

	Monday	Tuesday	Wednesday	Thursday	Friday
3:00-3:15	Open Gym (Grades 9 - 12)	Closed	Open Gym (Grades 9 - 12)	Open Gym (Grades 9 - 12)	Closed
3:15-3:30					
3:30-3:45					
3:45-4:00					
4:00-4:15					
4:15-4:30	Faculty Only	Closed	Open Gym (Grades 9 - 12)	Faculty Only	Closed
4:30-4:45					
4:45-5:00					

***Schedule is effective 3/4/13

Rules and Regulations:

-After school availability of the facility resources will be strictly for work-out machines (no electronic equipment).

-Any student using the facility must have a signed and completed waiver, a physical (either a sports "PIAA" or designated "After School Fitness Center Participation" physical) submitted and on file with the school, and a signed form indicating he/she watched the training video. Any faculty member using the facility must have a signed and completed faculty version of the waiver on file as well as the signed form indicating he/she watched the training video.

-Slots designated "Faculty Only" are reserved strictly for faculty.

-Any day that school is closed entirely or there is an early dismissal, the Fitness Center will be closed unless otherwise announced.

-In the event of a large number of people waiting for machines, students must ensure they share the equipment with others in a respectful manner.

-The schedule is subject to change.