Elmen Center-Recreational Services

Myth Busters from the 2013 Spring Survey

1. **Concern: Building Hours...**
   
   “I don’t know when the Elmen Center is open.”
   “I don’t know in advance when it will be open or closed.”
   “The Elmen Center hours are limited.”

   **Myth Buster:**
   
   A. The Elmen Center publishes a yearly calendar with all of the hours and break schedules. Request your copy today.
   
   B. The Elmen Center web site [www.augie.edu/rec](http://www.augie.edu/rec) posts building hours and break schedules.
   
   C. We try to post “short notice” announcements that come up expectantly on twitter.
   
   D. Like us on [facebook.com/augieRec](http://facebook.com/augieRec) or [twitter.com/augieRec](http://twitter.com/augieRec)

2. **Concern: Weight room Hours**
   
   “The weight room closes at 7pm.”
   “The weight room does not have morning hours.”
   “The weight room is closed during class time and during athletic dept. time”

   **Myth Buster:**
   
   A. The weight room is open from 6:30am -11pm Monday through Thursday. All day!!
   The weekend hours are Friday 6:30pm-9pm, Sat. from 10am -9pm and Sunday 1pm -11pm.
   
   B. If a class or an athletic team is using the weight room the other “half” is always open.

3. **Concern: Available use of cardio equipment and lack of variety of equipment.**

   **Myth Buster:**
   
   A. You can reserve cardio equipment up to a day in advance. Just call 4637.
   
   B. We have 13 piece of cardio (treadmills, elipticals, bikes, etc)-something for everyone!

4. **Concern:**
   
   “The pool is never open, it is too cold and you should trust us to swim without a guard.”

   **Myth Buster:**
   
   A. The pool is open 52 hours each week.
   
   B. We have morning, afternoon and evening times available.
   
   C. The pool temperature is **83.5 degrees** and the air temperature is **85.5 degrees**!
   
   D. The pool is only open with a certified guard present. The safety of our participants is our primary concern.
5. **Concern**: Lack of Indoor walking options

“I would like a place to walk indoors in the winter.”
“I wish we had an indoor track.”

**Myth Buster:**
A. The Elmen Center has a 176 yard track consisting of two lanes.

B. The track is open Sunday-Thursday 9pm-11pm, Friday 8pm-midnight and Sat. 2-6pm.

C. Another option is to reserve a treadmill in the weight room. Just call 4637 up to a day in advance to reserve the treadmill of your choice.

6. **Concern/myth buster:**

“I wish you had snowshoes”  We do, three pairs are available to check out.
“I wish you offered zumba”  We do, Sun. @9pm, Tues. @5:15pm, and Thurs. @5pm
“I wish you had yoga”  We do, Mon. @7pm or Wed. at 7:30pm
“I wish you had racquetball”  We have courts available all day, every day.
“I wish you had bike rides”  We do...check the calendar.
“I would like softball, etc”  We offer over 50 intramurals –recreational and competitive.
“I would like circuit weights”  We offer 3 faculty/staff only circuit classes.

7. **FYI...**

A. The Elmen Center is a shared space between:
   1) Recreational Services dept.
   2) Athletic Dept.
   3) Health, Physical Education dept.

B. Each area has specific and protected hours...So the hours are limited to some degree.

8. **Options...**

A. Tours for a group, a dept. or 1-2 are available upon request... to help acquaint you with options and opportunities.

B. Towel and lockers are available for a modest fee!

C. Spouses, families and guests are eligible to participate and use our facilities.

9. **It is true...**

A. That we may not have the “atmosphere” of a professional wellness facility but we don’t have any fees or membership dues, and there are no strings attached!