



Thompson Fitness Center

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



Fall Quarter 2019 Finals Week
December 9th - December 13th

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	Open
9 - 10 am	Open	Open	Open	Open	Open	Open
10 - 11 am	Open	Open	Open	Open	Open	Open
11 - 12 pm	Open	Open	Open	Open	Open	Open
12 - 1 pm	Open	Open	Open	Open	Open	Open
1 - 2 pm	Open	Open	Open	Open	Open	Open
2 - 3 pm	Open	Open	Open	Open	Open	Open
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	Open	Open	Open	Open	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	Closed	Open	Open	Open	Open
9 - 10 am	Open	Closed	Closed	Closed	Open	Open
10 - 11 am	Open	Open	Closed	Closed	Open	Open
11 - 12 pm	Open	Open	Open	Open	Open	Open
12 - 1 pm	Open	Open	Open	Open	Open	Open
1 - 2 pm	Open	Open	Closed	Open	Open	Open
2 - 3 pm	Open	Open	Closed	Open	Open	Open
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	Open	Open	Open	Open	Closed	Closed

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

1. **Clark College Students** that are currently enrolled either part-time or full-time (not eligible for annual pass) and students returning for fall quarter.
2. 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 join the PAC to maintain Clark affiliation.
3. **Penguin Athletic Club (PAC)** members, 16 years old and older (*joining fee*: \$50 individual, \$100 for 2 people and \$250 groups up to 8 people per yr. plus the cost of a quarterly or annual pass)
4. Clark College **Alumni** (1 class qualifies).
5. **Students** who are **currently** enrolled in Physical Education, Fitness Trainer or HPE 258 (Fitness Wellness) courses are **FREE** to use the FC during that quarter.

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

1. Pay \$20.00 or \$60 annual fee (if eligible) at the Cashier Office in Gaiser Hall. Employees, spouses, eligible family members, PAC and Alumni members may pay \$60 for an annual membership (valid summer, fall, winter, and spring quarters of current academic year). PAC and Clark College Alumni Association members must present a valid membership card. This fee is non-refundable.
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 member of the Penguin Athletic Club (PAC) or the Clark College Alumni Association, please call the Clark College Foundation office at 992-2301 or the Fitness Center Managers, Steve DaMassa and Dan Boe at 992-2185 or 992-2808.

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 annually
- 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 (provided at the front desk) 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 Managers Steve DaMassa or Dan Boe at 360-992-2185 if you have any questions or suggestions.