



Metropolitan School District of Wayne Township The Fitness Center at Ben Davis High School

A fitness center with fitness activities for Ben Davis students, employees of the school district and their families, and residents of Wayne Township

Activities and Hours / August 8, 2011 to December 16, 2011

Fees

Cardio Room

MSD Wayne employees and BD students

FREE!

MSD Wayne employee family members

\$3 per session

\$10 per month

\$30 per semester

(August 8—December 16)

Wayne Township Residents (per person)

\$3 per session

\$15 per month

\$40 per semester

(August 8—December 16)

Open Swim

MSD Wayne employees and BD students

FREE!

MSD Wayne employee family members and residents

\$3 per session

OR

Buy a punch card:

8-session card: \$15

16-session card: \$25

**One punch for an individual attending a session, two punches for a family.

You must be a BDHS student or at least age 18 to use the Fitness Center (except for open swim).

Fees are paid at the Cardio Room or Pool.

Staff and students must present a current district or BD identification badge to enter the Fitness Center. Everyone using the facility must sign a User Agreement and observe all rules.

Limited shower and locker facilities are available. Towels and locks and the protection of personal items are the user's responsibility.

Indoor Walk / Jog Course

A 170-meter track in the Multi-Purpose Area (MPA) for walking and jogging in the mornings.

***There is no charge for use of the Indoor Walk / Jog Course**



Hours

Monday-Friday
5:00 a.m.-7:00 a.m.

Cardio Room

A room inside the MPA outfitted with treadmills, elliptical trainers, Stairmasters, stationary bikes, rowing machines, and strength training machines



Hours

Monday-Friday
5:00 a.m.-7:00 a.m.

Monday-Thursday
3:15 p.m.-6:15 p.m.

Pool



Open swim is for adults and children. Lap lanes are available. All children under age 15 must be accompanied by an adult.

Open Swim Hours

Monday and Wednesday
6:30 p.m.-8:15 p.m.

Parking

Access the Fitness Center through Door #5 at the main entrance to the Ninth Grade Center.



Holiday Hours

The fitness center will be closed Labor Day, over fall break and for the Thanksgiving holiday.

**Contact Bruce Carter (988-6302) or e-mail bruce.carter@wayne.k12.in.us for general information concerning the fitness center.