

## WELCOME LAKE SHORE EARLY WALKERS

As part of Lake Shore's commitment to the community, we would like to open our new high school gym to those of you who like your early morning walks. Our new gym is located at Lake Shore High School, on the Southeast side of the building. The new entrance is facing east (Jefferson).

### New Lake Shore High School Gym Track Hours:

5:30 a.m. to 7:15 a.m., Monday through Friday, during the regular school year for students, September through early June. The gym is closed on all days where students are not in school (i.e. holidays, building problems, and severe inclement weather).

### Walkers Requirements:

- You must first register with Chelsey Kuester, 586.285.8484, and complete an emergency card.
- You must wear dry and appropriate soft-sole walking (tennis) shoes – no hard sole shoes allowed.
- We ask that you use the outside lane tracks at all times.
- The facility is open to the track use only (i.e. walking, running or joggers), this is not an open gym and we ask that you stay off of the main court.
- Be advised that food and drinks of any kind are never allowed in the gym.
- It is Michigan's State Law that prohibits any person from smoking in or around any school building and school grounds.

We are excited to offer this opportunity to our residents and our staff.

Please fill out the contact form and return it to Chelsey Kuester at the Administration Center, 28850 Harper Ave. She will take your picture and print out a badge for you. Call her at 586.285.8484 to schedule.

### LAKE SHORE EARLY WALKERS REGISTRATION and EMERGENCY CARD

I.D. No. \_\_\_\_\_ Date: \_\_\_\_\_

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Address: \_\_\_\_\_  
No. Street City Zip

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

List Any Health Problems: \_\_\_\_\_  
\_\_\_\_\_

Emergency Contact Person: \_\_\_\_\_  
First Name Last Name Phone Number

2<sup>nd</sup> Emergency Contact Person: \_\_\_\_\_  
First Name Last Name Phone Number

\_\_\_\_\_ Date: \_\_\_\_\_  
Signature