

Male Seminary Recreation Center
1501 Graham Avenue
Tahlequah, OK 74464
Phone: (918)453-5496
Fax: (918)458-4466

Hours of Operation:

Monday-Thursday	5:30am-9:00pm
Friday	5:30am-7:00pm
Saturday	8:00am-5:00pm
Sunday	12:00pm-5:00pm

Child Watch Hours of Operation:

Monday – Friday Morning	8:00am- 12:00pm
Monday- Thursday Evening	4:30pm-8:00pm
Friday Evening	5:00pm- 7:00pm

Enrollment Fees:

Cherokee Tribal Members (Including immediate family members)	Free of Charge
Cherokee Nation Employees (Including immediate family members)	Free of Charge
Non-Tribal Community members Individual	\$20.00/month
Non-Tribal Community Members Family	\$30.00/month

Available Services:

- **Nationally Certified Personal Trainers (2 on duty - Monday – Friday: 5:30 a.m. – 9:00 p.m.)**Trainers will assess individual needs for physical activity, nutrition, and health promotion and develop personalized plans for effective physical activity and health promotion programs. Individuals may schedule appointments with personal trainers for both assessment and personal training needs. When trainers are not working with clients they will be available on the floor of both the strength and cardio rooms for assistance.
- **Variety of cardiovascular training equipment (treadmills, elliptical trainers, and stationary bikes) and strength training equipment with assistance on appropriate usage by center staff**
- **Specialty physical activity classes including yoga, aerobics, kick-boxing, and core training. Other specialty classes may be offered based on request and availability.**
- **On-site child care**
- **Recreation leagues for both adults and children including basketball, softball, soccer, and Cherokee Stickball**
- **Health promotion classes including smoking cessation, healthy cooking, senior fitness and nutrition, and walking/running introductory classes.**

Physical Activity Readiness Questionnaire

PAR-Q

Physical activity should not pose any health problem or hazard for most people. PAR-Q has been designed to identify the small number of adults for whom physical activity might be inappropriate or those who should have medical advice concerning the type of activity most suitable for them.

Common sense is your best guide in answering the following questions. Please read them carefully and check the appropriate answer to each question that applies to you.

	YES	NO
• Have you ever been told by your doctor that you have heart problems?	0	0
• Do you occasionally have pains in your chest and/or heart?	0	0
• Do you often feel faint or have spells of severe dizziness?	0	0
• Have you ever been told that you have high blood pressure?	0	0
• Has a physician told you that you have a bone or joint problem, Such as arthritis, that has been or could be aggravated by exercise?	0	0
• Do you have any type of physical ailment that would prevent you from following an activity program?	0	0
• If you are over 65, are you accustomed to vigorous exercise?	0	0

If you answered YES to one or more questions....

You must have your physician sign a medical release form before becoming a member and engaging in any physical activity at the Male Seminary Recreation Center.

If you answered NO to all questions....

You have reasonable assurance of your present suitability to participate in an exercise program.

Signature: _____ Date: _____

The Cherokee Nation
Male Seminary Recreation Center

Rules & Regulations

The following regulations have been established to ensure the safety of each person while using the Male Seminary Recreation Center. Your cooperation regarding the following rules is appreciated.

1. All members **MUST CHECK IN** at the front desk with a membership card. A \$5.00 fee will be charged for replacing a **LOST** card. If your card is damaged please return it to the fitness center staff and it will be replaced at no charge.
2. You **MUST** be 12 years of age or over to use weight equipment or cardio machines. ***CHILDREN AGES 12-17 MUST BE ACCOMPANIED BY AN ADULT.**
3. Daycare will be offered from Mon-Thurs from 8:00am-12:00pm and 4:30pm-8:00pm Friday 8:00am-12:00pm and 5:00pm-7:00pm
4. Fitness Center members **MUST** wear appropriate shoes (tennis, running, gym). Absolutely **NO** sandals or open toed shoes allowed. Please bring a pair of non-marking shoes with you in order to help keep our facility nice.
5. Fitness Center members **MUST** wear appropriate clothing (shorts, t-shirts, warm-up suits, leotards, etc).
6. Please return **ALL** weights, medicine balls, steps, mats, and other strength training and toning equipment to their designated racks and storage areas after use.
7. Please avoid banging weights together or dropping weights on the floor. If you are found dropping weights you will be asked to leave.
8. If you are found misusing or abusing any property owned by the Fitness Center, you will be held responsible for repairs.
9. Patrons are responsible for any personal items that are lost, stolen, or damaged at the Male Seminary Recreation Center.
10. Tobacco products are prohibited.
11. Foul and/or abusive language will not be tolerated as this is a family facility.
12. Food and beverages are not allowed in the fitness areas with the exception of capped, spill proof, non-glass containers.
13. Preventive maintenance is everyone's responsibility. As a patron please abide by the following:
 - Clean all equipment after each use
 - **DO NOT** spray cleaner directly on the display boards or heart rate grips
 - **DO NOT** use cleaner under the running belts of cardio equipment
14. Anyone who does not abide by these rules will be asked to leave.

Signature:

Date:

**The Cherokee Nation
Male Seminary Recreation Center**

Photograph Consent and Release Form

1. I hereby grant The Cherokee Nation, its agents and others working for it or on its behalf and their respective licensees, successors and assigns (herein referred to as the "tribe") the absolute right and permission to use, publish, reproduce, broadcast and copyright my name, pictures, likeness or any material based upon or derived there from, or to refrain from so doing, in any manner or media whatsoever for purposes of advertising or trade in promoting and publicizing the tribe.
2. I agree that my picture or likeness or anything derived there from created by the tribe is owned by it. If I should receive any print, negative or other copy, I shall not authorize its use by anyone else.
3. I shall have no right of approval, no claim to additional compensation and no claim (including without limitation, claims based upon invasion of privacy, defamation or right or publicity) arising out of any uses, alteration, distortion, or illusionary effect or use in any composite form.
4. I agree that this release does not in any way conflict with any existing commitment on my part.

Participant Name (print)

Participant Signature

____/____/____
Date

Parent/Legal Guardian (print)

Parent/Legal Guardian Signature

____/____/____
Date

Child Watch

Strong Mind, Strong Body, Strong Heart, Strong Child

Child Watch Policies & Procedures

Hours of Operation

Monday – Friday mornings	8:00am – 12:00pm
Monday – Thursday evenings	4:30pm- 8:00pm
Friday Evening	5:00pm- 7:00pm

Child Watch is a fun and exciting place to be if you are between the ages of 6 weeks to 11 years! While parents work on a healthier mind, body and heart, the Child Watch staff offer children a place to explore their world with nurturing guidance. Our staff are trained in CPR and First Aid and enjoy working with children. We have age-appropriate activities that encourage the Cherokee Nation Core Values of Caring, Honesty, Respect and Responsibility. Please read below for things you will want to know about.

- We serve children ages 6 weeks -11 years.
- There are no reservations. This is a drop-in service.
- Child Watch is FREE to all Family Memberships
- A time limit of 2 hours per visit is enforced.
- Parents **MAY NOT LEAVE THE MALE SEMINARY RECREATION CENTER PREMISES** while child is checked into Child Watch.
- All children **MUST** be signed in and out by parents.
- The same parent that checks the child in must check the child out.
- Children should never be left in Child Watch unless there is a staff member present to acknowledge and accept them.
- Proper dress is required:
 - shoes or booties
 - shorts or pants
 - shirts
- Please do not allow your child to bring money, small objects, or items that you do not want to lose.
- Bring all items necessary for the care of your child as they are not provided by Child Watch:
 - bottles
 - diapers & wipes
 - change of clothes
 - snacks (**no peanut products allowed**)
- Clearly LABEL all belongings including Diaper Bags, snacks, bottles, cups (spill-proof), etc.
- Make sure your child has had a *recent* diaper change-or-has been brought to the restroom before checking them into Child Watch.
- If your child cries for more than 15 minutes you will be notified. If your child bites, hits, kicks, spits at another child or staff member you will be asked to remove them. If aggressive behavior continues on other visits, we reserve the right to discontinue service.
- Child Watch staff reserves the right to ask for a picture I.D> of an individual at any time for the safety of the children.
- There will be a late fee of \$5.00 for every 5 minutes a child is picked up after the posted Child Watch closing times.

When NOT to bring your child:

- When your child is ILL and/or has **any** of the following:
 - Fever – Diarrhea – Vomiting – Rash of unknown source – Discharge of the eyes, ears, or green discharge of the nose – any contagious Disease or Infection. Please notify the Recreation Center staff immediately if your child is diagnosed with a communicable disease, such as Chicken Pox, if they have been in Child Watch during the incubation period so other parents may be notified.

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I agree not to leave the Male Seminary Recreation Center premises while my child/ward is in the MSRC Child Watch Center. If I am caught in a violation of this agreement, my membership WILL be terminated and I will be barred from this facility as a guest.

Name of Parent/Guardian (print)

Signature of Parent/Guardian

Name of Child/Ward

Date