



Indian Valley Boys & Girls Club

Weight Room Membership Application

Ages 16-18

OFFICE USE ONLY

Date Paid _____

Amount Paid _____

Cash _____ Check _____

Staff Initials _____

Date Entered _____

Card Issued _____

High School Student \$ 50.00

Must be paid in full at time of registration

Name: _____ Age: _____ Date of Birth: _____

Phone: _____ E-Mail: _____

Address: (street) _____
(City) _____ (zip) _____

Emergency Contact

Name: _____ Relationship: _____

Home Phone: _____ Work/Cell Phone: _____

Medical Problems: _____

Medications: _____

Ethnicity: (Circle One)

African American Asian Caucasian Hispanic Pacific Islander Native American Multi-Racial Other

ANNUAL HOUSEHOLD INCOME (Circle One)

Number of People in Household:

\$16,650 OR BELOW	\$16,651—\$19,900	\$19,901—\$21,400	\$21,401—\$23,750	
\$23,751—\$25,650	\$25,651—\$27,750	\$27,751—\$29,450	\$29,451—\$31,700	
\$31,701—\$35,650	\$35,651—\$39,600	\$39,601—\$42,800	\$42,801—\$44,350	
\$44,351—\$45,950	\$45,951—\$50,700	\$50,701—\$57,400	\$57,401—\$63,350	
\$63,351—\$68,450	\$68,451—\$73,500	\$73,501—\$78,600	\$78,601—\$83,650 \$83,651+	

High School Students ONLY

School Attending _____

Grade _____

Father's Name _____

Employer _____

Work Phone/Cell _____

Occupation _____

Mother's Name _____

Employer _____

Work Phone/Cell _____

Occupation _____

Lives with (circle one): Both Parents Mother Father Guardian or Other

****Parent Signature required with applicant signature on back.**

Having been informed of the operating policies of the Indian Valley Boys & Girls Club, I assume all risks and hazards incidental to the use of the Weight Room and weight training equipment and do further hereby release, absolve, and indefinitely hold harmless the Club and its employees. In case of injury, I hereby waive all claims against the Club and employees of the Club.

Applicant Signature: _____

Date: _____

Parent/Guardian Signature: _____

Date: _____

(Required for all applicants under 18 years old)

General Rules for Weight Room

The Club has expanded its services and equipment to meet the demands and requests made by our Club members. Therefore we will reserve the right to restrict, suspend, or limit the use of this facility at any time the staff deems necessary. Breaking any of the following rules will result in disciplinary actions. We have the sole discretion to implement any time constraints, suspension times, etc. There will be NO REFUNDS to any member. Simply follow the rules and we will have no problems.

1. **Attire** – Shirt (must be worn at all times), sweat pants or shorts, and sneakers. No school pants, jeans, etc. are permitted at any time in the Weight Room areas. No work boots or hard sole shoes are permitted in Weight Room area.
2. **Towels** – Each member must provide his/her own towel and wipe off each piece of equipment when he/she is finished.
3. **Water Fountains** – They are for drinking only! If you spit in the water fountain, you will be warned once then suspended. Please use the bathroom for rinsing off hands, face, etc.
4. **Clothing and Bags** may be hung up on hooks along the wall outside the Weight Room.
5. **Plates, dumbbells, attachments, collars, and bars** must stay with the piece of equipment they belong to!

<i>Plates</i>	<i>Must be returned to their proper place. Plates may not be thrown to the floor, but should be by the equipment you are using.</i>
<i>Dumbbells</i>	<i>Are NOT TO BE DROPPED to the floor when you finish a set. Dumbbells should be returned to the rack and placed in their proper numerical order. Dumbbells should never be placed on the padded area of any equipment.</i>
<i>Attachments</i>	<i>Must be returned to their proper hook.</i>
<i>Collars</i>	<i>Are to be returned to the plate trees after use.</i>
<i>Bars</i>	<i>Are never to be placed on the padded area of any equipment.</i>
6. **Conduct** – Appropriate Weight Room behavior will be the only behavior tolerated. Horseplay, running, pushing, slap-boxing, verbal abuse, inappropriate language, fighting and arguing are examples of behavior that is not acceptable and will be cause for immediate suspension from the Club. Suspension times will be determined by the severity of the behavior. No refunds will be given for time lost due to suspension.
7. **Restrooms/Changing Areas** are located on the first floor along the wall opposite the Weight Room. Please be aware that Weight Room members are sharing this bathroom with children ages 6-11. Please behave accordingly by using appropriate language, changing clothes in an enclosed space, and by not loitering in the restroom area.
8. **Drugs/Alcohol** - Anyone reported to be using or possessing drugs is subject to immediate suspension or dismissal from the Club. There will be no refund of membership fees.

I understand and agree to adhere to the Weight Room rules listed above.

Signature _____

Date _____