

# RECREATIONAL OPPORTUNITIES

Listed below for your information and planning are the Recreation Center and John Glenn Gym hours of operation. Along with the hours, I would like to inform the campus community of the other recreational opportunities that exist on campus and the guidelines for each venue. Student, Faculty, Staff, and Guest ID Cards are required when using the facilities. Please have your ID Card with you when you are in the buildings - using the facilities. We request that the equipment be treated with respect and care.

## *RECREATION CENTER and JOHN GLENN GYM*

### OPERATIONAL HOURS

Monday to Thursday	Unlocked = 6:30 am	Locked = 10:30 pm
Friday	Unlocked = 6:30 am	Locked = 8:30 pm
Saturday	Unlocked = 6:30 am	Locked = 8:30 pm
Sunday	Unlocked = NOON	Locked = 10:30 pm

*\* These times are subject to change due to the University's calendar for vacation times, break schedules, and campus events.*

### POINTS OF INFORMATION:

- 1) **THESE VENUES ARE NOT PUBLIC FACILITIES.** Faculty, Staff, Student, or Guest ID Cards are required!
- 2) Hours for the swimming pool, athletic weight room, and the faculty /staff fitness room are posted at the venues.
- 3) Monday - Friday; during the hours of 7:30 am to 2:30 pm classes have top priority usage of all facilities.
- 4) Monday - Friday; during the hours of 2:30 pm to 7:00 pm athletic teams have facility usage priority.
- 5) Unless scheduled for intramurals, campus events, and/or athletic events after 7:00 pm gym priority is "Open Recreation" for the general student population.
- 6) Swimming Pool and Athletic Weight Room will be closed at least thirty minutes before every home athletic event.

## ***SWIMMING POOL***

The swimming pool is located in the John Glenn Gym. Hours for the pool are listed below:

Monday - Thursday	6:30 am - 9:00 pm
Friday	6:30 am - 8:30 pm
Saturday	CLOSED
Sunday	Noon - 9:00 pm

Times are subject to change due to the University's vacation times, break schedules, may term, and campus events scheduled for the Recreation Center and/or John Glenn Gym

*\* If there is a scheduled athletic contest during any of the scheduled open swims, the pool will be closed at least 30 minutes before the start of the contest.*

### **POINTS OF INTEREST:**

- 1) Shower before entering the pool
- 2) NO swimming alone
- 3) Swim at own risk
- 4) There is NO lifeguard on duty
- 5) NO food or beverages permitted in the pool area
- 6) Please follow all the rules of the pool and pool area that are posted
- 7) Pool schedule will change during semester breaks, vacations, and May Term
- 8) Please keep in mind that classes have top priority usage

Reserving the pool for group swims at times that are not announced can be made through the Director of Athletics. A certified lifeguard must be supplied by the group.

## ***FACULTY / STAFF FITNESS ROOM***

The Faculty/Staff Fitness room is located at the east end of the John Glenn Gym in Room 319.  
Hours for the fitness room are listed below:

Monday thru Thursday	Open = 6:30 am	Closed = 9:00 pm
Friday	Open = 6:30 am	Closed = 8:30 pm
Saturday	Open = 6:30 am	Closed = 8:30 pm
Sunday	Open = NOON	Closed = 9:00 pm

*\* Times are subject to change due to the University's vacation times, break schedules, and campus events.*

### **POINTS OF INFORMATION:**

- 1) Not a public facility. Faculty, Staff, Student, and Guest ID Cards required.
- 2) Wipe down the machines after you have finished your workout. Spray bottles with disinfectant and paper towels are supplied in the room.
- 3) Do not move the machines around!
- 4) Disinfectant hand lotion is supplied in the dispensers on the wall.
- 5) Please sign in on the clipboard and fill in all lines of information.
- 6) Always have your faculty, staff, student, or guest ID cards with you at all times.
- 7) Last person to leave at closing, please put down the windows, police the area, and turn off the lights and TV and/or stereo.
- 8) If any of the machines are not running properly, spray bottles are empty, no paper towels, or you have concerns about the equipment - please notify either James Kaser @ 8326 or Director of Athletics, Larry Shank @ 6109.

## ***ATHLETIC WEIGHT ROOM***

The Athletic Weight room is located on the lower (1<sup>st</sup> floor level) of John Glenn Gym. Hours for the athletic weight room are listed below:

Monday	Open 6:30 am	Closed 9:00 pm
Tuesday	Open 6:30 am	Closed 9:00 pm
Wednesday	Open 6:30 am	Closed 9:00 pm
Thursday	Open 6:30 am	Closed 9:00 pm
Friday	Open 6:30 am	Closed 8:30 pm
Saturday	Open 6:30 am	Closed 8:30 pm
Sunday	Open NOON	Closed 9:00 pm

### Weekday Priority Schedule:

6:30 am to 8:00 am	Faculty and Staff
8:00 am to 2:00 pm	Classes (Faculty, Athletes, & Staff OPEN around scheduled classes)
2:00 pm to 7:00 pm	Active Roster Athletes
7:00 pm to 9:00 pm	OPEN - must have ID Cards

*\* Times are subject to change due to the University's vacation times, break schedules, and campus events scheduled for the Recreation Center and/or John Glenn Gym.*

### **POINTS OF INFORMATION:**

- 1) Replace ALL equipment that you use back on the racks and/or stands
- 2) Please read the Athletic Weight Room rules on the walls and abide by them
- 3) Wipe down the benches, bars, and dumbbells after you have finished your workout. Spray bottles and paper towels are supplied.
- 4) Disinfectant hand lotion is supplied in the dispensers on the walls
- 5) Proper selection of music and the volume of the stereo system will always reflect respect to the entire University community.
- 6) If there is a problem with the equipment or you need help in designing a personal weight program, call James Kaser, Campus Fitness Director @ 8326.
- 7) **TAKE PRIDE IN THE ROOM**
- 8) **RESPECT** the equipment

## ***JOHNSON FAMILY TRACK***

The Johnson Family Track is open for usage from 6:30 am until dusk each day of the week, unless a class and/or athletic team is either practicing or playing a game on Sherman Field or on the track. For your safety, we ask that you do not run or walk on the track when a team is having a full-scale practice or when there is a scheduled game. If you do walk or run while a team is having practice, you do so at your own risk.

### **POINTS OF INTEREST:**

- 1) Please use lanes 5, 6, 7, and 8 for your exercise. This request is made because of the wear and tear of lanes 1, 2, 3, and 4 with competitive track. This method of usage will help extend the life of the track surface.
- 2) Please follow the rules of the track which are posted at the southeast gate and also at the northwest gate.

## ***SHERMAN FIELD***

Monday through Friday during the academic calendar year, classes have top priority until 2:30 pm. From 2:30 pm until 7:00 pm, athletic teams have priority usage. All scheduling for group usage of the field is with the Director of Athletics.

### **POINTS OF INTEREST:**

- 1) When there isn't a class, or a team practice, the field can be used for general recreation.
- 2) Sherman Field can also be used for recreation after athletic teams are finished practice. We asked that you do not interfere with practice and stay outside the fence until practice is over and the team has left the field.
- 3) Any group usage must be scheduled through the Director of Athletics. You can not assume Sherman Field is open for any length of time during the day or early evening hours. There are various teams and/or groups scheduled for usage. For example: University football, marching band, men's soccer, women's soccer, baseball, softball and track; plus John Glenn HS = football, track, and middle school track.
- 4) We ask that you follow all the rules of Sherman Field which are posted by the southeast and northwest gates.

## ***DAY / VISITORS LOCKER ROOMS***

On the first floor of the John Glenn Gym, we have two new day/visitor's locker rooms. Each locker room is equipped with lockers, hooks, and benches. Over-night locks are not permitted on the lockers; however, for security purposes, students, faculty, staff, and guests may lock up their personal items while they are working out or attending classes that require a change of clothes.

The day locker rooms also double as the visitor locker rooms for intercollegiate athletic games. We will close and lock the locker rooms at least two hours before game time. When we are hosting a home event, game managers are responsible to have signs on the doors early in the day to notify all faculty, staff, students, and guests that the locker room (s) will not be available.