

Wiegand Family Squash Center

- Squash shoes or non-aggressive court sole configurations must be worn on the squash courts.
- Court activities shall be limited to squash matches only
- Eye protection is required on court at all times during practice and match play.
- Know the WSF Rules of Squash and abide by them.

Tennis Courts (Paddle, Indoor and Outdoor)

- Non-marking athletic shoes are required at all times.
- Food or drink is not permitted on the courts.
- Only tennis is permitted to be played on the courts.
- Outdoor tennis & paddle courts are available for evening play.

Violation of the KLARC rules/policies could result in a person/s being asked to leave and loss of membership privileges.

Access and user policies subject to change without notice.

Stay Connected with Bucknell Recreation Services



@Bucknell_Rec

Mobile App
Search for "Bison Rec"



Membership Benefits

Equipment (Issue & Return)

- A variety of balls and racquets are available for sign out at the KLARC front desk at no-charge.
- Users are responsible for any damage to the equipment.
- One item per valid Bucknell University ID.

Group Fitness Classes

A wide variety of group fitness classes are offered for the enrichment of students, faculty, staff and their families. Programs are offered to the Bucknell University community first. Members may participate in these programs as space permits at no cost.

Memberships

- Memberships are available on an annual basis, 7/1 through 6/30.
- Any existing lifetime memberships as of 2003 will be honored.
- The number of memberships available for purchase is determined yearly by the Department of Athletics and Recreation.
- A family membership is available to the head of household, spouse/spousal equivalent and all other members of the family living in the same household under the age of 26.

Membership Options

Current students, full & part-time faculty, full-time staff, spouses/spousal equivalents and dependents of Bucknell University employees under the age of 26 are automatically granted memberships to the facility at no cost.

Membership Category	Full Year	Effective Dates
Individual	\$500.00	7/1-6/30
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	\$125.00	

Locker Fees (Optional)

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



Kenneth G. Langone Athletics and Recreation Center



Department of Athletics and Recreation
Bucknell University
Lewisburg, PA 17837

Membership Services
KLARC Front Desk

(570) 577-3737
(570) 577-1078

Facility Hours

www.bucknell.edu/athletics/facilities-and-hours.html

Fitness Class Schedule

www.bucknell.edu/Documents/RecreationServices/groupFitness.pdf

Kinney Natatorium Hours

www.bucknell.edu/Documents/RecreationServices/KNATHours.pdf

www.bucknell.edu/RecreationServices

Bucknell University

2017-2018

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



Kenneth G. Langone Athletics and Recreation Center (KLARC)

Davis Gym, Gerhard Fieldhouse, Kinney Natatorium, Krebs Family Fitness Center & select outdoor facilities

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 a variety of ways. Whether exercising alone, using cardiovascular equipment, resistance training, swimming, or in an informal recreation group atmosphere we have what it takes to meet your recreational needs.

Eligible Users

- Students currently registered in undergraduate and graduate courses of study with a valid Bucknell University ID.
- Faculty/staff, spouses/spousal equivalents and dependents **living in the same household** between the ages of 12 - 26 with a valid Bucknell University ID.
- Part-time faculty, staff, spouses/spousal equivalents, and their dependent children between the ages of 12 - 26 who hold a valid Bucknell University ID for the period of their employment.
- Bucknell retirees who hold a valid Bucknell University ID.
- Bucknell alumni that purchase a KLARC membership.
- Community members who purchase KLARC membership.

General Facility Rules & Policies

The KLARC is a student centered facility with priority for scheduling given to varsity athletics, recreation services, general students and University events. Only facilities listed in this document are available for use by general students, staff, faculty and facility members.

Facility Rules

- **All authorized users** must present a valid Bucknell University ID or membership card upon entering the KLARC.
- Facilities listed in this brochure are available during regular hours when the spaces are not reserved for varsity athletics, recreation services or special events.
- Only facilities listed in this brochure may be utilized by general students, staff, faculty and facility members.
- Bikes, rollerblades, skateboards, etc., are prohibited in the facility and on the outdoor courts at all times.
- Exterior doors may NOT be propped open at any point.
- Proper footwear and attire for the activity of the participant must be worn at all times (i.e., full t-shirts, shorts, bathing suits).
- The use of tobacco products is not permitted at any time.
- **Participation and use of all facilities is at your own risk.**
- Use of profanity or abusive language will not be tolerated.

Locker Room Policies

- Children age five (5) and older **MUST** use the appropriate locker room and be accompanied by a guardian/sponsor of the same sex.
- Children age four (4) and younger must be accompanied by a parent or legal guardian of the same sex at all times.
- Use of electronic devices inside locker rooms is prohibited.

Families with Dependent Children Policies

- Children age 12 and younger may NOT use the Krebs Family Fitness Center, sauna or steam room at any time or participate in group fitness classes.
- Children age 12 and younger may use all other facilities so long as they are **ACCOMPANIED AND ACTIVELY SUPERVISED** by a parent or legal guardian.
- Children age 13 to 16 may use the Krebs Family Fitness as long as they are supervised by a parent or legal guardian that is in close proximity.
- Individuals must be 16 years of age or older to use the hot tub, sauna or steam rooms at ANY time.

Facility Specific Rules & Policies

Aerobics Studio

- Group Fitness equipment is solely reserved for classes and participant use.

Christy Mathewson Memorial Stadium (Track)

- The facility is open dusk to dawn for open recreation when not reserved for university and special events.
- Use of the high jump/pole vault mats, hurdles and other fitness equipment is strictly prohibited.

Davis Gym

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

Gerhard Fieldhouse (Track & Center Courts)

- Food or drink is not permitted on the track or center courts.
- Center courts may be configured for basketball, tennis and volleyball.
- Use of the batting cage, high jump/pole vault mats, hurdles and other fitness equipment is strictly prohibited.

Hot Tub (Kinney Natatorium)

- Hot tub maximum capacity is six (6) participants.
- 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 should not use the hot tub without prior medical approval from their doctor.
- 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.

Kinney Natatorium

- The natatorium is only available for use during posted recreational swim hours.
- When sharing lanes, circle swim in a counter-clockwise direction.
- Proper swimming attire must be worn at all times.
- Changing of clothes is not permitted on the pool deck.
- Food, drink or chewing gum is not permitted in the pool or on the pool deck.
- Glass containers are not permitted on the pool deck.
- Running is not permitted on the pool deck.
- Use of starting blocks and diving boards is prohibited.
- Deck level diving is permitted only where the water is at least nine 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.

Krebs Family Fitness Center

- Use of cardiovascular machines is limited to a maximum of 30 minutes.
- Equipment must be wiped down prior to use and when finished.
- Replace all plates, dumbbells and bars to their proper location at the completion of your workout.

Racquetball Courts

- Only gum rubber soled shoes or soles designated as non-marking and which are not outdoor shoes, are permitted on the courts.
- Only racquetball may be played on the courts.
- Proper eyewear and racquet is required.

Sauna and Steam Room (Kinney Natatorium)

- 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 should not use the sauna without prior medical approval from their doctor.
- 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 the 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.