

Facility Access for Fitness

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Fitness Room

The fitness room is located on the Northwest Corner of the High School in Room 400. The room is available to members of the Northwestern Community from 4:00 p.m. to 9:30 p.m. on days that the high school is in session. Northwestern Middle School students may use the equipment if accompanied by an adult. For safety reasons, we cannot allow children 11 or younger to use the equipment. Access to the fitness room may vary with the season, and the school calendar.

Track

Community members have access to the track during daylight hours. Please restrict your use to the outside four lanes to reduce the wear on the inner lanes, which have more use during athletic events.

Weight Room

The weight room in the community building is available to community members, with restrictions. During the school day it can be accessed by signing in and getting a key from the board office. If we have a physical education class using the facility, they have priority. These classes are typically scheduled from 7:20 to 9:32. After school hours the weight room is generally utilized by athletic teams, making the facility unavailable. If the board office is closed and the athletic teams have finished their practices, access to the weight room may be achieved through a coach or Northwestern staff member who has a key, but they must be on the premises with you as a supervisor.