

DECEMBER						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11	12	13	14 3:15-pm-4:30pm Stowman	15 3:15-pm-4:30pm Stowman	16 3:15-pm-4:30pm <del>OPEN</del>	17
18	19 3:15-pm-4:30pm Stowman	20 3:15-pm-4:30pm Stowman	21 3:15-pm-4:30pm Stowman	22 3:15-pm-4:30pm Swenson	23 NO SCHOOL CLOSED	24

This is the calendar of availability for Royalton students to be able to come in and workout after school

Open 4 days per week 3:15pm-4:30pm

Expectations of Student Weight Room Users

- Be sure to be working out, not talking
- The weight room is NOT a hangout
- DO not prop open the door
- Be mindful of safety at all times
- Clean their machines when finished using
- Wear appropriate lifting clothing and clean tennis shoes
- Use training plan on bulletin board if unsure of what to do
- Posted Fitness Center rules apply to all users
- Using the fitness center is a privilege, those that do not follow or abuse the guidelines will not be allowed into the fitness center

JANUARY						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 NO SCHOOL CLOSED	3 3:15-pm-4:30pm Nichols	4 3:15-pm-4:30pm Stowman	5 3:15-pm-4:30pm OPEN	6 3:15-pm-4:30pm Nichols	7
8	9 3:15-pm-4:30pm Nichols	10 3:15-pm-4:30pm Stowman	11 3:15-pm-4:30pm Stowman	12 3:15-pm-4:30pm Swenson	13 CLOSED	14
15	16 NO SCHOOL CLOSED	17 3:15-pm-4:30pm OPEN	18 3:15-pm-4:30pm Nichols	19 3:15-pm-4:30pm Swenson	20 3:15-pm-4:30pm Nichols	21
22	23 3:15-pm-4:30pm Nichols	24 3:15-pm-4:30pm Stowman	25 3:15-pm-4:30pm Stowman	26 3:15-pm-4:30pm Nichols	27 CLOSED	28
29	30 3:15-pm-4:30pm Stowman	31 3:15-pm-4:30pm Stowman				

## FEBRUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 3:15-pm-4:30pm Stowman	2 3:15-pm-4:30pm Stowman	3 <b>CLOSED</b>	4
5	6 3:15-pm-4:30pm Stowman	7 3:15-pm-4:30pm Nichols	8 3:15-pm-4:30pm Stowman	9 3:15-pm-4:30pm Stowman	10 <b>CLOSED</b>	11
12	13 3:15-pm-4:30pm Stowman	14 3:15-pm-4:30pm Stowman	15 3:15-pm-4:30pm Stowman	16 3:15-pm-4:30pm <b>OPEN</b>	17 <b>NO SCHOOL CLOSED</b>	18
19	20 <b>NO SCHOOL CLOSED</b>	21 3:15-pm-4:30pm Stowman	22 3:15-pm-4:30pm Stowman	23 <b>CONFERENCES CLOSED</b>	24 3:15-pm-4:30pm <b>OPEN</b>	25
26	27 <b>INSERVICE CLOSED</b>	28 3:15-pm-4:30pm Stowman				

## MARCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 3:15-pm-4:30pm Stowman	2 3:15-pm-4:30pm <b>OPEN</b>	3 3:15-pm-4:30pm <b>OPEN</b>	4
5	6 3:15-pm-4:30pm <b>OPEN</b>	7 3:15-pm-4:30pm Stowman	8 3:15-pm-4:30pm Stowman	9 3:15-pm-4:30pm Stowman	10 <b>NO SCHOOL CLOSED</b>	11
12	13 <b>NO SCHOOL CLOSED</b>	14 3:15-pm-4:30pm Stowman	15 3:15-pm-4:30pm Stowman	16 3:15-pm-4:30pm Stowman	17 3:15-pm-4:30pm <b>OPEN</b>	18
19	20 3:15-pm-4:30pm <b>OPEN</b>	21 3:15-pm-4:30pm <b>OPEN</b>	22 3:15-pm-4:30pm <b>OPEN</b>	23 3:15-pm-4:30pm <b>OPEN</b>	24 <b>INSERVICE CLOSED</b>	25
26	27 3:15-pm-4:30pm <b>OPEN</b>	28 3:15-pm-4:30pm <b>OPEN</b>	29 3:15-pm-4:30pm <b>OPEN</b>	30 3:15-pm-4:30pm <b>OPEN</b>	31 <b>CLOSED</b>	