

Welcome to the Lake Shore Central Fitness Center!

The Fitness Center is located in the Athletic wing of the Sr. High School
959 Beach Rd.
Angola, NY 14006

Membership includes the use of the weight room and indoor track. There is also a Track Only option. If you would like to register, please visit the school website <http://www.lakeshorecsd.org> under the Community Education tab or stop in the:

Community Education Office:

W.T. Hoag Educational Center
42 Sunset Blvd, Angola, NY 14006
Office Hours: 8 am – 4 pm

FITNESS CENTER DAILY OPERATIONS

MONDAY - FRIDAY:

Morning Hours: 6:00am – 7:30am

Student Hours: 2:30pm – 3:50pm

Evening Hours: 6:00pm – 9:00pm

SATURDAY: 8:00am – 2:00pm

MEMBERSHIPS

District Resident Full Membership

\$80/year

Only \$6.67 a month!

District Resident Track Only Membership

\$20/year

Only \$1.67 a month!

Student Membership

Free! During Student Hours

Student Hours: M-F 2:30-3:50pm

Non Resident Memberships:

Full Membership - \$160.00/year

Track Only - \$40.00

*All members must fill out a registration form and sign the waiver before participating in the Fitness Center.

GENERAL FITNESS ROOM GUIDELINES

- No food or gum allowed in the Fitness Center.
- Please wear appropriate clothing (refrain from anything that hangs or is sharp).
- No horseplay.
- Please use equipment properly.
- Notify the attendant of any machinery that is not working properly.

- Students must be 13 years of age to have a full membership.
(Student hours: M-F 2:30-3:50pm)
- Anyone under the age of 18 must be accompanied by a member parent or legal guardian during community hours.

MACHINE AND CARDIO AREAS

- Make sure pins are securely in place before lifting.
- 30 minute time limit when room is crowded.
- Please wipe down equipment when finished with the provided spray and paper towels.

SAFETY

- Please follow the rules.
- Do not use equipment that is broken and report any damage to the attendant.
- Please report any injuries to the attendant immediately.



2017-2018

Lake Shore Fitness Center



**Building/Program
Administrator:**
Christine Starks

Secretary:
Emily Ludwig
926-2270

Location:
Lake Shore Senior High School
959 Beach Road
Angola, NY 14006
(716) 926-2267