

John Malin Strength and Conditioning Center



MEMBER GUIDE

Revised: 5-16-23

Welcome to membership in the John Malin Strength and Conditioning Center

In this guide, you will find valuable information about the John Malin Strength & Conditioning Center. We hope your experience brings you increased health and happiness.

Purpose Statement

The John Malin Strength and Conditioning Center exists for the purpose of providing a venue for residents of the Kimberly Area School District to utilize weight training and aerobic exercise equipment during regularly scheduled community hours.

Membership Eligibility

The following are eligible for membership:

- ✦ Residents of the Kimberly Area School District
- ✦ Property owners within the Kimberly Area School District
- ✦ Employees of the Kimberly Area School District
- ✦ Students attending JRG Middle School or Kimberly High School
**All students are required to have a fitness plan approved by a KHS physical education teacher or be accompanied by an adult member during community fitness hours. Additionally, cardio equipment is designated for paying community member use during fitness center hours. See attached addendum.*
- ✦ KHS graduates currently attending a post-secondary educational institution

Additionally, persons not meeting the criteria stated above may be eligible for membership if they have made a significant contribution to better the lives of people within the Kimberly Area School District community. The Superintendent of Schools will determine the eligibility of those seeking membership under this provision.

Membership Fees

All memberships are ANNUAL, non-refundable and expire on June 30th. The annual rate reflects memberships purchased for the entire membership year July 1st – June 30th. A prorated amount of \$5/month for adult and \$3/month for Senior Citizens will be charged for those signing up after August 1st.

Adult – Age 17+	\$60 per year
Senior Citizen – Age 60+	\$36 per year
JRG Middle School Student (must be accompanied by a member parent)	FREE
Kimberly High School Student	FREE
Kimberly High School Graduate Must be currently attending a post-secondary educational institution	\$10 cost of card
Kimberly Area School District Employee	FREE membership \$60 /Spouse

All membership applications, fees and access cards are processed through the 4K Center for Literacy at 614 E. Kimberly Ave, Kimberly, WI 54136. 920-423-4190.

Membership Cards / Entrance to John Malin Strength and Conditioning Center

Members will be issued an access card which can be used at **Entrance 23E** to gain entrance to the John Malin Strength and Conditioning Center. Please note that your access card will only work at Entrance 23E and will be programmed to open this door during scheduled community fitness center hours (see hours below). Upon entering the building, members are asked to sign in with the supervisor on duty at the upper mezzanine desk.

- ✦ Misuse of your access card including, lending to anyone to gain access to KHS or entering other areas of the building will result in immediate termination of your membership to the John Malin Strength and Conditioning Center.
- ✦ Please immediately notify the 4K Center for Literacy Office if you lose your access card. (920)-423-4190
- ✦ Replacement cards will cost \$10.

Parking

Members may use the staff parking lot on the east (back) side of the building.

Coats

Members are asked to use the coat hooks inside the upper level of the fitness center. Please do not leave any valuables in your coats.

Dress/Apparel

We encourage you to dress appropriately for your workout. Gym shoes and workout clothes are appropriate apparel choices.

Music / Television

The Strength and Conditioning Center is equipped with a stereo system. Supervisors will be in charge of selecting upbeat and positive music during community hours. While using the aerobic equipment (treadmills, bikes, etc.) you may choose to watch television.

Safety

The safety of individuals using the exercise equipment is a high priority. If you do not know how to use a piece of equipment, please ask a supervisor.

Supervisors

Supervisors are paid staff. However, they are not trained fitness professionals. Their duties are to effectively manage the Strength and Conditioning Center during community hours. All supervisors are CPR/AED and First Aid certified.

Inclement Weather

It may be necessary to close the Strength and Conditioning Center during inclement weather. Closing the Strength and Conditioning Center depends on whether or not it is safe for supervisory staff to travel to the high school to open the center. The rule of thumb is if it is unsafe for general travel, it is likely the center will be closed.

- ✦ If the Kimberly Area School District has cancelled school due to inclement weather, the Strength and Conditioning Center will be closed.

Membership Expectations

All members are expected to display the community values of the Kimberly Area School District which are Respect, Honesty, Responsibility and Kindness. Please treat the facility and equipment with respect. Unsafe or abuse of any equipment may result in termination of your membership. Refunds will NOT be given.

Additional Expectations

- ONLY WATER BOTTLES are allowed in the Strength and Conditioning Center
- NO FOOD, SPORTS DRINKS OR SODA, etc.
- Use disinfectant wipes after use of machines

Hours of Operation

Mornings

Monday - Friday → **5:00 – 7:00 AM**

Saturday → **7:00 – 10:00 AM**

Evenings

Monday – Thursday → **5:00 – 8:00 PM**

- ◆ All or part of the fitness center may be closed for members during school sponsored activities and events including summer school. Members must comply with the posted dates/times and are not permitted to lift while school sponsored activities and summer school sessions are in progress.

Closed: New Year's Eve, New Year's Day, Memorial Day, Fourth of July, Labor Day, Thanksgiving Day, Christmas Eve and Christmas Day

◆ Addendum

Weight Room Expectations and Hours for Kimberly High School Students:

After-school lifting is for Kimberly High School students following programs designed and led by our strength coordinator with input from speed coordinators, seasonal coordinators and supervisors. Emphasis and instruction will be on pre-hab exercises including flexibility, proper technique, healthy grouping of lifts and consistent and quality progression. There is no open-lifting during this time. Open lifting is available from:

5:00 - 7:00 AM - M-F, 7 AM – 10 AM on Saturday
and 5:00 - 8:00 PM - M-TH

Fall After-School Lifting

September 1st thru October 31st

3:10-4:30 (M-F)

- For KHS students following a program as noted above and led by seasonal coordinator (1).
- In-season sport lifting takes priority and will be communicated/scheduled as much in advance as schedule allows.
- Supervision provided (1).

Winter After-School Lifting

November 1st thru March 1st

3:10-4:30 (M-F)

- For KHS students following a program as noted above and led by seasonal coordinator (2).
- In-season sport lifting takes priority and will be communicated/scheduled as much in advance as schedule allows.
- Supervision provided (4).

Spring After-School Lifting

March 2nd thru May 31st

3:10-4:30 (M-F)

- For KHS students following a program as noted above and led by seasonal coordinator (1).
- In-season sport lifting takes priority and will be communicated/scheduled as much in advance as schedule allows.
- Supervision provided (1).

*When the seasonal coordinator locks up, everyone must be out of the weight room without exception.