



TRACK & FITNESS AREA

Community Centre | 14 Anderson Lane, NOTL

MEMBERSHIP FORM - 2025

First & Last Name _____

Address: _____ Box Number: _____

City/Town: _____ Postal Code: _____

Phone Number: _____ Email: _____

Emergency Contact: _____ Relationship: _____

Phone Number: _____

Number of Access Cards Required: _____

Please note that there is a security deposit of \$20.00 for each access card.

Monthly Memberships				
Type	Resident	<input checked="" type="checkbox"/>	Non-Resident	<input checked="" type="checkbox"/>
Student (Ages 13 - 18 with proof of birthdate)	\$20.00		\$29.50	
Adult (Ages 19 - 59)	\$26.25		\$35.75	
Senior (Ages 60+)	\$17.50		\$27.00	
Annual Memberships				
Type	Resident	<input checked="" type="checkbox"/>	Non-Resident	<input checked="" type="checkbox"/>
Student (Ages 13 - 18 with proof of birthdate)	\$202.50		\$336.50	
Adult (Ages 19 - 59)	\$244.75		\$407.75	
Senior (Ages 60+)	\$166.75		\$250.75	
Adult Couple (2 people in the same household)	\$327.00		\$427.50	
Senior Couple (2 people in the same household)	\$202.50		\$336.50	
Family (Up to 4 people in the same household)	\$363.00		\$459.00	

I, the undersigned, agree to release and hold harmless the Town of Niagara-on-the-Lake, its employees, and officers from any claims, demands, losses, costs, damages, actions, suits, or proceedings arising from my use of the Track & Fitness Area.

Name (Print) _____ Signature: _____ Date: _____

Parent/Guardian Signature (if younger than 16): _____

RULES & EXPECTATIONS

The Track & Fitness Area is recorded with 24/7 video surveillance and is **NOT** directly supervised by Town Staff. Please observe and abide by all rules and expectations outlined. Failure to abide by these rules and expectations may result in suspension or termination of your Membership, at the discretion of Town Management.

Fitness Area Rules

- Use of cardio equipment is limited to 30-minutes and is first come first served.
- Use equipment efficiently and courteously. Allow others to "work in" during rest periods.
- Sanitize equipment after each use with provided sanitizing spray bottles and paper towels. Sanitize equipment by spraying the paper towel and then wiping the machine. Please do not spray the sanitizer directly onto the equipment.
- Return all equipment to its designated location. Re-rack weights and return accessories.
- Dropping weights from a height greater than 1ft, is not permitted.
- Use of the Fitness Area is limited to participants age 13 years and older with a valid membership.

Track Rules

- For safety reasons, do not stop while on the track.
- If you need to rest, do so in one of the corner areas.
- Walls are not to be used as stretching aids.
- Do not carry anything that may obstruct another walker/runner, or injure another person.
- Use caution and remain aware of your surroundings when entering and exiting the track.
- Walk/Run only in the designated posted direction.
- Walkers use the inside lane; runners use the outside lane.
- Strollers and carriers are not permitted on the track.
- Use of the Track is limited to participants age 13 years and older with a valid membership.

Member Etiquette

- Respect other Member's space, time, and workouts. Communicate politely with another Member if you wish to use a piece of equipment within their space.
- Respect the facility and equipment and notify Town Staff of any broken or unsafe equipment immediately.
- Do not occupy machines, benches, or areas unnecessarily. Be mindful of others waiting to use them.
- Use headphones for personal music and remain aware of your surroundings.
- Avoid excessive grunting, loud noises or excessive flexing/posing as this may lead to discomfort of other members.

Fitness Attire

- Shoes must be appropriate for physical activity
- Shoes worn outside or during seasonal months must be cleaned or changed downstairs prior to entering the Track & Fitness Area.
- Bare feet, sandals, work boots, or dress shoes are not permitted.
- We encourage the use of re-usable or plastic water bottles. A refillable water station is located next to the Track & Fitness Area entrance/exit.

Personal Items

- Bags, jackets, keys and personal items are not permitted in the Track & Fitness Area. Cell phones are permitted. Use the lockers provided by the facility to secure all personal items.
- Provide your own locks for lockers. Locks must be removed daily.
- The Town is not responsible for lost or stolen items. Please secure all valuables in lockers.

Unacceptable Conduct

- Foul language, swearing, yelling, spitting, or horseplay are not permitted.
- Monopolizing the use of one or more pieces of equipment, is not permitted.
- Clothing containing offensive slogans/graphics, are not permitted.

By signing below, I acknowledge that I have read, understand, and agree to abide by the **Track & Fitness Area Rules & Expectations**. I understand that failure to comply may result in suspension or loss of access to the facility.

Signature: _____

ParentGuardian Signature (if younger than 16): _____