

# RECREATIONAL OPPORTUNITIES

Listed below for your information and planning are the Recreation Center and John Glenn Gym's hours of operation. Along with the hours, I would like to inform the campus community of the other recreational opportunities that exist on campus with the guidelines for each venue. Student, Faculty, Staff, and Guest ID Cards are required to use 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 = 11:00 pm
Friday	Unlocked = 6:30 am	Locked = 10:00 pm
Saturday	Unlocked = 8:00 am	Locked = 8:00 pm
Sunday	Unlocked = NOON	Locked = 11:00 pm

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

### POINTS OF INTEREST:

- 1) Monday - Friday, during the hours of 7:30 to 2:30 pm, classes have top priority usage of the facilities
- 2) Monday - Friday, during the hours of 2:30 pm to 7:00 pm, athletic teams have facility priority.
- 3) Sunday - Thursday, during the evening hours, the Intramural program has first priority usage except for home athletic contests and/or special events scheduled by the Administration.

## SWIMMING POOL

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

Monday - Friday	Open = 6:30 am	Closed = NOON
Sunday, Monday, Tuesday, Thursday	Open = 4:00 pm	Closed = 9:00 pm

*\* If there is an athletic contest or a Physical Education class scheduled during the evening open swim times, the swimming pool will be closed that evening.*

*\* Reserving the pool for group swims at times that are not announced can be made thru the Director of Athletics.*

*\* Each day, please sign in on the clipboard*

*\* Please follow all the rules of the swimming pool that are posted in the pool area.*

## FITNESS / CARDIO ROOM

The Fitness/Cardio Room is located at the east end of the John Glenn Upper Gym in Room 319. The room has 4 Elliptical Runners; 5 Treadmills; 1 Recumbent Bike, 2 Stair Steppers, and two pieces of upper body weight machines. This area is also equipped with a television and a stereo system for your enjoyment.

Monday thru Thursday	Open = 6:30 am	Closed = 10:30 pm
Friday	Open = 6:30 am	Closed = 9:30 pm
Saturday	Open = 8:00 am	Closed = 7:30 pm
Sunday	Open = NOON	Closed = 10:30 pm

*\* Times are subject to change due to the College's vacation times, break schedules, and campus events scheduled for the John Glenn Upper Gym.*

## POINTS OF INFORMATION

- 1) Please sign in on the clipboard and have your Student, Faculty, Staff, or Guest ID Card with you at all times.
- 2) Wipe down the machines after you are finished with your work-out. Spray bottles with disinfectant and paper towels are available in the room.
- 3) If any of the machines are not running or there are any concerns about the equipment, please notify either: James Kaser, Campus Fitness Director @ 8326 or Larry Shank, Director of Athletics @ 6109.

## ATHLETIC AND STUDENT WEIGHT ROOM

The athletic and student weight room is located on the second level of John Glenn Gym. The back room is equipped with 15 free weight racks and benches, dumbbells, and several speciality machines. The front room is equipped with free weights, dumbbells, 2 incline benches, 2 squat racks, 1 safety squat rack, 1 neck machine, 1 iso-lateral press machines, 1 neck machine, and 1 lat machine.

Monday thru Thursday	Open = 6:30 am	Closed = 10:30 pm
Friday	Open = 6:30 am	Closed = 9:30 pm
Saturday	Open = 8:00 am	Closed = 7:30 pm
Sunday	Open = Noon	Closed = 10:30 pm

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

## **POINTS OF INTEREST**

- 1) Monday - Friday during the hours of 7:30am to 2:30 pm classes have top priority usage of the facilities. Facilities are open for general recreational usage.
- 2) Monday - Friday during the hours of 2:30am to 7:00 pm, athletics have top priority usage of the facilities. Facilities are open only to athletes during this time frame.
- 3) Monday - Friday from 7:00 pm to closing = open recreational lifting.
- 4) Saturday and Sundays, the weight rooms are open for general weight lifting work-outs.
- 5) Athletic team schedules and class schedules will be posted on the double door leading into the two rooms.

## **POINTS OF INFORMATION**

- 1) Please place all plates and dumbbells back on the racks when you have finished your work-out.
- 2) Always wipe down the benches, bars, and dumbbells after each workout.
- 3) Disinfectant and paper towels are supplied,
- 4) Proper selection of music and the volume of the stereo system will always reflect respect to the entire college community.
- 5) 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.

## **THE 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. 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 there is a scheduled game. If you do walk or run during 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's 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 thru 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 usage of the field is by the Director of Athletics.

### POINTS OF INFORMATION

- 1) When there isn't a scheduled class, Sherman Field can be used for recreation. Likewise, if there isn't a team practicing, 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 by 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 that are schedule for usage. For example: College = 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.
- 5) For any college group usage, arrangements can be made with the Director of Athletics for field usage and possibly having the stadium lights turned on.

### DAY / VISITOR'S 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, but students, faculty, staff, and guests may lock-up their personal items while they are working out or attending classes that require a change of cloths for security purposes.

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