

SHEPHERD UNIVERSITY

Wellness
Center

MEMBERSHIP
PACKET

Revised October 17, 2013

Shepherd
UNIVERSITY

Welcome to the Shepherd University Wellness Center!

The Shepherd University Wellness Center creates a culture of wellness by providing various fitness programs, state workout environments and a wide array of health and fitness initiatives.

Membership and Guest Fees	1
Immediate Family Discount Options	2
Recurring Payment Option	3
Locker Rental Information	4
Regulations	5
A Full T-shirt... But Why?	9
Other Facility Information	10
Contact Information	11
Campus Map	12

PLEASE VISIT OUR WEBSITE

www.shepherdwellness.com

FOR ANY ADDITIONAL INFORMATION

Membership at the Wellness Center is open to everyone!

Students

Shepherd University students will be asked to present their Rambler cards for admittance.

* During Summer sessions, students not taking classes will need to purchase summer memberships.

Monthly Term	Community (16-54 years old)	Senior and Alumni 10%*	Alumni 20%**	Shepherd University Staff/Faculty
1	\$68	\$61.20	\$54.40	\$21
2	\$126	\$113.40	\$100.80	\$40
3	\$182	\$163.80	\$145.60	\$59.25
4	\$240	\$216	\$192	\$79
5	\$292.50	\$263.25	\$234	\$97
6	\$330	\$297	\$264	\$114
7	\$370	\$333	\$296	\$131
8	\$410	\$369	\$328	\$148
9	\$450	\$405	\$360	\$165
10	\$490	\$441	\$392	\$182
11	\$528	\$475.20	\$422.40	\$199
12	\$576	\$518.40	\$460.80	\$215

*All other alumni - 10% off regular memberships

**Graduated within the past year - 20% off regular memberships

Shepherd University Graduate Student Membership	Price
1 Semester (4 months)	\$74

Guest Fees	Daily	5 Visits
Prices	\$10	\$40

- All membership options are charged a pro-rated fee for access from date of purchase until the next 15th of the month. The monthly term is then applied.
- Alumni discount cannot be combined with any other discounts or promotions.
- Only one annual membership with 20% discount per alumnus.
- Members of the Alumni Association get a 10 guest pass punch card to the Wellness Center! Contact the Alumni Relations Office to get yours today!
- Senior discount offered to those 55 years of age or older.

Immediate Family Discount

Immediate Family Discount on Regular and Senior Memberships

First Membership = Full Price

The highest valued membership is paid in full

Additional memberships for those age 16 to 54 = 50% off Regular Membership Prices

Additional memberships for those age 55 and over = 50% off Senior Membership Prices

Additional memberships for those age 15 and under = 75% off Regular Membership Prices

Additional memberships do not have to be purchased when the full membership is purchased

You will be asked to provide the name of the person who is paying full price so we can verify it in our database

Immediate Family Discount on Shepherd Univ. Staff/Faculty Memberships

There is no limit to the number of immediate family members that can sign up at your membership rates

You must be a member of the Wellness Center in order for your immediate family members to receive your membership rates

For these discounts, we classify immediate family members as husband, wife, domestic partner, mother, father, son, daughter, sister or brother that live at the same address

Recurring Payment Option

Those age 54 and under will be charged \$68 each month

Those age 55 and over will be charged \$61.20 each month

Immediate family discounts can be applied when doing reoccurring payment:

- When reoccurring payment is scheduled, one person will be charged full price each month
- Additional members age 16 to 54 will be charged \$34.00 (1/2 price) each month
- Additional members age 55 and over will be charged \$31.50 (1/2 price) each month
- Additional members age 15 and younger will be charged \$17.00 (1/4 price) each month

Shepherd Staff/Faculty will be charged \$21 each month

Staff/faculty can sign up immediate family members at this price as long as they are members of the Wellness Center themselves.

All reoccurring payments must be done with a credit card (Visa, Mastercard, Discover or American Express)

Reoccurring membership payments can occur over a set period of time or indefinitely.

In either case, notice of cancellation must be received either via e-mail or through U.S. Mail (no phone messages or notes left at the Registration Desk)

After a notice of cancellation has been received, it will take up to 15 days for your cancellation to be processed. If your monthly renewal falls within those 15 days, your credit card will be charged for one more month.

Locker Rental Options

Full Lockers

- \$35 for 3 months
- \$50 for 6 months
- \$70 for 1 year

- Lock will be provided
- Dimensions: 72" H x 12" W x 16" D
- Available to current students and members for rental

Half Lockers

- \$25 for 3 months
- \$40 for 6 months
- \$50 for 1 year

- Lock will be provided
- Dimensions: 40" H x 12" W x 16" D
- Available to current students and members for rental

Two weeks before your locker rental expires, you will receive notification and have the opportunity to renew your rental. If you decide not to continue renting a locker, you will have two weeks after the expiration date to remove all contents from it. All items left in your locker after this two week grace period will be removed by the Wellness Center staff and disposed of.

DAILY LOCKER RENTALS

Half lockers are also available in each locker room for day rentals

- Combination locks are \$1 for the day and can be purchased at the Registration Desk
- Must leave license or ID at the Registration Desk at time of purchase

- \$10 fee will be charged if the lock is returned damaged or is lost

Regulations of the Shepherd University Wellness Center

Facility

- Memberships to the Shepherd University Wellness Center (SUWC) are non-transferable and non-refundable
- Membership identification cards must be swiped at the turnstiles in order to gain access to the facility
- In the event of personal illness, medical advice, or travel, memberships may be extended up to (2) two months. Prior notice is required for extensions due to travel. Please contact the Membership Coordinator to discuss options
- Use of the SUWC facility is during posted operating hours only. Hours are subject to change
- Proper dress is required. No open toed shoes are permitted and shirts and soft-soled shoes are required at all times. Court shoes are required in the multi-purpose, basketball, and racquetball courts
- No chewing gum permitted in the court and pool areas
- Profanity, abusive language, screaming, or conduct deemed offensive to other members or SUWC staff, and abuse of equipment is prohibited
- **Children under the age of sixteen may use the basketball arena, racquetball courts, track and the pool, but are prohibited from using the weight/fitness area and the multipurpose rooms (including group exercise classes). Children under the age of 16 must be accompanied by a legal guardian at all times in the facility.**
- Purchasing, providing or soliciting for profit services (I.E. PERSONAL TRAINING, CLASS INSTRUCTION) within the facility is prohibited unless provided by SUWC Staff
- Any personal items that are left behind are not the responsibility of the SUWC. Please check the Lost and Found area located at the Registration Desk
- Any violation of these regulations set forth herein will result in loss of SUWC privileges without refund
- Food and beverages are allowed in the rotunda, dining venue, and spectator area in the pool area. They are not permitted in any other area of the facility
- Hours of operation can be found on our website (shepherdwellness.com) or on our monthly calendar located at the Registration Desk
- No formal, informal, or organized practices are permitted without written approval from SUWC Staff

Pool

- Swimming is only permitted under the supervision of a Shepherd University Wellness Center Lifeguard
- Showers are required before entering the pool
- Appropriate swimwear is required for all swimmers
 - a. Street clothes, street shoes, thongs, see through swimwear, diapers, and T-shirt worn over swim suits are prohibited. Infants and toddlers are required to wear leak-proof pants or swim diapers.
- Individuals with open sores or infections, wearing bandages, or that have had diarrhea in the last two weeks should not use the pool.
- All personal items are to be secured properly in the locker rooms
- Food is only permitted in the spectator area
- Glass containers and gum are not permitted
- Instruction is only permitted by SUWC staff
- No horse play is permitted in or around the pool
 - a. No running, pushing, or pulling
 - b. No playing on ladders, bleachers, railings, or around pool drains.
 - c. No hanging on basketball hoop rim or dunking from outside the pool
- Please do not walk on the pool deck while wearing flippers.
- Disruptive or disrespectful behavior or language is prohibited
- NO DIVING IN THE SHALLOW AREAS OF THE POOL
- The pool will be closed during severe weather conditions, such as electrical storms, tornados, or power outages
- Lifeguards have the authority to stop any inappropriate or unsafe behavior, and have the ability to remove any patron disobeying the rules or making the facility unsafe.
- No formal, informal, or organized practices are permitted without written approval from SUWC Staff

Lap Swim Policies:

- Lap swimmers are expected to be courteous at all times and are expected to share lanes.
- Swimmers must enter the lanes from the ends only and should communicate with other swimmers in the lane when entering.
- All swimmers must circle swim if there are 2 or more swimmers in a lane
- Slower swimmers should stop at the wall and allow faster swimmers to pass

The following policies are in place for swimmers under 16 years of age:

- All children 7 years old and younger or children considered to be a non-swimmer must be accompanied in the water by a parent/guardian 16 years or older. Adults must stay within arms distance at all times (Four children can accompany one adult).

- All children between the ages of 8-15 years old must have a parent/guardian 16 years or older on the pool deck at all times.

Arena

- No street shoes on the courts (make sure shoes are clear of rocks, mud and debris before entering the courts). **Absolutely NO flip-flops!**
- Proper dress is required. No open toed shoes are permitted. **Shirts and soft-soled shoes are required at all times.**
- Please return all SUWC equipment to its designated area (including equipment checkout areas).
- No chewing gum permitted in the court and pool areas
- Profanity, abusive language, screaming, or conduct deemed offensive to other members or SUWC staff, and abuse of equipment is prohibited
- Sports other than volleyball, basketball and badminton are not permitted
- No formal, informal, or organized practices are permitted without written approval from SUWC Staff

Racquetball Courts

- No street shoes on the courts (make sure shoes are clear of rocks, mud and debris before entering the courts). **Absolutely NO flip-flops!**
- Proper dress is required. No open toed shoes are permitted. **Shirts and soft-soled shoes are required at all times.**
- Please return all SUWC equipment to its designated area (including equipment checkout areas).
- No chewing gum permitted in the court and pool areas.
- Profanity, abusive language, screaming, or conduct deemed offensive to other members or SUWC staff, and abuse of equipment is prohibited.
- No formal, informal, or organized practices are permitted without written approval from SUWC Staff
- Proper eye wear is recommended when playing racquetball. Goggles are available to check out at the Registration Desk.

Locker Rooms

- The SUWC is not responsible for lost or stolen articles
- Day lockers are available at for \$1. It is the individual's responsibility to secure items during their visit, and empty locker contents after usage. At the end of each day, all unauthorized locks will be cut off and locker contents will be removed and placed in Lost and Found
- Members can rent locker space for an annual charge. Please see the Registration Desk for more information.
- For those individuals requiring access to the handicap and family changing area, please see the Registration Desk.
- Remember that the locker rooms are communal areas. Please be courteous and respectful of your usage.
- If an item or issue requires immediate attention, please let a staff member know as soon as possible.
- Children under the age of 16 must be accompanied by a guardian at all times in the facility.

Weight and Fitness Area

- A full T-shirt must be worn at all times. Sports bras, tank tops, cut-offs, bathing suits, or sleeveless tees are not permitted
- Athletic, closed toed shoes are required. Non-athletic shoes or slick soled shoes are not allowed
- Food is prohibited in the facility, except in the rotunda, dining area and the spectator area for the pool
- Profanity, abusive language and screaming are not permitted
- Please wipe off equipment with the work-out wipes and re-rack weights, bars, and accessories when finished
- Clips/collars on weight bars are mandatory at all times
- Please do not drop weights or dumbbells. Power lifting is not allowed
- Chalk use is not permitted in the fitness center
- Bags or personal belongings may not be placed on the floor or on equipment
- When others are waiting, there is a 30 minutes usage limit per cardio machine
- Children under 16 are not allowed in the fitness center unless accompanied by a SUWC personal trainer
- Purchasing, providing or soliciting for profit services (i.e. Personal training) within the facility is not permitted
- No formal, informal, or organized practices are permitted without written approval from SUWC Staff

Track

- On Mondays, Tuesdays, and Fridays, patrons will need to run or walk clockwise around the track
- On Wednesday, Thursday, Saturday and Sunday, patrons will need to run or walk counter clockwise around the track
- Proper dress is required. No open toed shoes are permitted. Shirts and soft-soled shoes are required at all times
- Profanity, abusive language, screaming, or conduct deemed offensive to other members or SUWC staff, and abuse of equipment is prohibited
- Food and beverages are not permitted on the track
- No formal, informal, or organized practices are permitted without written approval from SUWC Staff

Multipurpose Rooms

- No street shoes in the rooms (make shoes are clear of rocks, mud and debris before entering the courts).
- Proper dress is required. No open toed shoes are permitted. Shirts and soft-soled shoes are required at all times.
- Please return all SUWC equipment to its designated area (including equipment checkout areas).
- No chewing gum permitted.
- Profanity, abusive language, screaming, or conduct deemed offensive to other members or SUWC staff, and abuse of equipment is prohibited.
- Children under the age of 16 are not permitted in the multipurpose rooms and are not allowed to take any group exercise classes.
- No formal, informal, or organized practices are permitted without written approval from SUWC Staff

A Full T-shirt... But Why?

Staphylococcus aureus, often called “staph,” is a common type of bacteria that can be found in the nose and on the skin of about one in every three people. Methicillin-resistant Staphylococcus aureus, also called MRSA, is a resistant strain of this common bacterium that cannot be killed by many of the antibiotics that doctors normally prescribe to battle infections.

MRSA once mainly affected patients in hospitals. Now, new strains of community-associated MRSA (“the superbug”) have been invading public spaces such as schools, gyms, and community centers and attacking healthy individuals. Health clubs & gyms are especially attractive environments for MRSA because staph grows rapidly in warm, moist environments.

“Trips to the gym, meant to help keep people in shape, should never turn into events that could be harmful to your body,” says Dr. Ron Najafi, an expert in antibiotic resistant bacteria. Dr. Najafi believes that surveillance, hygiene, and the will to prevent transmission are the keys to curtailing the spread of MRSA. “People need to educate themselves about MRSA and be familiar with where and how it spreads so they can actively avoid contracting this deadly staph infection.”

What the CDC recommends to help prevent the spread of MRSA:

- The Center for Disease Control (CDC) recommends using a barrier between your skin and shared equipment such as weight training benches and cardiovascular equipment to prevent the spread of disease and infection. Barriers include towels and/or clothes that cover your skin such as T-shirts.
- What the Wellness Center does to help prevent the spread of MRSA:
 - Fitness Attendants monitor use and wipe down equipment.
 - Workout wipes are provided for members to help keep the fitness center clean.
 - Purrell hand sanitizer stations are located in various locations around the building.
 - Wash towels with hot water to kill germs and bacteria.

What you can do to help prevent the spread of MRSA:

- Wear a full T-shirt. Using a barrier between your skin and shared equipment such as weight training benches and cardiovascular equipment helps prevent the spread of disease and infection.
- Make sure to wipe down your exercise equipment (e.g., elliptical machines, weights, etc.) before and after workouts with disinfectant wipes.
- Try to avoid using communal mats at the gym. If necessary make sure your towel covers your workout area and/or wear clothes that cover your skin to avoid direct contact.
- After working out, shower and change your clothes immediately.
- Never share towels.
- Be sure to wear sandals or flip-flops in gym showers
- Avoid touching your nose, mouth, or eyes after using exercise equipment.
- Covering skin trauma such as abrasions or cuts with a clean dry bandage until healed.
- Practicing good hygiene such as frequent hand washing.

***Please help us keep you safe by following our policies.
Thank you for your understanding!***

Additional Facility Information

Information on the following items can be found at the Registration Desk:

- Group Exercise
- Personal Training
- Private Swim Lessons
- Facility Rental
- Wellness Wednesday

Equipment Rental

Small recreational items to use in the facility are available at the Registration Desk.

Inclement Weather Policy

Members should call 304-876-5471 to find out if the facility is open during inclement weather. The Wellness Center strives to remain open even if the University is closed.

Miscellaneous

- Lost and Found is located at the Registration Desk.
- There are various areas in the facility that have wireless internet access. Access is available to those with a Shepherd e-mail account.
- First Aid and AED's are located throughout the facility.

Contact Information

JAMES SWEENEY

Director

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Campus Map



Community Members and Guests:
When visiting the Wellness Center, please park in one of these lots

