



# Thompson Fitness Center

Clark College  
O'Connell Sports Complex  
360-992-2808



Winter Quarter 2023  
Jan 3rd - March 17th  
Closed: January 16<sup>th</sup> / February 20<sup>th</sup>

## HOURS OF OPERATION

Circuit Room						
Time	Mon	Tues	Wed	Thurs	Fri	Sat
6 - 7 am	Open	Open	Open	Open	Open	Closed
7 - 8 am	Open	Open	Open	Open	Open	Closed
8 - 9 am	Open	Open	Open	Open	Open	Closed
9 - 10 am	Open	Open	Open	Open	Open	Closed
10 - 11 am	Open	Open	Open	Open	Open	Closed
11 - 12 pm	Open	Closed	Open	Closed	Open	Closed
12 - 1 pm	Open	Open	Open	Open	Open	Closed
1 - 2 pm	Open	Open	Open	Open	Open	Closed
2 - 3 pm	Open	Open	Open	Open	Open	Closed
3 - 4 pm	Open	Open	Open	Open	Open	Closed
4 - 5 pm	Open	Open	Open	Open	Open	Closed
5 - 6 pm	Open	Open	Open	Open	Open	Closed
6 - 7 pm	Closed	Closed	Closed	Closed	Closed	Closed

Weight Room						
Time	Mon	Tues	Wed	Thurs	Fri	Sat
6 - 7 am	Open	Open	Open	Open	Open	Closed
7 - 8 am	Open	Open	Open	Open	Open	Closed
8 - 9 am	Open	Open	Open	Open	Open	Closed
9 - 10 am	Closed	Open	Closed	Open	Closed	Closed
10 - 11 am	Closed	Open	Closed	Open	Closed	Closed
11 - 12 pm	Closed	Open	Closed	Open	Open	Closed
12 - 1 pm	Open	Open	Open	Open	Open	Closed
1 - 2 pm	Open	Open	Open	Open	Open	Closed
2 - 3 pm	Open	Open	Open	Open	Open	Closed
3 - 4 pm	Open	Open	Open	Open	Open	Closed
4 - 5 pm	Open	Open	Open	Open	Open	Closed
5 - 6 pm	Open	Open	Open	Open	Open	Closed
6 - 7 pm	Closed	Closed	Closed	Closed	Closed	Closed

The following Clark College affiliates are eligible to use the O'Connell Sports Complex (OSC) Thompson Fitness Center during open hours:

1. **Students** who are **currently** enrolled in Physical Education or HPE courses are **FREE** to use the FC during that quarter.
2. **Clark College Students** that are currently enrolled either part-time or full-time (not eligible for annual pass) and students returning for fall quarter.
3. All **Clark College employees** are eligible to use the Fitness Center, their spouses, and their dependents 16 years old and older, as well as retired staff/faculty and their spouses. Former staff/faculty, not on retirement status will need to contact the Clark College Foundation's Alumni Relations to maintain affiliation.
4. **Penguin Nation Members** include Clark College **Alumni** (1 class qualifies) and Clark College donors are eligible for affiliation with the Penguin Nation Passport

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### **To obtain your Thompson Fitness Center Membership, follow these steps:**

- 1) Pay \$20.00 or \$60 annual fee (if eligible) at the Cashier Office in Gaiser Hall.
  - a) Community Members and Alumni will need to obtain a Penguin Nation Passport
    - Alumni may visit [Clark College Foundation](#) webpage to receive their Penguin Nation Passport
    - Non-Alumni may visit [Clark College Foundation Campaign](#) webpage to make a \$5 donation to the Athletics Department and then receive their Penguin Nation Passport.
- 2) At your first visit, bring receipt of payment to front desk staff in the fitness center. At that time our staff will enter your information into the fitness center member check in system. You will be required to take an identification photo as well as sign an "Acknowledgement of Hazards and Risks" form.
- 3) Each time you visit thereafter, you can either scan your ID card or manually enter your ID number at the front desk check in to be granted access.

It is strongly recommended that all facility users complete a course in weight training and/or fitness center basics, total body conditioning, circuit fitness or make an appointment with one of our personal trainers prior to using the facilities.

For more information on how to become a Penguin Nation Member, please call the Clark College Foundation office at 992-2855 or the Fitness Center Manager at 992-2185.

Occasionally the facilities may not be available during the hours stated due to a class or college function. Every effort will be made to post advance notice of such closures.

### **Fitness Center Rules and Dress Code:**

- Current Clark College SID or FC Member ID required
- Complete an "Acknowledgement of Hazards and Risks" form quarterly
- Do not exercise unless a supervisor is present
- No hats or ball caps with a bill
- No jeans or cut-off shorts
- Shoes are required. No boots, dress shoes, slippers or open-toed shoes
- Entire torso, midriff, and buttocks must be covered at all times
- No excessive or dangling jewelry
- Spotters required for lifts with a bar overhead or over-face
- Collars required for Olympic bars
- No food or chewing gum
- Use plastic or metal spill-proof containers for beverages
- Carry a towel for sweat
- Use sanitary wipes for each workout area after use (provided in wall dispensers)
- Return dumbbells and weights to rack after use

### **Locker Rooms:**

Lockers are free to register, but members must provide their own lock.

**All lockers must be registered with the Fitness Center and the contents removed from the lockers at the end of each quarter.** Items left in un-registered lockers or contents not removed at the end of the quarter will be sent to lost and found.

Day use lockers are available in the circuit room. These lockers do not need to be registered, but lock must be removed daily or it will be cut.

**Contact Fitness Center Manager at 360-992-2185 if you have any questions or suggestions.**