



Unionville High School Fitness Room

Extreme Makeover Project—12/18/08-1/3/09

Building Material Donations and Volunteer Labor needed!

(Student Painting is approved as service hours by NHS advisor & Dean of Students)



Stage 1 CARPENTRY/ELECTRICAL: THURS. -SAT. 12/18-12/20

Thursday 12/18—Tom Pancoast to deliver 10' x 24' shed for temporary storage of equipment. **5PM: Live Auction of Old Equipment.**

- A. Equipment/Floor Removal—USC
USC Parents' Team Removes Floor & Equipment into Temporary Storage. Room prepped for Power Washing.
- B. Widen Inside Entry Door—Steve O'Neill (Carpenter)
 - a. USC carpenter creates Wider Inside Door Opening.
 - b. USC carpenter installs new 42" W' door
- C. Ventilation—Tom Pancoast (Fan Installation)
 - a. USC installs exhaust fan (with timer control) on top of current relief damper
- D. Electrical—Tom Pancoast's Electrician
 - a. Complete wiring of exhaust fan
 - b. Inspect and repair other electrical

Materials needed: * 1 42" W door
* 1 30" Round Ceiling Exhaust Fans

Stage 2 FIX ROOF & CLEAN: MON. & TUES. 12/22—12/23

- E. FIX ROOF—UCFSD
Fix leaky roof and patch around new fan installation
- F. Power Washing-UCFSD
UCFSD power washes walls & floors.

Stage 3 PAINT: FRIDAY 12/26 –SATURDAY 12/27

- G. Painting - USC student team paints walls white

Stage 4 MIRRORS: MONDAY 12/29

- H. Kennett Glass delivers 10 ea. 4' H x 100" W mirrors
(2 ea. on short walls, 4 on dumbbell wall, 2 on other wall).
will show how to do one in frame. Need hammer drill.

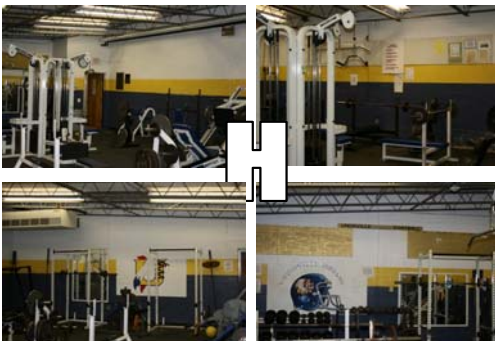
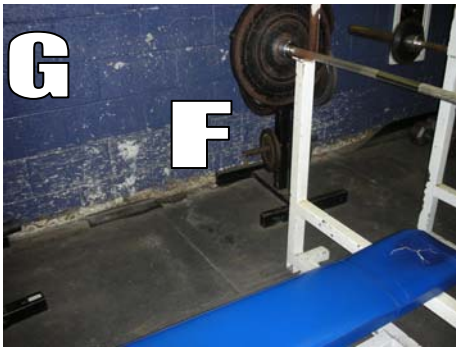
Stage 5 NEW FLOOR: TUESDAY 12/30

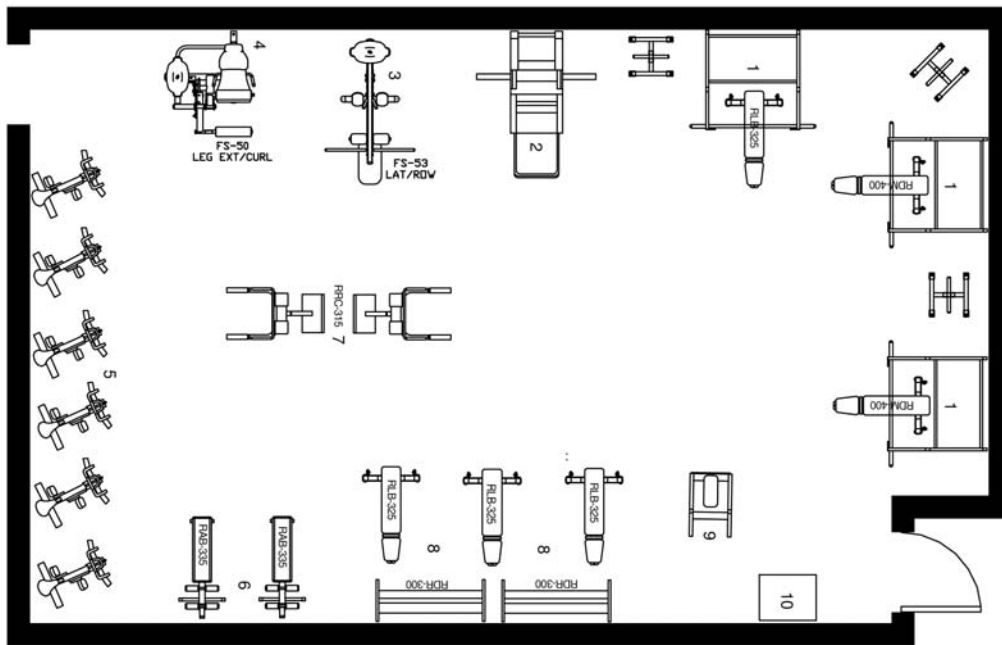
- Bill Miller installs new floor

Stage 6 ART STUDENT MURALS: FRIDAY 1/2

Stage 7 RE-EQUIP: SATURDAY 1/3

- Old Equipment Moved Back
- New Equipment Delivered and Installed—(GS- 3 guys, 4 hours)





EQUIPMENT LIST

01. CURRENT Power Cages w/New Adjustable Benches
02. CURRENT Leg Press
03. Paramount Lat Pull/Row
04. Paramount Leg Ext/Curl
05. Star Trac Spin Bikes
06. Adjustable Ab Benches
07. Roman Chairs
08. DB Racks w/Benches
09. CURRENT Preacher Curl
10. Bar Rack

Equipment List— Equipment Staying: Preacher Curl, Power Racks (3), Penn Oaks' LEG PRESS



PAR FS50
Leg Curl/Ext



PAR FS 53/H
LAT/ROW



Star Trac 6800
Spinner Bikes (6)



Dumbbells
4 ea. 5-50 lbs.
2 ea. 5-25 lbs.
2 ea. 55 lbs.
2 ea. 60 lbs.



TUFF-RDR-300
Dumbbell Racks (2)



TUFF-RAB-335
Adj. Abd. (2)



TUFF-RRC-315
Roman Chair (2)



10 Bar Vertical
Holder



TUFF-RDM-400
Adj. BENCH (2)



TUFF-RLB-325
Flat/Incline Ladder (4)

Free Weight Stations needed (8) —3 bench and squat, clean/deadlift, dumbbells, leg curl, leg extension/leg press, incline/decline bench.

Contact Information

Contractor and Materials Coordinator: Dave Fortunato dfortunato@dewsonconstruction.com (302-420-3697)
 Labor Team Leader: Rick Kaiser richardakaiser@comcast.net (610-388-6113)
 Fitness Equipment Team Leader: Joe Carney jcarney@derema.com (610-212-4085)

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Creating Better Students through Sports and Physical Activity Initiatives