

Aerobics Studio

- Proper attire and footwear is required for all classes and activities.
- Children 12 and under are not permitted to participate in Group Fitness classes.
- Group Fitness equipment is solely reserved for classes and participant use.

Davis Gym

- Non-marking athletic shoes are required at all times.
- Food or drink is not permitted on the courts.
- Courts may not be reserved.

Tennis Courts (Indoor and Outdoor)

- Non-marking athletic shoes are required at all times.
- Courts cannot be reserved consecutively under the same name or group.
- Reservations are for one-hour time blocks, starting on the hour.
- Reserved courts not claimed within 10 minutes will be given to other players.
- Food or drink is not permitted on the courts.

Racquetball/Squash Courts

- Proper eyewear is highly recommended.
- Non-marking athletic shoes are required at all times.
- Food or drink is not permitted in the courts.

Hot Tub Rules (Kinney Natatorium)

- All users must be 16 years of age or older.
- Hot tub capacity is six (6) participants.
- Chlorinator must remain in hot tub at all times.
- Showering is required before entering hot tub.
- A time limit of 15 minutes must be observed due to the fatiguing effects of prolonged use of the hot tub.
- Clean swim attire must be worn at all times.
- Pregnant women may not use the hot tub.
- Elderly participants, and/or participants with respiratory or cardiopulmonary problems, should not use the hot tub without prior medical approval from their doctor.
- Any participant having a skin disease, nasal or ear discharge, communicable diseases, or who is wearing any kind of bandage, is not permitted in the hot tub.
- Participants having any areas of exposed sub-skin tissue, (i.e., open blisters, cuts, sunburn, etc.) are warned that these are likely to become infected.

Sauna and Steam Room

- All users must be 16 year of age or older.
- Sauna and steam rooms are co-ed. Appropriate attire must be worn at all times.
- Under no circumstances should users wear excess clothing such as rubberized suits or plastic clothing.
- Pregnant women can not use the sauna.
- Elderly participants, and/or participants with respiratory or cardiopulmonary problems, should not use the sauna or steam room without prior medical approval from their doctor.
- Do not use steam room or sauna while under the influence of alcohol, anti-coagulants, antihistamines, vasoconstrictors, vasodilators, stimulants, hypnotics or tranquilizers.
- Remove all jewelry before using the sauna or steam room.
- Do not exercise in sauna or steam room.

- Following vigorous exercise, allow a cool-down time before entering sauna or steam room and reduce your session time.
- A time limit of 15 minutes must be observed due to the fatiguing effects of prolonged use of the sauna and steam room. Long exposures may result in nausea, dizziness or fainting.
- Use of steam room and sauna causes increases in pulse rate, increases in body temperature, and changes in blood pressure. This occurs differently in each individual, perhaps dangerously in persons with high or low blood pressure.
- Upon experiencing any nausea, dizziness, hot flashes or cold chills, headaches, or other discomfort, leave the sauna or steam room immediately.
- After using the sauna or steam room, participants must shower prior to entering the pool or hot tub.

Violation of a policy/policies could lead to a person/s being asked to leave and possible loss of membership privileges. Members are encouraged to report violations to the Department of Athletics and Recreation Services Staff.

Access and user policies subject to change without notice. May 15, 2010



Membership Processing:

Connie Aucker (570) 577-3737

Recreation Services:

Joe Santorine (570) 577-1656

Annette Stutzman (570) 577-1465

KLARC Front Desk: (570) 577-1078

Equipment Room:

Men's (570) 577-3050

Women's (570) 577-3082

Kinney Natatorium: (570) 577-3679

Ticket Office: (570) 577-1000

**Department of Athletics and Recreation
Recreation Services
Bucknell University
Lewisburg, PA 17837
(570) 577-3737**

www.bucknell.edu/x1696.xml

Bucknell University

2010-2011

**Kenneth G. Langone
Athletics and Recreation Center
Access and User Policies**



Kenneth G. Langone Athletics and Recreation Center

Davis Gym, Gerhard Fieldhouse, Kinney Natatorium, Krebs Family Fitness Center and Sojka Pavilion

The Kenneth G. Langone Athletics and Recreation Center is a student centered facility that encompasses athletics, recreation and wellness in a collegiate environment.

Our multi-use facility allows members to participate in a healthy lifestyle in any way they choose. Whether exercising alone, using cardiovascular equipment, resistance training, swimming, or informal recreation group atmosphere (i.e., playing basketball, volleyball or participating in Group Fitness classes) we have what it takes to meet your recreational needs.



Athletics and Recreation Center memberships are also a great value, since there are no hidden costs in the form of racquet sport fees or Group Fitness class fees.

Eligible Users

- Students currently registered in undergraduate and graduate courses of study with a valid Bucknell ID.
- Faculty/staff, spouses/spousal equivalents and dependents between the ages of 12 - 21 with valid Bucknell University ID.
- Part-time faculty/adjunct professors, staff, spouses/spousal equivalents, and their dependent children between the ages of 12 - 21 who hold a valid Bucknell ID for the period of their employment.
- **Children under 12 may use all facilities, except the fitness center, if they are accompanied and actively supervised by an adult. Due to safety and risk management issues, children 12 and under are not permitted to enter or loiter in the Krebs Family Fitness Center or Berger Strength Training Center.**
- Bucknell retirees who hold a valid Bucknell ID.
- Bucknell alumni who hold a valid Athletics and Recreation Center membership.
- Local community members who hold a valid Athletics and Recreation Center membership.
- Bison Club members who have donated at the Christy Mathewson Committee of One Thousand level or above will be able to purchase a membership.

Memberships

- Memberships are available on an annual basis, July 1 through June 30.
- Any existing lifetime memberships as of 2003 will be honored.
- Community memberships may be limited by the facility's capacity as determined by the Department of Athletics and Recreation.

Membership Fees

Students, faculty, staff, part-time faculty, spouses/spousal equivalents and dependents of Bucknell University employees under the age of 21 are automatically granted memberships to the facility at no cost.

Membership Category	Full Year	Effective Dates
Community Member	\$500.00	7/1-6/30
Community Family	\$800.00	7/1-6/30
Alumni (25% Discount)	\$375.00	7/1-6/30
Alumni Family	\$600.00	7/1-6/30
Summer Visiting Student	\$125.00	5/21-8/15
Early bird Special	\$ 90.00	5/10-5/14

Family membership is defined as a member of the family living in the same household under the age of 21.

Locker Fees

Members Locker and Towel Service	\$100.00 Per Person	7/1-6/30
Faculty/ Staff	\$25.00	7/1-6/30
Student	\$25.00	7/1-6/30

Membership Office is open Monday-Friday 8:00 AM to 1:00 PM and 2:00 PM to 4:00 PM during the Summer; Monday-Friday 8:30 AM to 1:00 PM and 2:00 PM to 4:15 PM during the academic year.

Equipment Check-out

Any member of the Bucknell University community with a valid Bucknell ID may check-out equipment free of charge. Equipment includes everything from volleyball nets to racquets and balls. Equipment may be checked out at the front desk. Users are responsible for any damage to the equipment. **Outside members are not permitted to check out equipment.**

Instructional Programs

A wide variety of noncredit programs are offered for the enrichment of students, faculty, staff and their families. Programs are offered to the Bucknell University community first. Community members may participate in these programs on a space available basis.

Facility Rules

Since the Kenneth G. Langone Athletics and Recreation Center is a student based facility, scheduling to accommodate Bucknell University students, Intercollegiate Athletics and Recreation Services will take priority.

- All members must show a proper Bucknell University ID upon entering the Athletics and Recreation Center.
- Please be courteous and adhere to the posted time limits for the exercise equipment. Students, faculty and staff have priority.
- Bikes, rollerblades, skateboards, etc., are prohibited in the building and on the outdoor courts.
- Members are not permitted to open any exterior doors. Failure to adhere to this rule may result in the loss of membership privileges.
- Food and drink are permitted in designated areas only.
- Proper attire for the activity of the participant must be worn at all times (i.e., full t-shirts, shorts, bathing suits).
- Proper footwear is required at all times.
- Use of tobacco products is not permitted at any time.
- Varsity locker rooms and the Berger Strength Center are not included in any membership.
- Participation and use of all facilities is at your own risk.
- No posting of signage without written permission by the Department of Athletics and Recreation.

Krebs Family Fitness Center

- Athletic shoes and proper attire must be worn at all times.
- Use of cardiovascular machines is limited to a maximum of 30 minutes.
- Please wipe down cardiovascular and strength equipment prior to use and when finished.
- Replace all plates, dumbbells and bars to their proper location at the completion of your workout.
- Users 12 and under are not permitted in the Krebs Family Fitness Center at any time; Children ages 13-16 must be supervised by an adult (Legal Guardian of the child).
- Please follow all posted Krebs Family Fitness Center policies.

Kinney Natatorium

- The natatorium is only open during recreational swim hours for use by members.
- Children under the age of 12 may use the natatorium only if they are accompanied and actively supervised by an adult.
- When sharing lanes, circle swim in a counter-clockwise direction.
- Proper swimming attire must be worn at all times.
- Changing of clothes must occur in locker rooms and is not permitted on the pool deck.
- No food, drink or chewing gum is permitted in the pool or on the pool deck.
- Glass containers are not permitted on the pool deck.
- No running on the pool deck.
- Use of starting blocks is not permitted.
- Use of diving boards is not permitted.
- Deck level diving is permitted only where the water is at least 9 feet in depth.
- Breath-holding, other than normal swimming breathing cycles, is prohibited in all its forms.
- Underwater swimming, other than flip turns, is prohibited.