

University of Louisville



Department of Intramural and Recreational Sports



Facility User Guide

Swain Student Activities Center, Cardinal Corner Game Room, Humana Gym, HSC Fitness Center

Policies, guidelines and information to aid in the enjoyment of the University of Louisville recreational sports facilities administered by the Department of Intramural and Recreational Sports



Introduction

The recreational sports facilities at the University of Louisville provide an abundant array of recreational opportunities for the university community. This booklet is intended to aid in your enjoyment of these facilities. Should there be an area where your question is not addressed or you desire further clarification on any matter, please feel free to contact our office at your convenience.

Medical Information

The Department of Intramural and Recreational Sports strongly advises obtaining medical clearance prior to engaging in any physical activity. You are advised not to exercise if you are injured or ill.

Who is eligible to use these facilities?

All current students, faculty and staff are eligible to use the facilities, at no cost, by presenting a currently validated university Cardinal Card ID. Failure to present a valid ID is grounds for admission being denied. If you allow someone else to use your card, your user privileges may be revoked. All university issued IDs are the property of the University of Louisville and can be retained by university staff in the event of their misuse.

Alumni Membership Plan

Alumni of the university are eligible to join our Recreational Facility Member program. The memberships are sold through the Intramural Office and are good for one year, beginning January 1. Membership rates are pro-rated monthly. For purposes of this program, an alumnus is defined as anyone who has matriculated at the University of Louisville. Alumni members also have the option to purchase additional validations for their ID that allows them to bring a guest per additional validation on each visit. Many of our members use this option to entertain business clients or bring friends to workout with. Spouse and children of alumni members are eligible for this program at reduced rates. Dependent members (spouse and children) of the alumni member will be issued a Dependent ID. This allows them to use the facilities without having to have the original member present. They may bring a guest by purchasing a daily guest pass at the entrance to any facility but may not purchase the additional validations for their ID.

Dependent ID Plan

Anyone with a current university ID may purchase a Dependent ID, for immediate family members that provides access to the Swain Student Activities Center, Crawford Pool, Humana Gym and Cardinal Corner Game Room. The cost is currently \$20 per semester. Dependent IDs are for spouses, domestic partners and children 18 and under of current

students, faculty and staff. College students attending other colleges/universities who are children of current University of Louisville students, faculty or staff may purchase a Dependent ID if they are in the Louisville area over the summer regardless of age. To purchase a Dependent ID the host or UofL student, faculty or staff ID must be brought, either by the host or by the person getting the ID, to the Intramural Sports Office. Domestic partners must show proof of residence at the same address to be eligible for this membership program. Children ages 12 and under must be accompanied by a parent or adult guardian at all times in all recreational sports facilities. **Children under the age of 16 are prohibited from using the weight room.**

Guest Pass Regulations

All holders of a valid university ID may bring one guest per visit with payment of a daily guest fee. The guest fee may be paid at the entrance to any facility. Guests must remain with their host for the duration of their stay and must exit the facility when the host leaves. The pass is good for all facilities administered by the department for the day purchased.

Guest Pass Discount Card

Students, faculty, staff and alumni members may purchase a guest pass discount card that will have 20 guest visits on it for a price of \$50. This is a savings of \$50 over the regular price of daily guest passes for the same amount of uses. The following guidelines will be in effect for this program:

Students, faculty, staff and alumni members who purchase one of these cards may bring up to 3 guests per visit. Special arrangements, if possible, may be made if we have advance notice of a request to bring more than 3 guests.

Guests must remain with their host for the entire duration of their visit.

All guests must sign a waiver prior to entering any facility.

A valid university ID must be presented by the host before utilizing the guest discount card.

Guest discount card purchases are non-refundable. Should the host not maintain status of a current university of Louisville student, faculty, staff or intramural alumni program member, the balance of any unused visits will be lost.

Guest discount cards have no expiration dates. The number of visits will be punched for each use until the card has none left. New cards may be purchased at the Intramural Office, SAC E 102.

Summer Validation Program

Students who were enrolled in the spring semester but are not taking summer classes may purchase a pass good for the summer. The summer pass may be purchased in the Intramural Office starting in May. Students taking summer classes must have a validated university ID to use facilities. If you are taking a later session class, you must purchase a summer pass to gain access to recreational facilities for the time prior to your session starting.

Parking

Anyone who is going to be a regular visitor to the Belknap Campus may purchase a parking permit from the Department of Parking, located in the center of the parking garage directly across from the Swain Student Activities Center. Humana Gym has 100 free parking spots that do not require a university permit. There are also hourly parking spots available in the garage adjacent to the SAC.

Conduct

The recreational sports facilities of the University of Louisville are intended to be places of enjoyment, socialization and recreational fulfillment for the university community. Everyone can have fun with some type of activity if we remember the basic purpose of play and recreation. Good sportsmanship is a basic requirement at all time. Whether associated with structured activities or informal recreation, all participants of activities share a responsibility of mutual respect for other participants as well as the facility. Failure to conform to an acceptable level of respect and sportsmanship may render participants ineligible to utilize recreational sports facilities. The Department of Intramural and Recreational Sports may impose restrictions including placing participants on a probationary status, suspending participants from the use of facilities or making referrals to the university discipline process.

Hours of Operation

Hours of operation for all facilities are posted on our web page at <http://campuslife.louisville.edu/intramurals>. They are also printed on our tri-fold schedules and posted at each facility. Hours of operation are subject to change without prior notice and frequently do change as a result of holidays, university functions or other considerations. Please consult our web page or call a specific facility prior to your visit if you have any questions as to it's scheduled hours of operation.

Important Phone Numbers and Contact Information

For details on any program area you may always visit our web site at:

<http://campuslife.louisville.edu/intramurals>

Intramural and Recreational Sports Office Monday through Friday, 8:00 AM to 5:00 PM	852-6707
Swain Student Activities Center Racquetball, Squash, Wallyball	852-7850
Humana Gym Sport Club practice schedules, Cardiovascular Equipment Reservations	852-7745
Cardinal Corner Game Room Billiards, Board Games, Video Games, TV Lounge	852-1494
Health Sciences Campus Fitness Center Aerobics, Free Weights, Selectorized Equipment, Cardiovascular Equipment	852-3114

Equipment Availability

All facilities have equipment for a number of activities available for checkout. Some have a nominal rental fee and others are available at no cost. Typically towels and locks are available at all facilities. Other equipment will vary dependent of the type of activities available in each facility.

Swain Student Activities Center

Located on the 1st floor of the Swain Student Activities Center East Wing, the recreational sports area has become one of the most vital components of student life at the University of Louisville. Over 400,000 users come through the doors of this multi-purpose facility every year. The center contains a 5,000 square foot weight and fitness room featuring 7 tons of free weights, 27 pieces of selectorized weight-training equipment, treadmills, elliptical trainers, stationary bikes, rowing machines, stair climbers and climbing machines. The "SAC" also has 5 racquetball courts, 2 squash courts, an aerobic studio and 4 regulation basketball courts. Each court also contains a volleyball court and 3 badminton courts. The racquetball courts can all be converted to wallyball. Racquetball/squash courts as well as cardiovascular equipment may be reserved one day in advance by calling 852-7850. Users must be 16 years of age or older to use the weight and fitness room. Proof of age must be shown upon request.

Locker Rooms:

Locker and shower facilities are available. You may bring a lock of your own to use but individual locks may not be left on lockers overnight. Those that are will be cut off and locker contents bagged. Locks are available at the Service Counter for a daily fee of .25. A number of lockers are available for rent on a semester basis. Our semester locker rental policy consists of the following regulations. Lockers must be renewed every semester. This includes the fall, spring and summer terms. Failure to do so by the posted deadline will result in the locker being cleaned out and re-assigned. Belongings will be bagged and held in storage for one semester before being donated to the DAV. The Intramural staff is not responsible for lost or stolen items. Please do not leave valuable in the lockers.

Ellis J. Mendelsohn Gymnasium:

The gym area of the SAC is one of the most versatile facilities to be found. Each court contains 1 full-sized basketball court, a volleyball court and 3 badminton courts. A divider curtain that can be raised or lowered, allowing different types of activities to be held concurrently separates each court. Scheduled intramural contests have priority in this area but every effort is made to keep some courts available for free play at all times. Black-soled shoes and any other not stamped with the “non-marking” logo are prohibited in this area.

Racquetball-Squash-Wallyball Courts:

The 5 courts can be used for racquetball or wallyball, a form of volleyball played in a racquetball court. Two of the courts are lined and can be adapted for squash through a movable back wall and mounted brackets. You may reserve a court by calling 852-7850 one day in advance or by stopping by the Service Counter. Other regulations of the courts are as follows:

Racquetball and squash reservations are 45 minutes in length.

Wallyball reservations are 90 minutes in length.

A participant may have only 1 reservation pending at any time.

Reservation may be made 1 day in advance.

The use of protective eyewear is strongly recommended. Eye guards are available at no cost through the Service Counter.

Be certain to tell the person taking your reservation what game you are going to be playing so they can make your reservation for the proper time and court.

All racquets must have a protective guard.

Wooden racquets are prohibited.

Racquets and balls are available for a small fee if you don't have your own. (racquets .50, balls .25) Users must agree to make restitution for lost or damaged equipment.

Black-soled shoes not marked with the “non-marking” logo and black racquetballs are prohibited.

Weight, Fitness, Selecterized Room Guidelines:

Shirt and shoes must be worn at all times.

Clothing must be free of zippers and metal studs that can puncture upholstered pieces of equipment.

Equipment should be wiped down after each use. Towels and wipes are available in the weight room.

Headphones must be used with personal stereos.

The use of chalk is prohibited.

The use of any tobacco product is prohibited.

The use of a belt is recommended for all press exercises. Belts are available at no cost from the Service Counter.

The use of a spotter is recommended for all major muscle lifts. Supervisors are always on duty in the room and available to provide spots if you don't have a partner.

Personal items may not be brought into the room for traffic and safety reasons.

Treadmills may be reserved for 30-minute time increments. A person may have only 1 reservation pending at any time. Reservations not claimed after 5 minutes will be available on a first come basis.

Children under the age of 16 are prohibited from using the weight room. Proof of age must be shown upon request.

Equipment Checkout and Service Counter:

A valid university Id is required to check out any equipment. The ID will be checked and information recorded. The ID will not be held. Upon return of the equipment, a supervisor will check for damage. If equipment has been lost or damaged the user agrees to make restitution.

General Swain Student Activities Center Guidelines:

No food or drink (except water) is allowed in the recreational sports area of the facility.

The use of any alcohol or tobacco product is prohibited.

Proper attire must be worn at all times.

An adult guardian must accompany children under the age of 12 at all times. Children are limited to common areas, gym floor, and racquetball courts.

Humana Gym

Located just off Eastern Parkway, a half mile off campus at the intersection of Bradley Avenue and Presidents Avenue, Humana Gym represents a unique fitness opportunity for students, faculty, staff and holders of Intramural memberships. Humana Gym features 100 free parking spots making it an attractive option to the crowded parking conditions found on the Belknap campus. A massive renovation has recently been completed making Humana Gym a well-equipped and pleasant place to work out. Humana Gym contains a 2,000 square foot weight room, a cardiovascular training room, one gym floor, one matted martial arts practice room and locker rooms featuring dry heat saunas. The weight room is equipped with Cybex equipment. The cardiovascular room features treadmills, several different styles of bikes, a rowing machine, and cross-training machines.

Humana Gym serves as the main practice facility for the university's sports club teams. As such, those groups reserve the gym floor and matted martial arts room for use most evenings. Those areas are available for general use when not being utilized by a club team or academic class.

Locker Rooms:

Locker rooms are available for use. They each feature a dry heat sauna. Locks are available on a daily basis from the Equipment Room. You may bring your own lock to use but it may not be left on a locker overnight. Private locks that are left on overnight will be cut off, contents of the locker bagged and held for one semester before being donated to the DAV. A limited number of lockers are available for rental on a semester basis for a fee of \$10. Inquire at the equipment room if you are interested in one of these.

Weight and Fitness Room Guidelines:

Activity areas close 5 minutes before the posted facility closing time.

A valid university ID must be presented at the time of entry to gain access to the facility. Anyone without a valid university ID will not be allowed entry into any intramural facility

Shirt and shoes must be worn at all times.

Clothing must be free of zippers and metal studs that can puncture upholstered pieces of equipment.

Equipment should be wiped down after each use. Towels and wipes are available in the weight room.

Headphones must be used with personal stereos.

The use of chalk is prohibited.

The use of any tobacco product is prohibited.

The use of a belt is recommended for all press exercises. Belts are available at no cost from the Service Counter.

The use of a spotter is recommended for all major muscle lifts. Supervisors are always on duty in the room and available to provide spots if you don't have a partner.

Personal items may not be brought into the room for traffic and safety reasons.

Cardiovascular equipment may be reserved for 30-minute time increments. A person may have only 1 reservation pending at any time. Reservations not claimed after 5 minutes will be available on a first come basis.

Children under the age of 16 are prohibited from using the weight room. Proof of age must be shown upon request.

Children under the age of 13 are prohibited from using the cardiovascular room. Children ages 13 to 15 must be accompanied by an adult guardian when using the cardiovascular area.

General Humana Gym Guidelines:

Activity areas close 5 minutes before the posted facility closing time.

A valid university ID must be presented at the time of entry to gain access to the facility.

Anyone without a valid university ID will not be allowed entry into any intramural facility

No food or drink is allowed in the recreational sports area of the facility.

The use of any alcohol or tobacco product is prohibited.

Proper attire must be worn at all times.

An adult guardian must accompany children under the age of 12 at all times. Children under the age of 12 are limited to common areas, gym floor, and locker rooms.

HSC Fitness Center

Please note: The HSC Fitness Center is not available for use by Alumni Members.

Activity areas close 5 minutes before the posted facility closing time.

A valid university ID must be presented at the time of entry to gain access to the facility.

Anyone without a valid university ID will not be allowed entry into any intramural facility.

Shirt and shoes must be worn at all times.

Clothing must be free of zippers and metal studs that can puncture upholstered pieces of equipment.

Equipment should be wiped down after each use. Towels and wipes are available in the weight room.

Headphones must be used with personal stereos.

The use of chalk is prohibited.

The use of any tobacco product is prohibited.

The use of a belt is recommended for all press exercises. Belts are available at no cost from the Service Counter.

The use of a spotter is recommended for all major muscle lifts. Supervisors are always on duty in the room and available to provide spots if you don't have a partner.

Personal items may not be brought into the room for traffic and safety reasons.

Cardiovascular equipment may be reserved for 30-minute time increments. A person may have only 1 reservation pending at any time. Reservations not claimed after 5 minutes will be available on a first come basis.

Children under the age of 16 are prohibited from using the HSC Fitness Center (with the exception of participants in structured, scheduled Group Fitness Classes in the Aerobics Studio). Children under the age of 16 are not eligible for open, informal fitness area usage. Proof of age must be shown upon request.

Cardinal Corner Game Room

Located on the 3rd floor, West Wing of the Swain Student Activities Center, the Cardinal Corner Game Room provides a great opportunity for students, faculty, staff alumni members and dependent ID holders, to relax and enjoy some more passive types of recreation. The room features 7 full-sized slate billiards tables, 4 dart boards, foosball, air hockey, table tennis, video games and a TV lounge. A number of board games are available for use on the combination checkers/chess, backgammon tables.

Facility Rental:

Recognized Student Organizations may use the TV Lounge for meetings and social events by completing a Facility Request form at least 3 days prior to the event. The Cardinal Corner is available to rent for special events and functions to campus organizations. Availability of times and costs will be determined by the conditions of the request.

