



URBANDALE HIGH SCHOOL FITNESS CENTER

FACILITY



- On February 6, 2018, voters within the Urbandale Community School District approved a Bond Referendum at a 72.68% majority that will provide funds to build two new four-section elementary schools on the current Olmsted and Valerius sites, build an addition to Webster Elementary or UHS as needed for future enrollment growth, and accelerate the timeline for building a new high school fitness center.
- The new high school fitness center will be constructed at Urbandale High School and will replace the existing space that serves students today.
- The new space will feature areas that accommodate free weight training, speed and agility enhancement, general wellness, and open space to host activities such as yoga along with Cheer and Dance practices.
- The facility will be designed to enhance our dynamic approach to fitness, wellness, and training with supervision and flexibility in mind.

EQUIPMENT



- Once the final space is determined, work will begin to outfit the facility with state-of-the-art equipment to meet the needs of our students.
- This equipment will include, but is not limited to:
 - Free weight equipment.
 - Weight machines.
 - Treadmills, Stationary Bicycles, Rowing Machines and Elliptical Machines.
- Equipment will be selected and purchased that meets the needs of our student body with a dynamic approach to fitness, wellness, and training with the needs of the community in mind as well.

PROGRAMMING



- This facility will serve the needs of students at Urbandale High School in these capacities:
 - Physical Education teaching and learning stations.
 - Training area for athletic teams.
 - Training area for students not in-season, yet on an athletic team.
 - Fitness and general wellness programming for all students.
- In addition, we would expand use to involve Community Education activities. This could include:
 - Programming for staff and adults in the community.
 - Education classes geared around fitness and wellness.
 - This space will not be open to the public on a membership style basis as that would challenge our supervision and liability as well as scheduling.

