



STUDENT
HEALTH & WELLNESS
CENTER
ALABAMA A&M UNIVERSITY



WELCOME

A Healthier AAMYOU

MEMBER HANDBOOK

WELCOME

This incredible facility offers Alabama A&M students, employees, alumni and the community the best opportunities for recreation and fitness in the area. The 78,000 square foot facility offers something for everybody at affordable rates. As a staff team, we are committed to 5 Key Focus Areas to serve you better: Character, Customer Service, Cleanliness, Community Outreach and a Commitment to Staff Development. We are excited about partnering with you as we leave a legacy of excellence here at Alabama A&M University and the Huntsville community. Please take advantage of everything your membership has to offer!

THE FACILITY

The Student Health and Wellness Center, located in the heart of the Alabama A&M University campus, offers over 78,000 square feet of fitness space to students, employees, alumni and the community.

- 7 Lane Swimming Pool
- 6 Lane Bowling Alley
- 1 Outdoor Volleyball Court
- 2 Basketball/Volleyball Court Gymnasium
- Suspended Running/Walking Track (4 lanes)
- 3 Racquetball Courts
- 1 Weight Room and Cardio Training Area
- 3 Multi-purpose Activity Rooms
- 2 Locker Rooms Complete with Showers
- 3 Aerobics Rooms
- Lounge Area with complimentary WIFI

HOURS OF OPERATION (Academic Year)

Facility Hours

| | |
|-----------------------|-----------------------|
| Monday through Friday | 6:00a.m. to 10:00p.m. |
| Saturday | 9:00a.m. to 6:00p.m. |
| Sunday | 1:00p.m. to 7:00p.m. |

Pool Hours

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|-----------------------|---|
| Monday through Friday | 7:00a.m. to 10:00a.m. 4:00p.m. to 9:30p.m. |
| Saturday | 9:00a.m. to 5:30p.m. |
| Sunday | 1:00p.m. to 6:30p.m. |

Bowling Alley Hours

| | |
|-----------------------|----------------------|
| Monday through Friday | 5:00p.m. to 9:30p.m. |
| Saturday | 9:00a.m. to 6:00p.m. |
| Sunday | 1:00p.m. to 7:00p.m. |

For holiday and break hours, please see the Membership Services Desk.

MEMBERSHIP SERVICES

As a member of the Health and Wellness Center, you have access to a number of services and amenities including the following:

Daily Use Lockers

Daily use lockers are available at no charge on a first come, first serve basis. Members must provide their own lock and remove all items before leaving the facility.

Equipment Checkout

Equipment available for checkout includes: basketballs, volleyballs, racquetball and intramural sport equipment. Charges will be assessed for lost or damaged items.

New Member Orientations

New Member Orientations are held monthly. This introduction is designed to acquaint new members with the services and benefits of the facility. Members are given the opportunity to meet the administrative staff, ask questions, and be provided a full tour of the facility as well as demonstration and instruction on the proper usage of cardiovascular and strength training equipment.

Guest Passes

Guest day passes are available for \$10. They may be purchased at our Member Services Desk.

MEMBERSHIP PRICING

| | |
|-------------------------------|----------------------------|
| Current AAMU Students | Included in Tuition & Fees |
| + Spouse | \$25/mo |
| + Family* | \$35/mo |
| AAMU Faculty and Staff | \$25/mo |
| + Spouse | \$35/mo |
| + Family* | \$45/mo |
| Alumni | \$25/mo |
| + Spouse | \$35/mo |
| + Family* | \$45/mo |
| Community Member | \$45/mo |
| + Family* | \$60/mo |
| Seniors (62+ years) | \$35/mo |
| + Spouse | \$55/mo |

Membership is hassle-free! There are no contracts or joining fees.

* Family is defined as an adult, a spouse, and children under the age of 18 years in the household.

RULES & REGULATIONS

The Student Health & Wellness Center has established policies to ensure the fair and consistent treatment of all participants. Questions about policies should be directed to a Wellness Center staff member. A complete listing of all rules and regulations can be found at the Member Services Desk and in the program areas.

It is each member's responsibility to read and understand all general and area-specific rules and regulations. The Student Health & Wellness Center staff members have the final decision-making authority in all disputed matters.

General Rules & Procedures

In an effort to ensure an enjoyable experience for all members, please adhere to the following facility rules:

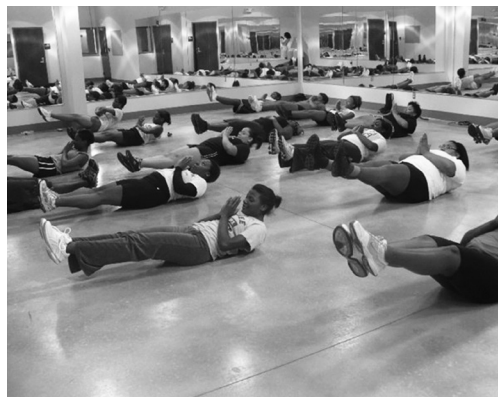
1. Use of the facility is at the user's own risk.
2. The SHWC is a controlled access facility. Only authorized members and guests with proper identification cards will be permitted entry.
3. No animals are permitted in the facility.
4. Profane or indecent language or behavior is prohibited.
5. Smoking, use of smokeless tobacco, alcoholic beverages and/or illegal drugs, and weapons of any kind are not permitted in or on the grounds of the SHWC.
6. No gambling/wagering of any kind will be permitted.
7. Athletic apparel and athletic shoes are required to be worn in all non-aquatic activity areas. Clothing that sends profane, inflammatory or bigoted messages is also prohibited.
8. The storage of personal belongings, gym bags and backpacks is not permitted in hallways, lobbies, or activity areas. Lockers are available for storage of all items.
9. SHWC is not responsible for any lost, stolen or damaged items.
10. General public announcements, fliers and posters are prohibited.
11. No food or beverages in any activity areas and/or locker rooms. Water in sealable containers is allowed.
12. Immediately report any injuries incurred in the facility so that proper cleaning, first aid, and precautions may be taken by the staff.
13. Due to safety considerations, only scheduled recreational activities will be permitted.
14. Proper hygiene and etiquette should be practiced at all times.
15. No photography or videography allowed in the facility.
16. Our staff reserves the right to request anyone to immediately leave the facility and/or immediately revoke membership privileges for failure to comply with the above mentioned.

Aquatics Rules & Regulations

1. Entrance to the Aquatics Area may only be gained when the lifeguard is present. The lifeguard on duty is to be obeyed at all times.
2. The Aquatics Area may be closed at any time by the Wellness Center Director due to inclement weather or possible health concerns.
3. Adult, parent, or guardian supervision is required for swimmers under 16 years of age.
4. All swimmers must shower from head to toe before entering the pool.
5. Appropriate swimming attire is required. Only conventional one-piece, clean, bathing suite or two-piece suit covered by a T-shirt may be worn. No cut-offs, walking shorts, jeans, or clothing deemed inappropriate or damaging to filtration system will be allowed.
6. Shoulder length hair should be tied back or put in a swim cap.
7. Food or beverages are not allowed in the Aquatic Area. Water in sealable containers is allowed.
8. People with open sores or wounds, infectious diseases or rashes are not permitted in the pool.
9. Walk on the pool deck at all times. NO RUNNING, pushing, horseplay or any action that may endanger personal safety or the safety of other swimmers is allowed.
10. No personal water toys allowed. Floatation devices, arm-floats, rafts, life jackets may be used for children under the direct supervision of an adult.
11. Adults may use jogging belts for water exercise.
12. Public display of affection is prohibited.
13. Kickboards and water exercise equipment must be used for its intended purpose.
14. Diving is prohibited.
15. Swimming is only permitted when a certified lifeguard is on duty.
16. No electronic equipment may be brought into the Aquatic area.
17. Swimmers needing steps or the handicap lift take precedence in those lanes.
18. Please dry off before leaving the pool area.

INTRAMURAL SPORTS

Intramural sports are designed to provide AAMU students and employees who are Wellness Center members an opportunity to participate in a variety of competitive sports in a fun, safe and structured environment. Participants compete in men's, women's, fraternity, sorority, or co-ed divisions. If you are interested in more information or to receive a complete Intramural Sports schedule, please call 256. 372.4262 or visit the Department of Intramural Sports Office, Room 204 in the Student Health & Wellness Center.



GROUP FITNESS CLASSES

Group Fitness classes provide a friendly and welcoming environment in which certified instructors promote safety, wellness, and goal achievement.

Potential Classes Offered

Cardio-Focused- Workouts that get the heart-rate pumping.

Spinning

Salsa

Zumba

Cardio Combo

Mind and Body-Focused- Designed to build strength, flexibility, balance, and concentration.

Pilates

Yoga

Group Fitness Passes

You can still enjoy our group fitness classes without being a member of the facility. Group fitness classes are available for \$5 per class and can be purchased at our Member Services Desk.

Be a Part of Our Staff

Is there a class or program we are missing that you are certified to teach? Please contact us at 256.372.7000 or e-mail: healthandwellness@aamu.edu.

Personal Training

Our personal training services are for individuals of any age or fitness level. We provide you with an individualized exercise program tailored to meet your goals and your health and fitness needs. Please see a Member Services Associate for more information.

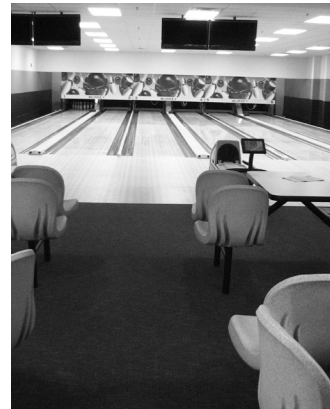
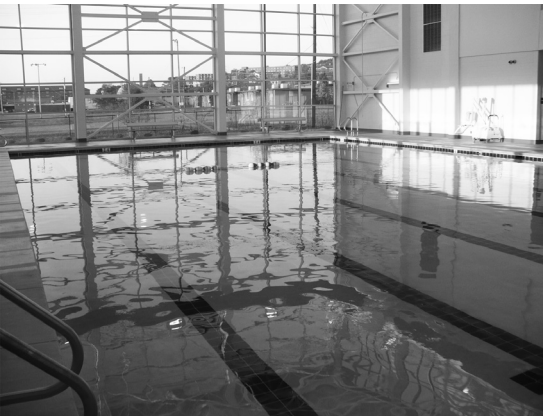
FACILITY RENTAL INFORMATION

The Student Health & Wellness Center can host a variety of events from lectures and banquets to tournaments and birthday parties.

The following areas are available to rent:

Multipurpose Room | Room 115
Large Activity Room | Room 202
Small Activity Room | Room 201
Gymnasium
Swimming Pool
Bowling Alley
Game Room

For more information on facility rentals or to make a reservation, please call (256) 372-7000 or e-mail: healthandwellness@aamu.edu.



WHERE YOU BELONG



The Student Health & Wellness Center
Alabama A&M University
P.O. Box 1567
4011 Meridian Street
Normal, AL 35762

(256) 372-7000 Phone
(256) 372-7005 Fax



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www.aamu.edu/wellnesscenter
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