



*Attention Lyme Central School Community Members:*

**The LCS Fitness Center is *ONCE AGAIN, OPEN!***

Please be our guests! If you are interested in utilizing our nicely equipped Fitness Center, located just inside the gymnasium—first double doors on the left—getting approval to do so is easy, just by following the steps below:

Please stop by the District Office, where you will be asked to sign a liability waiver. Once the waiver is signed and you have received *and initialed* a copy of the Fitness Center Rules, adult community members will be given an access card for the Welcome Center Door during the following times:

**MORNING HOURS:** (M-F) between 6:30 A.M. – 7:30 A.M. ONLY  
(SAT.) between 8:00 A.M. –12:00 P.M.

**EVENING HOURS:** (M-F) between 5:00 P.M. – 9:00 P.M. ONLY

(For your personal safety, we **highly recommend** that guests use the “**buddy system**” when utilizing our fitness center equipment. Please be aware that security cameras are being utilized in hallways, the gymnasium and in the Fitness Center. Cameras will be viewed as deemed necessary by District Staff.)

**\*Please note:** In the event that a District Coach has signed out the fitness center for team use, the fitness center will be closed to the public during that time.