

Weary Center Mission Statement

The Weary Center for Health and Fitness exists to advance the mission of Nebraska Wesleyan University to promote intellectual and personal growth within the context of a liberal arts education and in an environment of Christian concern. The Weary Center contributes to the health and wellness of students as well as other members of the Nebraska Wesleyan community through support of academic programs, intercollegiate competition, organized Intramural Sports, and open recreation and exercise.

Weary Center Policies

Use of the Weary Center is a privilege. Acceptable rules of conduct must be observed at all times. Anyone violating posted policies, or engaging in any disorderly conduct or inappropriate behavior, including verbal or physical abuse of employees or other users, is subject to immediate removal with loss of facility privileges. Any student found to have violated University policies, rules or regulations is subject to the disciplinary sanctions outlined in Article V of the Student Handbook.

Entering the Facility

1. Entry to the Weary Center for Health and Fitness must be made through the front tower entrance.
2. All users entering the Weary Center must check in with the front desk supervisor when using any of the workout/recreation areas.
3. **Students, Faculty and Staff must present a valid and encoded University ID card or University Fob to gain admittance.**
4. Faculty/staff and Special Guests must show a current Nebraska Wesleyan University ID card or Fob.
5. Athletes in season do not need to show ID to enter the facility for a scheduled team practice. However, they must stop and indicate to the front desk supervisor on duty that they are attending a practice.
6. All other users must present their Weary Center user card (issued at the time of fee payment).
7. Identification cards are not transferable. ID's or Fobs not belonging to the bearer will be confiscated.

General Facility Policies

1. Food, bottled and canned drinks (including bottled water), and tobacco products are not allowed in any recreational or athletic area unless otherwise posted. Exception: clear, (non-colored) water bottles containing water only may be carried into the cardiovascular room.
2. Spitting will not be tolerated.
3. Pets, bicycles, skateboards, scooters, and roller blades are not allowed in the Weary Center.
4. No unorganized outdoor sports may be played in the Weary Center, including the Field House.

5. The Nebraska Wesleyan University Athletic, HHP, Weary Center, or recreational programs are not responsible for loss of individual equipment due to theft. Users and guests are advised not to bring valuables to the Weary Center. If it is necessary to bring valuables, they should be secured in lockers during workouts. "Lost and Found" items can be claimed at the front desk after 6 p.m. M-F and during open recreation hours on weekends.
6. Open recreation hours may occasionally be disrupted by scheduled activities. Changes in the schedule will be posted at the front desk entry.

Weight/Circuit/Cardiovascular/Aerobics Rooms and Pool User Policies

1. Shirts, athletic shoes, and proper athletic attire must be worn at all times. A sports bra does not count as a shirt in these areas. A swimsuit is proper attire for the pool.
2. Shirts must be worn over sport bras while working out in the Weight, Circuit, or Cardiovascular Room.
3. Users are responsible for all valuables and personal items.
4. Users should not attempt to use equipment on which they have not received instruction. User should ask the supervisor on duty if instruction is needed.
5. Users should immediately report any injury or facility/equipment problems to the supervisor on duty.
6. Users must remove and rack all weights after using a piece of equipment. Dumbbells must be returned to the proper storage station.
7. Users should not move equipment around, or modify equipment in any way.
8. Users must not rest weights on the benches between sets.
9. No chalk is allowed in the work out areas.
10. Slamming or dropping of free weights is prohibited. Weights should not be leaned against walls, glass, or equipment.
11. Spotters are encouraged when appropriate.
12. Users must obey all the time limits placed on equipment during peak times.
13. Screaming or use of offensive language will not be tolerated in the facility.
14. Equipment shall not be removed from the Weight Room, Circuit Room, or Cardiovascular Room at any time, for any reason.
15. Radio station selection, and volume, will be monitored and changed by the supervisor.
16. Use exercise machines and equipment only for their intended use.
17. All pool equipment is to be used for its intended purpose and stored properly when not in use.

Guest Policy

1. Users may bring one guest per day. Daily guest passes must be purchased, for \$5.00, at the front desk during open hours. Guests must be at least 18 years of age and have a sponsor who can show a valid Wesleyan ID.
2. Sponsors must stay with their guests at all times.
3. Guest passes are issued for one day only. Passes are good for the entire day.
4. Guests may use all facilities that are open for recreational use. This does not include special programs.
5. Members are responsible and held liable for any misconduct or damage by their guests.
6. Only sponsors can check out equipment to be used by guests.

7. Daily guest passes are not transferable.
8. Abuse of guest privileges may result in revocation of pass.

Racquetball Court User Policies

1. No street shoes should be worn in the Racquetball courts.
2. Eye guards (goggles) must be worn during racquetball and handball.
3. Reservations for court 3 are made at the front desk during open hours, and may be made 24-hours in advance. Courts 1 and 2 are available on a first-come first-serve basis for one hour at a time.
4. Reservations are to be made for the top of each hour, reserved for one hour.

Snyder Arena User Policies

1. All activity must be scheduled through the Weary Center Director.

Knight Field House User Policies

1. The indoor track is for running, jogging and walking only.
2. Faster runners should pass to the outside of slower runners.
3. No walking, jogging or running three or more abreast.
4. Counterclockwise runners/walkers must use outside lanes.
5. Runners/walkers should move to outside lanes when other activities are taking place on the arena floor.

One mile = 10 laps on inside lane

One mile = 8 laps on outside lane

Lockers, Locks and Towels

Students, faculty and staff will have access to lockers located in the locker rooms by the pool at no rental charge. Lockers must be reserved at the Weary Center front desk and can be reserved for one semester at a time. Users must provide their own locks and towels.

Weary Center Snow Day Hours

If classes are cancelled due to weather the Weary Center will be open from 5:00pm to 8pm. If only evening classes are cancelled the Weary Center will close upon request by the University. Any scheduled Intramural Sports will be cancelled. During the Winter term the Weary Center will close on snow days.