

LCS FITNESS CENTER RULES

~ CAMERAS ARE IN USE ~

- 1. No food or drink in fitness center, exception water ONLY.**
- 2. Equipment must be used properly, and as intended.
(Please report any damaged equipment to Administration)**
- 3. Children under 15 yrs. of age, are not permitted in the fitness center, outside of regular school hours, unless under the direct supervision of a parent/guardian (previously approved to utilize the fitness center), staff member or coach.**
- 4. LCS students, 15-18+ yrs. of age, MUST be accompanied by a parent/guardian (previously approved to utilize the fitness center), staff member or coach.**
- 5. For your safety: it is highly recommended that guests use the “buddy system” when utilizing the fitness equipment.**
- 6. Fitness center will be closed to the public during LCS team use. Please refer to - Coaches Calendar – located on the bulletin board and website (Quick Links), for these times.**
- 7. Please, help to keep our fitness center clean – use disinfectant wipes and trash receptacles.**

THANK YOU!

**Fitness Center Hours: Mon – Fri. 6:30 – 7:30 AM and 5:00 - 9:00 PM
Sat. 8:00 AM – 12:00 PM**