



Welcome to the Macalester Athletic Facility!

In order to provide physical education & safe, clean recreational facilities to the entire Macalester community, the college does enforce a strict security system. Each individual must present a valid Macalester ID card upon entrance to the facility.

Facilities are available during all open hours, unless they are being used for college events or department programs. Macalester athletes have priority for use of the facility and all equipment.

General Facilities Hours

Academic Year hours: (1st day of fall classes - last day of spring exams):

Facility:

Monday - Thursday	7:00 AM - 10:00 PM
Friday	7:00 AM - 7:00 PM
Saturday	Noon - 9:00 PM
Sunday	Noon - 9:00 PM

Pool:

Mon-Wed-Fri	7:30 - 8:15 AM
Monday - Friday	11:15 - 12:45 PM
Monday - Thursday	8:00 - 9:00 PM
Saturday	1:00 - 3:00 PM
Sunday	3:00 - 5:00 PM

Summer hours: (Monday after graduation - Friday before fall classes):

Facility:

We are closed all weekends & holidays.

Monday - Thursday	10:00 AM - 7:00 PM	Friday	10:00 AM - 2:00 PM
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Pool:

Summer pool hours vary, depending on lifeguard availability- this is a tentative schedule:

Monday - Thursday	11:00 AM - 1:00 PM & 5:00 PM - 6:30 PM
Friday	11:00 AM - 1:00 PM

Breaks/vacations hours:

Will be posted when established.

Updated recording of hours available at:
(651) 696-6267

General Usage Policies

Alumni and community members may purchase a Facility Membership Card (valid June 1- May 31) for an annual fee per adult (18 & over).

To be eligible for a community membership, you must live within the area bounded by University Avenue, Lexington Parkway, Ford Parkway, and Cretin Avenue.

Fees are listed on the Facilities Membership form. Membership Cards can be purchased from the Department Coordinator, by appointment from 8:00 AM- 4:30 PM, Monday through Friday by calling 651-696-6260.

Rules & Regulations

1. **Alcoholic beverages and smoking are prohibited.**
2. **No black soled shoes** on playing surfaces w/the exception of the indoor track in the gym.
3. ID cards are not transferable -- only the person pictured on the ID may use the card.
4. We are not responsible for lost or stolen articles.
5. We reserve the right to inspect any bag or parcel brought into or taken from the facilities.
6. **Vandalism of College property is prohibited.**
7. Children under 18 must be supervised by an adult at all times.

Failure to comply w/the rules & regulations may result in revocation of usage privileges.

Equipment Information

- Racquets, racquetball goggles, racquetballs, volleyballs, and basketballs can be checked out from the Equipment Room with an ID card. Employees present will unlock facilities for you.
- If equipment is lost or damaged, charges must be paid within 10 days of the incident.
- Lockers can be rented for an extra \$5 per year, or the long lockers can be used temporarily, but locks may not be left on overnight.
- Always **lock your locker**

Amenities

Fitness Equipment

- located on 3rd floor
- treadmills, stair climbers, bikes, rowing machines, elliptical trainers, steppers, multi-station gym and indoor track.

Pool (Leonard Natatorium)

- 3 ½ ft to 15 ½ ft deep
- lap swimming & diving
- *see pool area policies*

Racquetball Courts

- downstairs near weight room
- check out at Equipment Room for 1 hr
- *Eye protection must be worn*

Sauna

- in locker rooms

Weight Rooms

Whirlpool

- South deck of Pool

Pool Area Policies

The pool is available only during the scheduled swim hours when lifeguards are on duty. Lifeguards on duty have the authority to enforce any additional rule(s) and/or policy they feel is necessary for participant safety & usage. Please consult the lifeguard(s) on duty if you have questions/concerns.

1. **Show**er thoroughly before entering pool or whirlpool & enter through the PE locker rooms.
2. **No running, pushing or horseplay.**
3. **NO DIVING IN THE SHALLOW END OF POOL.** Follow all diving rules posted at north end.
4. No shoes on deck.
5. **All children 18 & under must be accompanied by an adult.**
6. **No one under the influence of drugs or alcohol may use the pool.**
7. No food or drink is allowed in the sauna.
8. Use sauna and whirlpool with extreme caution, for a maximum of 15 minutes.

Entrance and Exit

The entrance/exits are located on the west (campus) side of building and the east side of the building at 155 S. Snelling. Swipe your card through the reader & enter through the turnstile. For handicap access please call 651-696-6267, someone will open the ramp door for you.

Department Administrative Staff

Director of Athletics:

Travis Feezell (651) 696-6164
feezell@macalester.edu

Associate Director:

Vanessa Seljeskog (651) 696-6736
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Facility Manager/PE Lockers

Ron Osterman (651) 696-6607
osterman@macalester.edu

Department Coordinator / Membership Coordinator :

Deanna Cahoon (651) 696-6260
cahoon@macalester.edu

<http://www.macalester.edu/athletics>