Dolores Doré Eccles
Health, Wellness and
Athletic Center

GUIDELINES & FACILITY POLICIES
Dolores Doré Eccles Health, Wellness and Athletic Center

**Eligibility**
Students, full-time faculty, adjunct faculty, staff, alumni, and affiliates of Westminster College are eligible to use the Dolores Doré Eccles Health, Wellness, and Athletic Center. All guests and visitors must check in at the Reception Desk to sign the visitor’s log.

**Membership**
A valid Westminster ID card is needed to gain access into the center. Please see the Dolores Doré Eccles Health, Wellness, and Athletic Center Reception Desk to sign up for a membership and obtain an ID card. Spouse/Partner Memberships of undergraduate students, graduate students, faculty, staff, affiliates, and alumni are also available. A "Sub-Member" includes the following: Husband/Wife/Domestic Partner, Sister/Brother OR a Parent/Child (MUST BE 18 YEARS OR OLDER).

All Main Members (i.e., undergraduate students, graduate students, faculty, staff, affiliates, and alumni) are allowed ONE Sub-Member which must fall within the "Sub-Member" definition as stated above.

**Membership Entry Violation**
Memberships are not transferable. Individuals using someone else’s membership card to gain access to the center will result in both parties losing eligibility to the center.

**Membership Fees**
Membership Fees range from $13.50 to $19.00 a month for different membership categories. Membership fees help cover the costs associated with offering a variety of programs and to offset part of the operating expenses for the building.

**Undergraduate Students**
A $60.00 per semester membership fee is automatically included on the tuition bill of full-time undergraduate students. Part-time undergraduate students who want to use the center have the option of paying $13.50/month. The cost to use the building during the summer is $13.50/month. Summer membership is free for full or part-time students registered for at least one summer class.

- Membership dues for a spouse/partner of a full time or part-time undergraduate as well as part-time undergraduates may be paid through one of the following methods: (1) Payment in full upon registration, (2) Automatic monthly credit card charge, or (3) Monthly payment. Please see the Dolores Doré Eccles Health, Wellness, and Athletic Center Reception Desk for details.
- If one is a student AND a staff or faculty member at Westminster College, employee rates will apply.
- Active membership is required in order to have a sub-member.

**Graduate Students**
The Graduate student rate is 13.50/month. Summer membership is free for graduate students registered for summer classes.

- Membership dues for graduate students and their spouse/partner may be paid through one of the following methods: (1) Payment in full upon registration, (2) Automatic monthly credit
card charge or (3) Monthly payment. Please see the Dolores Doré Eccles Health, Wellness, and Athletic Center Reception Desk for details.

- If one is a student AND a staff or faculty member at Westminster College, employee rates will apply.
- Active membership is required in order to have a sub-member.

**Student Membership Eligibility**

Students who are not currently enrolled may continue to use the Center at the Alumni rate of $19.00/month as long as they are in good standing with the college (i.e. no outstanding conduct or Title IX sanctions, financial holds, etc.).

Students who are on academic probation and not currently enrolled or who are on academic suspension will not be granted a membership unless permission is given from the Director of Fitness, Wellness, and Recreation. If permission is granted the Alumni Services Online Form must be completed.

**Employees**

The Employee membership rate is $15/month. Employee memberships can be paid in full up front for a year, or monthly through one of the following methods: (1) monthly payment at the Reception Desk, (2) automatic credit card charge or (3) payroll deduction Membership dues for a spouse/partner of an employee will be charged $15.00 per month.

- If one is a student AND a staff or faculty member at Westminster College, employee rates will apply.
- Active membership IS NOT required in order to have a sub-member.

**Guests**

Guests of all members are welcome to use the center for $5.00 per day; this includes guests of students, faculty, staff, affiliates, and alumni. Guest Passes are good for one day. A guest is allowed to enter the facility multiple times during the day. Guests are required to be over the age of 18.

- All guests are required to register at the Dolores Doré Eccles Health, Wellness, and Athletic Center Reception Desk and sign a Release Form and Member Agreement.
- Member is required to be present upon Guest Registration.

**Alumni**

The Alumni Membership rate is $19/month. Alumni within one year of graduation are able to use the facility for $15.00 per month. Spouses/Partners of Alumni are also able to use the facility for $19.00 per month.

Membership dues for alumni and their spouse/partner may be paid through one of the following methods: (1) Payment in full upon registration, (2) Payment by the month, or (3) Automatic monthly credit card charge. Please see the Reception Desk for details.

- Active membership is required in order to have a sub-member.
- Alumni must provide validation of alumni status to the Reception Desk upon registration. Validation may be obtained from the Office of Alumni Relations or can be done online by filling out the Alumni Services Online Form.
Day Pass
All eligible members interested in joining the Dolores Doré Eccles Health, Wellness, and Athletic Center may redeem a Day Pass free of charge. One Day Pass per individual is afforded. Day Passes are non-transferable.

Refunds
○ Refunds are issued for medical or relocation purposes only. No refund will be issued for the current month of membership.
○ All refund requests must be submitted in writing to the Director of Fitness, Wellness, and Recreation. Refunds will take 7 – 10 business days to process.
○ Memberships are non-transferable.

Membership Services

Cardiovascular, Strength, Flexibility, Stillness
Membership to the Dolores Doré Eccles Health, Wellness, and Athletic Center allows all members to participate in fitness and wellness classes. A majority of the classes are free and open to all members. Specialty classes and programs, such as Community Education classes are offered and require registration and an additional fee. Other classes may require pre-requisites before attending. Registration can be done online or at the Reception Desk. For the latest program offerings please check the Fitness, Wellness, and Recreation Department website on a regular basis, www.westminstercollege.edu/fwrd!

Equipment Check-Out/Towel Check-Out
Equipment Check out is available at the Reception Desk for fitness and recreational items. Shower and sweat towels are also available for checkout. A Westminster ID Card needs to be left at the Reception Desk to check out equipment and towels. The ID card will be returned when the item is returned to the Reception Desk.

1. Only authorized users of the Dolores Doré Eccles Health, Wellness and Athletic Center may check out equipment.
2. A valid Westminster ID Card must be presented to the Reception Desk in order to check out equipment.
3. All equipment must be returned by closing time on the same day it is checked out.
4. Users are responsible for equipment checked out in their name. Fees will be charged for late, lost, and/or damaged equipment.
5. If equipment is not returned within one week of check out, the equipment will be considered lost and the individual will be charged replacement fees.
6. Indoor equipment may not leave the facility.
7. An individual who has not returned equipment or paid replacement fees will not be allowed to check out equipment.
8. Equipment is checked out on a first come, first served basis and may not be reserved.

Lost and Found
All personal items left at the Dolores Doré Eccles Health, Wellness, and Athletic Center will be kept in lost and found for 15 days. Items found should be turned into the Reception Desk. Items not picked up in a timely manner will be discarded or donated to charity. The Dolores Doré Eccles
Health, Wellness, and Athletic Center is not responsible for any lost or stolen property. Please put your name and phone number on items for identification. If an item is lost please fill out a *Lost Item Form* at the Reception Desk.

**Campus Patrol Escort**
Campus Patrol is always available to escort members from the center to their car or to other buildings on campus.

**Equipment Malfunctions**
Please report any equipment that may appear broken or is not working properly. We will do our best to get it working for you as soon as possible.

**Gym Wipes**
Gym Wipes are available for all members to wipe down the cardio and weight equipment after use. Please let a staff member know if a bucket is out of wipes.
# HOURS OF OPERATION

## Academic Hours

<table>
<thead>
<tr>
<th>Day</th>
<th>Center at Large</th>
<th>Aquatic Center</th>
<th>Climbing Wall</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon–Thurs</td>
<td>6:00 AM – 11:00 PM</td>
<td>6:00 AM – 9:00 AM, 11:00 AM – 2:00 PM, 4:00 PM – 9:00 PM</td>
<td>4:00 PM – 11:00 PM</td>
</tr>
<tr>
<td>Friday</td>
<td>6:00 AM – 9:00 PM</td>
<td>6:00 AM – 9:00 AM, 11:00 AM – 2:00 PM, 4:00 PM – 9:00 PM</td>
<td>2:00 PM – 9:00 PM</td>
</tr>
<tr>
<td>Saturday</td>
<td>9:00 AM – 9:00 PM</td>
<td>10:00 AM – 1:00 PM, 4:00 PM – 7:00 PM</td>
<td>2:00 PM – 9:00 PM</td>
</tr>
<tr>
<td>Sunday</td>
<td>9:00 AM – 9:00 PM</td>
<td>10:00 AM – 1:00 PM, 4:00 PM – 7:00 PM</td>
<td>4:00 PM – 9:00 PM</td>
</tr>
</tbody>
</table>

## Summer Hours

<table>
<thead>
<tr>
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<th>Center at Large</th>
<th>Aquatic Center</th>
<th>Climbing Wall</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon–Friday</td>
<td>6:00 AM–8:00 PM</td>
<td>6:00 AM–9:00 AM, 11:00 AM–2:00 PM, 5:00 PM–8:00 PM</td>
<td>4:00 PM–8:00 PM</td>
</tr>
<tr>
<td>Saturday</td>
<td>9:00 AM–2:00 PM</td>
<td>9:00 AM–12:00 PM</td>
<td>CLOSED</td>
</tr>
<tr>
<td>Sunday</td>
<td>9:00 AM–2:00 PM</td>
<td>9:00 AM–12:00 PM</td>
<td>CLOSED</td>
</tr>
</tbody>
</table>

## Holidays and Special Events

Hours of operation for the Center at Large, Aquatic Center, and Climbing Wall will change during semester breaks, holidays and special events. This includes the weekend before a Monday holiday. Please check the website at [www.westminstercollege.edu/fwrd](http://www.westminstercollege.edu/fwrd) for the specific operating hours.
Dolores Doré Eccles Health, Wellness, and Athletic Center Policies

To ensure a positive experience to all using the facility, please observe the following policies:

- Dolores Doré Eccles Health, Wellness, and Athletic Center is a membership facility. A valid membership is needed for entrance into the facility.

- Visitors must sign in at the Reception Desk.

- Please treat other members and staff with respect.

- Please keep your language respectable.

- Please secure all personal items in lockers. There are a number of lockers available for rent during each semester and the summer. The remaining lockers are for day use only. The Health, Wellness and Athletic Center and its staff are not responsible for lost, stolen, or damaged articles.

- Athletic attire (shirts, shorts, or sweats) and closed toed athletic shoes must be worn at all times.

- Stay hydrated with water. No food, gum, or other drinks allowed.

- Please do not wear perfumes or colognes while exercising.

- Please wipe off your equipment (Cardio and Weight) after use with the provided wipes.

- Children attending camps 8 years and younger must be supervised by an adult, 18 years or older, at all times.

- Absolutely no cell phone, pager, or camera use allowed. Please secure these devices in lockers and use only once outside the facility.

- Individuals under the influence of alcohol or other impairing chemical substances are not allowed to use the facility.

- Please notify staff if you have any special needs or a health condition which may require intervention.

- Consult your physician before beginning any exercise program. Exercise with caution at your own risk.

- If you have any questions or need assistance, please see any member of our Fitness, Wellness, Recreation staff on duty. To ensure the safety and comfort of all our members please observe the policies for all areas of the center.
Aquatic Center
With natural light beaming throughout, the Aquatic Center (over 5400 square feet on floor 1) provides inspiration at its mere sight. At 25 yards long, the 4-lane pool is intended for lap swimming, water walking and running, aquatic classes, and swim instruction. With a superb sound system and moisture-proof speakers, the Aquatic Center provides excellent background music during aquatic classes and special events. If you are interested in a bit of relaxation—enjoy the warmth of the hot tub!

Aquatic Center Policies
➢ Secure all personal items in lockers. This facility and its staff are not responsible for lost or stolen items.

➢ Soap showers must be taken before entering the pool.

➢ Stay hydrated with water. No food or other drinks allowed. Please no glass containers.

➢ T-Shirts and Shorts are considered appropriate swim wear. Please no jeans or cutoffs.

➢ Anyone with a communicable disease transmissible by water or who has exposed sub epidermal tissue, including open blisters, cuts or other lesions, may not use the pool.

➢ No one is allowed in the pool area without a lifeguard on duty.

➢ Individuals under the influence of alcohol or other impairing chemical substances are not allowed to use the facility.

➢ Circle Swimming/Walking/Running is recommended if there are two or more people in a lane. Circle Swimming/Walking/Running is going down the right side of the pool one direction and on the right hand side of the pool.

➢ No pushing, jumping or rough play.

➢ No running entries into the water.

➢ No spitting, spouting water, blowing nose, or discharging of bodily wastes.

➢ No dogs or other animals allowed in the Aquatic Center.

➢ 35.25 laps equal one mile.

➢ No air inflated floatation devices, USCG approved lifejackets ONLY.

➢ Please notify Staff if you have any special needs or a health condition which may require intervention.

➢ Report all injuries to Staff immediately.
Maximum pool capacity is 96 for swimmers and water walkers and runners and 236 for non-swimmers.

ABSOLUTELY NO RUNNING OR DIVING – The pool is only 5 feet deep at the deepest point.

Children attending camps 8 years and younger must be supervised by an adult, 18 years or older at all times.

For your health and safety the Fitness, Wellness, and Recreation Department staff have the discretion and will enforce pool policies. If pool policies are not followed you may be asked to leave the aquatic center by the lifeguard on duty.

Studio
This 2,044 square foot space is grounded by a suspended floor and topped by a triple-isolation ceiling sound barrier. The state-of-the-art sound system provides a rhythmic beat to classes such as hip hop dance, step aerobics, and indoor cycling, while the west facing bay window brings light into the stillness of meditation, Pilates, and yoga classes.

Studio Policies
- Secure all personal items in lockers. Please use cubbies to store water and/or extra clothing. The Health, Wellness and Athletic Center and its staff are not responsible for lost, stolen, or damaged articles.
- Shirts and non marking closed toed athletic shoes must be worn at all times.
- If the weather is inclement (rain or snow) please bring a change of shoes.
- Stay hydrated with water. No food, gum, or other drinks allowed.
- Equipment should not be removed from the studio. Please put equipment away when done.
- Towels are recommended.
- For safety reasons, there is no admittance 10 minutes after class begins.
- Scheduled classes have priority over equipment and space.
- Please keep your language respectable.
- Please treat other members and staff with respect.
- Absolutely no cell phone, pager, or camera use allowed.
- Please do not wear perfumes or colognes while exercising.
**Cardio Decks**
Floors 1 and 2 feature cardiovascular “decks” (over 3200 square feet in total) overlooking the pool and climbing wall. The center has 36 pieces of cardiovascular equipment including: LifeFitness treadmills, upright bikes, recumbent bikes, and cross trainers, StepMills, Precor AMT, rowing machines, and a SciFit upper body ergometer. A great way to keep your heart (and mind) healthy!

**Cardio Deck Policies**
- Consult your physician before beginning any exercise program. Exercise with caution at your own risk.
- Secure all personal items in lockers. The Health, Wellness and Athletic Center and its staff are not responsible for lost, stolen, or damaged articles.
- Shirts and closed toed athletic shoes must be worn at all times.
- Stay hydrated with water. No food, gum, or other drinks allowed.
- 30 minute time limit, per machine, on all cardiovascular equipment when room is busy.
- Wipe all equipment after each use with the wipes provided.
- Please keep your language respectable.
- Please do not wear perfumes or colognes while exercising.
- Please treat other members and staff with respect.
- Absolutely no cell phone, camera, or pager use.
- Children under 16 are not permitted to use the cardiovascular equipment unless in a supervised program.

**Weight Room**
Whether you are interested in selectorized, plate-loaded, or free weight equipment, the Health, Wellness, and Athletic Center weight room is the place to go. This 2,022 square foot space is grounded with specialized Mondo™ flooring and filled with LifeFitness equipment. Resistance training is not only central to developing muscular strength and endurance, but can also slow the onset of osteoporosis, improve posture, and increase your metabolism!

**Weight Room Policies**
- Secure all personal items in lockers. Please use cubbies to store water and/or extra clothing. The Health, Wellness and Athletic Center and its staff are not responsible for lost, stolen, or damaged articles.
- Athletic attire (shirts, shorts, or sweats) and closed toed athletic shoes must be worn at all times.
- Stay hydrated with water. No food or other drinks allowed.
- Spray and wipe all equipment after each use.
Return weights and dumbbells to their appropriate racks after each use.

Do not drop weights or bars against floors, mirror, walls, or rails.

Do not rest on equipment between sets. Allow other members to work in.

Please keep your language respectable.

Treat other members and staff with respect.

**Track**

The track is located above the gymnasiums in the field house. Access to the track is from the second floor, to the east or west of the climbing wall. At 1/10 of a mile around, you only need to complete 10 laps to reach a mile! With specialized Mondo™ flooring, this 2 lane track is an excellent place to hold a “walking meeting,” or continue your exercise routine in inclement weather.

**Track Policies**

- Please adhere to track direction.

- Secure all personal items. The Health, Wellness and Athletic Center and its staff are not responsible for lost, stolen, or damaged articles.

- Shirts and closed toed athletic shoes must be worn at all times.

- Stay hydrated with water. No food, gum, or other drinks allowed.

- Please keep your language respectable.

- Treat other members and staff with respect.

- Throwing objects over railings is prohibited.

- Absolutely no cell phone, pager, or camera use.

- Please do not wear perfumes or colognes while exercising.

**Climbing Wall**

Towering 3-stories, the Climbing Wall excites climbers with 46 feet of vertical synthetic climbing that soars toward a skylight. It offers both top-roped and lead climbing routes between the grades of 5.5 and 5.12d. This Eldorado wall boasts sustained overhangs, a synthetic crack system, powerful bouldering, and aesthetic climbing surfaces. Learn the basis behind climbing safety, belay tactics, lead climbing, and body dynamics at this phenomenal climbing facility.

**Climbing Wall Policies**

- All users must check in at the climbing wall front desk before entering the climbing area.

- No climbing is allowed while under the influence of intoxicating substances.
Only approved climbing equipment may be used at the Westminster College climbing wall. No private ropes, quickdraws, or anchors may be used at the climbing wall. Lead ropes may be checked out from the Climbing Wall Front Desk by lead certified climbers. Do not remove ropes from the belay bars.

No bare climbing or bare feet allowed at the climbing wall. Climbing or athletic shoes are recommended. Rental gear is available at the climbing wall front desk.

Bouldering is not allowed above the indicated “bouldering line” marked clearly on the climbing wall surface. Westminster College recommends at least one spotter when bouldering.

Solo or self belayed climbing is not allowed. Figure 8 knots are the only suitable knot for tying into a harness.

Roped climbers have priority over bouldering climbers. Westminster College lessons have priority on all routes.

Belayer’s MUST be standing attentive to the climber at all times.

Loose, spinning or damaged holds or damage to the facility or equipment must be reported to Westminster College staff immediately.

Unless specifically invited by a member of the Westminster College staff, users are not permitted behind the counter, in any of the storage areas, or behind the climbing wall.

Food and beverages are not allowed in the climbing areas.

Technical, belaying, and/or other climbing instruction by non-Westminster College instructors is not allowed on the premises.

User in violation of facility safety policies, or for conduct that is deemed by Westminster College as unsafe or inappropriate may be given a warning, or be expelled from the facilities for any given time period, based on the judgments of the staff and/or instructors. All users will comply with the judgments of the Climbing Wall staff and instructors.

Any user involved in a physical altercation, or who is caught in the act of theft or in possession of stolen property, or in any criminal activity at Westminster College may forfeit any or all facility privileges.

Field House
The center features a field house with a maple hardwood gymnasium and a multi-purpose court, equivalent to three standard gymnasiums, as well as a concession area, ticket booth, and racquetball court. At over 20,000 square feet, the field house is the home for Griffin basketball and volleyball, as well as intramural and club sport activities, with seating for 1,200 Griffin fans! Suspended above the gym floors is an elevated two-lane track with a high tech mondo rubber surface for runners and walkers alike.
Field House Policies

➢ Enter and exit the building through main doors on second level only.

➢ Stay hydrated with water. No food, gum, or other drinks allowed.

➢ Secure all personal items in lockers. The Health, Wellness and Athletic Center and its staff are not responsible for lost, stolen, or damaged articles.

➢ Non marking closed toed athletic footwear required.

➢ Please do not wear perfumes or cologne while exercising.

➢ Please observe appropriate sportsmanship at all times.

➢ Please keep your language respectable.

➢ Treat other members and staff with respect.

➢ Absolutely no cell phone, pager or camera use allowed.

Racquetball Court

Our Field House offers one racquetball court available for use to all members during hours of operation. Court reservations are recommended to guarantee court time. Please call the Reception Desk at 801.832.2860 to reserve your court time. Maximum court reservation time is one hour. Reservations have a 10 minute grace period; after grace period they are given to the first group waiting.

Wallyball

Wallyball is an exciting game of volleyball played in a racquetball court. A wallyball net is hung in the center of the racquetball court. Teams can consist of 2, 3, or 4 people. Players bump, set, and spike the volleyball with a few special rules that apply to the use of the walls. The Wallyball bag is available for check out at the Reception Desk. Please remember to reserve your court time. All racquetball reservation procedures apply to wallyball reservations.

Racquetball Court Policies

➢ Secure all personal items in lockers. The Health, Wellness and Athletic Center and its staff are not responsible for lost, stolen, or damaged articles.

➢ No personal items such as book bags, workout bags, etc. are allowed in the racquetball court.

➢ Protective Eyewear must be worn at all times and is required for the safety of all players.

➢ For your safety, thongs are required on racquets and must be around the wrist while playing.

➢ All metal racquets must have a plastic head guard.

➢ Stay hydrated with water. No food or other drinks allowed.

➢ Shirts and non marking closed toed athletic footwear required.
➢ Please observe appropriate sportsmanship at all times.

➢ Please turn off the court lights if no one is waiting for the court.

➢ Please keep your language respectable.

➢ Treat other members and staff with respect.

➢ Children 12 and under must be accompanied on the court by an adult, 18 years or older.

➢ No cell phone, pager, or camera use allowed.

➢ Court reservations may be made up to two weeks in advance.

Locker Rooms - LOCKERS ARE FOR DAY USE ONLY unless a rental contract has been signed and you have been issued a Westminster Lock.

 Locker Room Policies
➢ The Health and Wellness and Athletic Center is not responsible for items stored in lockers. Lockers are for day use only.

➢ Locks left on lockers will be removed and contents of locker cleared out.

➢ NO CELL PHONES ALLOWED.

➢ Lockers will be allocated for students enrolled in Human Performance and Wellness classes.

➢ Children ages 6 years of age and older should use the locker room of their own gender or use the family changing room located across from the locker rooms on the south side of the locker rooms.

Personal Training
The Fitness, Wellness & Recreation Department offers Personal Training Services. Therefore, Personal Training by any non FWRD employees is strictly prohibited. Personal training is not defined by compensation; behavior can be construed as personal training without being professional in nature or involving payment of any form. Determination of when personal training is occurring is the responsibility of the professional staff of the FWRD and entirely dependent upon their judgment. Persons deemed to be engaged in personal training will be asked to stop. Failure to comply will result in disciplinary action which may include barring their use of the facility.

Violation of any policy stated in the Dolores Doré Eccles Health, Wellness, and Athletic Center in the will result in immediate suspension of all privileges connected with the center.

First Offense - loss of privileges for six (6) months

Second Offense - loss of privileges for one (1) year

Third Offense - complete loss of all privileges for future use.
General Policies

The Westminster College Fitness, Wellness, and Recreation Department reserve the right to amend policies, procedures, and prices as needed.

Fire Alarms
Whenever a fire alarm is sounded, immediate evacuation of the building is the appropriate response. If there is a fire alarm while you are using the facilities, you must immediately leave the center through the nearest exit door and remain outside until it has been announced that it is safe to enter the center.

Entrance in to the Facility
All members must swipe membership card through the card reader at the turnstile. Valid memberships will automatically be granted access. The exit gate is used ONLY AS AN EXIT and for ADA access into the facility.

Orientations
Orientations are available for individuals and groups during facility hours.

Accident/ Injury Policy
Keeping participants safe is the first priority for Fitness, Wellness, Recreation staff. In the event of an emergency, participants are required to report all accidents, incidents or injuries to the nearest Fitness, Wellness, Recreation staff member so proper care can be provided. If an ambulance is necessary, the staff will follow emergency procedures. Employees may not transport an injured participant. In any injury situation, the injured person (if possible) and any witnesses will be asked questions for an incident report. All Fitness, Wellness, and Recreation Staff are trained in CPR, First Aid, and AED use.

Cell Phones
For the safety and security of our participants, cell phone use is not permitted in locker rooms and activity areas.

Bicycles, Skateboards & In-line Skates
Bicycles, skateboards and In-line skates are not allowed in the Health and Wellness Athletic Center. Bicycle racks are located outside of the facilities for bicycle parking.

Lost Cards
Lost/stolen membership cards will be replaced at a charge of $10.00 to the member.

Campus Flyers and Event Postings
All Campus Flyers and Event Postings need to be approved by Fitness, Wellness, and Recreation Department Staff. Please turn all material in to the Reception Desk for approval. After approval material will be posted in appropriate places by the Fitness, Wellness, and Recreation Department staff. Loose leaf flier board will be available for postings upon approval.

Radio Station
The Health and Wellness Athletic Center uses internet radio to play various types of music. Various music stations and music volumes have been pre-approved and are rotated throughout the day.
Reserving Fitness, Wellness, and Recreation Spaces

Spaces available for reservation in the Dolores Dore Eccles Health, Wellness, and Athletic Center at this time include:

- Gymnasium (in the Field House)
- Multipurpose Court (in the Field House)
- Climbing Wall
- Aquatic Center
- Studio

All requests for reservations of any recreational space listed above should be directed to Traci Siriprathane, Director of Fitness, Wellness, and Recreation at 832.2862 or by email tsiriprathane@westminstercollege.edu.

Please Note:
The Special Events Rooms will be scheduled by Joe Ferrari, Director of Campus Scheduling, 832.2520 or jferrari@westminstercollege.edu.
Additional Fitness & Recreational Facilities

Elevated Playing Field
During the summer of 2006, the southeast corner of campus was transformed into 110,585 square feet of stunning “greenery.” A synthetic sport turf surface placed on top of the 360 stall parking structure creates a multipurpose playing field for soccer, lacrosse, and intramural and club sports. Sitting in the space once known as the Dane Hansen Memorial Stadium, the elevated playing field and parking structure has bleachers to seat 1200 and a field space of 115 by 75 yards.

Outdoor Bouldering Wall
The outdoor bouldering wall is a 12 foot no-roped facility located on the west side of the Bassis Center. This highly featured EntrePrises creation has been offering climbers both technical and powerful bouldering problems since 1994. Falls are protected by six inch thick pads and climbers are encouraged to have a spotter at all times. The bouldering wall is open to students, faculty, staff, and alumni between the hours of 9:00 a.m. and 9:00 p.m.

Payne Gymnasium
Payne includes a hardwood gymnasium, a weight room for Griffin Athletic teams, and exercise studio. The gymnasium will continue to serve as a practice location for Westminster’s basketball and volleyball teams (as needed), as well as a location for intramural sports, in addition to campus-wide events. The weight room may be reserved solely by the intercollegiate athletic teams, and the studio will continue to house Fitness, Wellness, and Recreation classes and programs.

Sand Volleyball Court
Located in the center of our residential village, the sand volleyball court is a spectacular place to be physically active while breathing in the outdoors. Head over to the Dolores Doré Eccles Health, Wellness, and Athletic Center to check-out a volleyball, grab a few of your friends, and serve away!

All requests for reservations of any recreational space listed above should be directed to Traci Siriprathane, Director of Fitness, Wellness, and Recreation at 801.832.2862 or by email tsiriprathane@westminstercollege.edu.