



Portage High School Field House

Community Fitness & Wellness Program

6450 US Highway 6 • Portage, Indiana 46368
(219) 764-6069 • 764-6038

This program is limited to residents of Portage Township and employees of Portage Township Schools. Participants must sign in and show proof of residency in the form of a PTS employee ID, Indiana Driver's License or Indiana State ID for each visit.

Regular Hours through May 25, 2017

5:30 a.m. – 7:00 a.m. Monday through Thursday

6:00 p.m. – 9:00 p.m. Monday through Thursday

1:00 p.m. – 4:00 p.m. Saturday and Sunday

The Field House is never open to the community on Fridays. The last day for Community Use for the 2016/2017 school year will be May 25, 2017.

Scheduled Closings for 2016/2017

The Field House is closed on all school recognized Holiday Breaks and when school is closed for any reason (such as weather).

October 21 through October 24

November 24 through November 28

December 21 through January 3

February 17 through February 20

March 1 through March 31

April 14 through April 16

May 13 and May 14

There may be other closings due to scheduling and we will post them as soon as possible.

Age Limit

Guests under 19 years of age must be accompanied by a parent/guardian. Proof of age (Indiana driver's license or state ID) will be required for admittance.

Dress Code

The Portage High School dress code applies to everyone. Patrons must wear scuff-resistant athletic shoes and appropriate athletic wear. Shirts must cover the waistband of pants and must be worn at all times. If attire is determined to be unacceptable by staff, visitors will be asked to change before using the facility.

Behavior

The use of inappropriate or confrontational language is not permitted. Disrespectful behavior, roughhousing, hitting, bullying, and fighting are strictly prohibited.

Personal Items & Beverages

- Lockers are not available for public use. You are responsible for any lost or stolen items.
- Please bring your own basketball.
- Water is the only beverage allowed in the facility.

Court Use

Certain courts will be reserved and assigned specific times/dates for Portage based youth teams that request practice time. These assignments are scheduled through the PHS Athletic Department by submitting an Application for Use of School Facilities. Blank applications are available during community hours or from the Athletic Office. Completed forms must be turned in to the Athletic Office for review.

Cardio Room

- The fees for Cardio Room use are as follows:

1st Semester:

\$40.00 September 6th – December 20th

2nd Semester:

\$40.00 January 4th – May 25th

Closed for Spring Teams Preparing for Seasons and Indoor Track from March 1st - March 31st

- If you are unfamiliar with the equipment, please ask a supervisor for assistance.
- Please wipe down all fitness equipment and benches after each use. Disinfectant spray and towels are provided.
- Do not allow weight stacks to bang or drop. This damages the equipment.
- If others are waiting, please limit your time on each cardio machine to 30 minutes.
- The weight room is not available for public use.
- Students must be 15 years old to purchase a membership during community hours and must be accompanied by a parent at all times.

During inclement weather, check the field house message line at 764-6069 for information on closures as the Field House may be closed in the evenings even if school was in session during the day.

Assumption of Risk Statement - Individuals assume a risk of injury or death while voluntarily participating in physical activity. All participants are strongly encouraged to complete a health evaluation prior to any participation; to consult with their physician to determine the appropriate fitness levels; to use good judgment concerning their ability to participate and their appropriate participation; and to carry medical insurance coverage.