



Portage High School Field House Community Fitness & Wellness Program

6450 US Highway 6, Portage, IN 46368
219-764-6069 *764-6031

This program is limited to resident 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 21, 2020

6:00-9:00 p.m. Monday – Thursday
1:00-4:00 p.m. Saturday and Sunday

The field house is never open to the community on Fridays. The last day for community use for the 2019-2020 school year is May 21, 2020.

Scheduled Closings for the 2019-2020

The field house will be closed on all school recognized Holiday breaks and when school is closed for any reason (such as weather):

October 25 through October 28
November 27 through December 1
December 20 through January 5
February 14 through February 17
February 28 through March 30
May 8 through May 10

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

Age Limit

Guest under 19 years of age must be accompanied by a parent/guardian. Proof of age (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 the 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.

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 judgement concerning their ability to participate and their appropriate participation; and to carry medical insurance coverage.

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 allowing 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. NO PHS equipment may be used during community/reserved times.

Cardio Room

- The fees for Cardio Room use are as follows:
 - 1st semester \$40 September-December
 - 2nd Semester \$40 January-May Closed for Spring teams preparing for seasons and indoor track (March)
- 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 parent at all times.