



# Clark College

Division of Health and Physical Education

O'Connell Sports Complex

Thompson Fitness Center

992-2808

**Winter Quarter 2015**

**January 5 – March 21**

***CLOSED Feb 17***



## FITNESS CENTER HOURS OF OPERATION

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

**ALL members must scan their current Clark College ID card** in OSC 136 or 138 for access to the Fitness Center. If access is DENIED please see a Fitness Center Student Worker for assistance. DO NOT just walk away and enter the Fitness Center. For operational budget reasons we need to know who and how many members are using the Fitness Center. Thank you for your help in this matter.

**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 children 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 Association** members, 16 years old and older (*joining fee*: \$25 per yr. plus the cost of a quarterly or annual pass)
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.

**To obtain your Thompson Fitness Center Sticker, follow the steps below:**

1. Pay \$20.00 for the quarter or \$60.00 for the annual fee (if eligible) at the Cashier Office in Gaiser Hall. **Employees, spouses, eligible family members, PAC and Alumni members** may purchase an annual sticker for \$60 (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. **Students and staff** place their **STICKER** on their current **Clark College ID card**. **Others** put the sticker on any form of photo identification or their PAC or Alumni membership card.
3. Purchase your Clark College ID card at the Clark College Bookstore for \$3.00. Once you have purchased your Clark College ID, take your receipt to the Security desk where they will take your picture and issue you an ID card. The card provides free and discounted admission to events and may offer discounts at local businesses. See catalogue for additional info.
4. In order to obtain your sticker, take your **RECEIPT & PICTURE ID** to the Fitness Center. If you do not have these items, a sticker will not be issued. You will also need to sign an "Acknowledgement of Risks and Release of Liability Form" in order to use the facility. These forms need to be completed quarterly.
5. **WORKOUT! Bring your picture ID with current sticker to the Fitness Center every time you visit the Fitness Center.**

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 Co-Managers Steve DaMassa and Garet Studer at 992-2185 or 992-2808.

**Fitness Center Rules and Dress Code:**

- Valid photo ID with current Fitness Center sticker required
- Complete an "Acknowledgement of Hazards and Risks" form annually
- Do not exercise unless a supervisor is present
- No hats or ball caps.
- No tank tops or sleeveless shirts
- No jeans or cut-off shorts
- No boots, dress shoes, slippers or open-toed shoes
- Entire torso and buttocks must be covered at all times
- No excessive or dangling jewelry
- Spotters and collars required for free weights
- No food or chewing gum
- Use plastic spill-proof containers for beverages
- Carry a towel for sweat
- Use sanitary wipes for each workout area after use (provided in wall dispensers)

**All lockers must be registered with the Fitness Center and the contents removed from the lockers at the end of each quarter. Otherwise all items are subject to removal.**

Note: 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.

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.

**Contact Co-Fitness Center Managers, Steve DaMassa or Garet Studer, at 992-2185 if you have any questions or suggestions.**