. Memberships will be sold in the District Office between the hours of 7:30 am and 3:30 pm.

Membership Application - There will be four types of memberships:

1. Staff Member
2. Spouse of TV Employee
3. Community member who resides within Tri-Village School District
4. Parent (Guardian) of a current Tri-Village Student (open enrolled included)

Wellness Center \$75.00 per person per year. You must be over the age of 21, no kids under the age of 21 are permitted in the Wellness Center.

All members will be required to read and sign the Wellness Center Waiver and Release of Liability form.



Community Wellness Center Hours

MORNING HOURS

Monday - 5:30 - 8:30

Tuesday - 5:30 - 8:30

Wednesday - 5:30 - 8:30

Thursday - 5:30 - 8:30

Friday - 5:30 - 8:30

Saturday - 8:00 -10:00 (Classes only) Taught by Wellness Center Fitness Instructor, Julie Bell (National Certified)

You must be a wellness center member or a school employee to attend a class offered on a Saturday morning.

- \$5.00 for Staff Member per session
- \$10.00 for Community Member per session

Begins Saturday, January 21st - Two Sessions

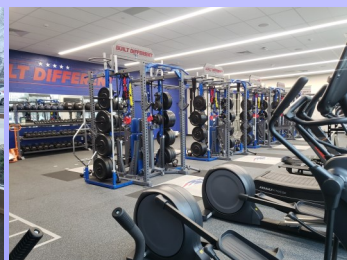
EVENING HOURS

Monday - 6:00 - 8:00

Tuesday - 6:00 - 8:00

Wednesday - 6:00 - 8:00

Thursday - 6:00 - 8:00



Note to ALL users:

The Wellness Center will be closed on Sundays, all Holidays, school delays (morning hours), days school is canceled for inclement weather and during any home boys (usually Tuesday evenings) basketball games. The schedule below is subject to change on any given day. Any changes in the schedule will be posted on the school website, Facebook, twitter and on the Wellness Center entry doors.

Please contact the District Office if you have any questions 937-996-6261.

Wellness Center Guidelines

- Use of the Wellness Center will require a signed liability waiver by the person wishing to use the facility.
- In order to purchase a membership, you must be 21 years or older.
 - ◇ No children are permitted in the Wellness Center.
 - Exceptions will be made for a student or groups of students who are participating in school sponsored activities/classes and being coached/taught by a Tri-Village board approved school employee.
- In order to gain membership, a background check will be performed using our district system.
 - ◇ The District reserves the right not to grant membership at any time due to results.
- There are numerous surveillance cameras inside the Wellness Center, throughout the facility and on the perimeter of the facility. The cameras are recording 24 hours a day, 7 days a week. Patrons' actions within the facility are a matter of record. Please treat the facility and others with respect at all times.
- If you are a Wellness Center member, you are not to let anyone in the Wellness Center on your key card or allow anyone else to enter when you enter who is not a member.
- The Wellness Center is equipped with a sound system. The school will restrict access to authorized personnel only. You may utilize your own personal devices (earbuds only).
- There is a \$10.00 fee for a lost membership card (**if you lose your card, you must report it immediately**).
- You must wipe down each piece of equipment immediately after you use it with the provided product in the Wellness Center.
- No outside shoes are to be worn in the Wellness Center (workout shoes only). Shoes must be changed prior to entering the Wellness Center.
 - ◇ No open toed shoes or sandals
- Appropriate workout clothing is expected to be worn at all times.
 - ◇ Clothing with offensive messages and clothing that may present health or safety hazards or damage equipment, is not allowed. For example,
 - Jeans or pants with prominent grommets may damage equipment; and clothing with hateful, lewd or offensive messaging undermines our welcoming environment.
- Judgement Free Environment
 - ◇ Grunting- Excessively loud displays of effort including grunting, yelling or groaning
 - ◇ Dropping Weights- Intentionally dropping weights to the ground after the last rep of a set
 - ◇ Showcasing- Flexing, strutting, or making an effort to attract attention
 - ◇ Judging- Mocking, criticizing, or making negative comments related to another person's appearance, experience, ability, knowledge of equipment, etc.
- Respect the personal space of others, keep equipment in its designated area, and if your resting between sets, allow other members to use the equipment.
 - ◇ Rack your weights etc.
 - ◇ Put the benches back in the proper places etc.
 - ◇ Treat equipment with respect and care
- Anti-Harassment
 - ◇ The Tri-Village Wellness Center will not tolerate verbal or physical harassment of any member.
- Wellness Center users are not to be in any other part of the building while utilizing the weight equipment.
- **Patience and understanding are required of all as we learn by observation how to best operate the Wellness Center in an efficient manner.**



NOTE TO ALL USERS:

Failure to comply with any/all rules and/or destruction of property Tri-Village has the right/ authority to revoke your membership to the Wellness Center at any time without a refund.