

FITNESS CENTER & PARKS

Fitness Center

Important

A scheduled orientation appointment with the fitness staff is **REQUIRED** prior to using the Fitness Center. Prior to scheduling your orientation, a health profile for each individual **MUST** be filled out and returned to the Fitness Center. For health and safety reasons, if you do not meet the medical guidelines for exercise participation, a health professional's approval will be required prior to your orientation and any activity in the Fitness Center.

Fitness Center Rules

1. Members must be 15 years old to participate independently in the Fitness Center. Children 13 and 14 may use the Fitness Center when accompanied by a adult member who is responsible for direct supervision. An adult is defined as someone 18 years or older, and direct supervision is defined as being immediately adjacent to the machine that the child is using. The adult may be using an adjacent machine or standing next to the machine that the child is on.
2. Children aged 12 and under are not permitted in the Fitness Center. This includes strollers, baby carriers and children sitting inside the Fitness Center while parent/guardian is exercising.
3. **No guests** are permitted in the fitness center.
4. Rubber soled shoes that cover the entire foot must be worn at all times. For health and safety reasons, sandals, spiked shoes, work boots, and flip flop types of shoes are not permitted.
5. Shirts must be worn at all times. Shirts are defined as clothing which covers the midriff area. Bathing suits are not permitted.
6. Food is not permitted in the Fitness Center. Closed, plastic beverage containers are allowed.
7. Please be considerate to members, wipe down equipment and mats after each use and return the weight plates and dumbbells to the racks provided.
8. Circuit Training has priority, please allow others to "work in" (share) the circuit or plate loading equipment between sets.
9. Cardiovascular equipment is limited to 30 minutes when others are waiting.

10. It is recommended that you consult with your physician prior to starting an exercise program.
11. All equipment must be used in the manner for which it is designed. Do not attempt to modify the equipment.
12. Please report any equipment problems to the fitness staff.
13. Please do not attempt to use equipment if unfamiliar with the proper use. Please ask the fitness staff for assistance.

Walking Track

Running Track Measurements

Outside Gray	12 Laps = 1 Mile
Outside Blue	12 ^{1/2} Laps = 1 Mile
Inside Gray	13 ^{1/5} Laps = 1 Mile
Inside Blue	13 ^{4/5} Laps = 1 Mile

- * Walkers use inside lanes
- * Runners use outside lanes
- * Children accompanied by parents must stay with their parents at all times while on the track.
- * Participants must be 13 years of age to use the track without supervision.

Parks

Parks are available for public use from daylight until dusk year round. The parks belong to the residents of Sharonville and observance of the following guidelines will allow enjoyable park usage for all:

- Put trash in containers provided.
- Bicycles, skateboards, rollerblades, and vehicles are not permitted.
- Unruly behavior, profane language and loitering are prohibited.
- Alcoholic drinks are permitted only in picnic shelters with an alcohol permit.
- Pets must be kept on leashes at all times.

Gower Park

Location: 10990 Thornview Drive

Across the street from the Sharonville Community Center

Amenities: Playground (swings, slides, age appropriate play features, sandbox), Patio with Open-Air Picnic Tables, Creek, Perimeter Walking Trail, 2 Picnic Shelters, Lovitt Building, 3 Lighted Tennis Courts, 1 Lighted "Class A" Ball field, 1 "Class D" Ball field

Reservation Availability: Picnic shelters may be reserved for Sharonville resident family functions. The shelters should be reserved in advance through Kathy Wilkerson at 563-2895.

PARKS CONTINUED

The Lovitt Building is appropriate for functions hosting 67 people (seating). It is available for rental to residents and nonresidents. Cost varies with function type. Please call Kathy Wilkerson at 563-2895 for rental rates.

Gorman Park

Location: 12153 Centerdale Drive

Amenities: Three Fenced-In Age Appropriate Playgrounds, 3 Ball fields (“Class B, C, & D”), Tennis Court, Inline Skate Hockey Court, Basketball Court, Crescentville Family Center (Members Free, Guests \$4), 0.8 Mile Walking Track, Picnic Shelter, Gazebo, Public Restrooms, Swimming Pool (Pool Memberships available at the Community Center. Members may bring a guest for \$4)

Reservation Availability: The Picnic Shelter may be reserved for Sharonville resident family functions. To reserve the picnic shelter call 563-2895 ext. 102.

The Crescentville Family Center was once a one-room schoolhouse. It has been renovated, keeping the integrity of the building. The main floor of the Family Center can accommodate a small group. The building includes a small kitchenette with a sink, microwave and refrigerator, a TV room with couches and tables, and a video game room featuring pinball, billiards, and two additional free-play arcade machines. Cost varies with function type. Please call Kathy Wilkerson at 563-2895 for rental rates. The building is open to Community Center members daily, Monday - Thursday 5 p.m. - 9 p.m. and Saturdays 12 noon - 5 p.m.

Bertke Sports Park (Best Place)

Location: End of Best Place Drive off Crescentville Rd.

Amenities: 2 Soccer fields and 2 Parking Lots
No restroom facilities available

Orchard Park

Location: Orchard Street

Amenities: Playground and Picnic Areas
No restroom facilities available

Upper Grove

10990 Thornview Drive

The grassy knoll in-between the Sharonville Community Center and the Sharonville Public Library. (Reservations are not available; First come first serve).

Amenities: Basketball Courts, Sand Volleyball Court, Picnic Tables, Outdoor Stage, Gazebo

Kemper Sports Park

Location: 4664 East Kemper Road
Between Route 42 and Reed Hartman Hwy.

Amenities: 4 Ball fields - 2 lighted “Class A” & “Class B”, 1 “Class C”, 1 “Class D”, Converted to 3 soccer fields in the fall, Concession Stand with Elevated Patio Deck, Public Restrooms, Ample Parking

Trammel Fossil Park

Location: End of Tramway Drive, off Hauck Drive off Route 42

Amenities: Fossils originating from the Ordovician Period, dating over 440 million years ago. Visitors may keep what they find. Informational signs are on site to educate and aid in the understanding of the time period and identify the fossils found at the park. Picnic tables, drinking fountains and a hiking trail leading to a hilltop view of Cincinnati is located on Trammel Fossil Park property.