THE ANDERSON SPORTS-HEALTH CENTER

Welcome to Misericordia University and the Anderson Sports-Health Center. The Center is a 78,000 square foot complex serving the academic, physical education/athletic and health needs of the University community. The facility features a 30,000 square foot gymnasium, three racquetball courts, dance/aerobic studio, fitness center and a 6-lane, 25-yard swimming pool. In addition, the Student Health Center is located in the building.

The Anderson Center is named for the late Dr. Robert and Geraldine Ruth Daley Anderson. The Andersons were tremendous supporters of the mission of Misericordia University, as evidenced by the many campus facilities bearing the Anderson name. Mrs. Anderson was a former teacher in Wilkes-Barre who pioneered women’s athletics in area public schools while Dr. Anderson served the University as a member of the Board of Trustees.

HOURS OF OPERATION

During the Academic Year, the Athletic Facilities, with the exception of the Natatorium, will be open as follows:

- Monday – Friday 6:15 am – 10:00 pm
- Saturday Noon – 5:00 pm
- Sunday 1:00 pm – 10:00 pm

The Fitness Center will close at 10:00 pm Sunday – Friday; and at 5:00 pm on Saturday.

During the Academic Year, the Natatorium (swimming pool), will be open as follows:

- Monday – Friday 7:00 am – 8:30 am and Noon – 1:30 pm
- Saturday – Sunday 1:00 pm – 4:00 pm

During the Academic Year, the building (lobby and classrooms only), will be open as follows:

- Monday – Friday 7:00 am – 10:00 pm
- Saturday 7:00 am – 5:00 pm
- Sunday 12:30 pm – 10:00 pm
- Weekend College Only 7:00 am

Hours of operation are subject to change based on scheduled programs.

During the summer months and vacation periods, adjusted schedules will be posted for all areas.

STUDENT HEALTH CENTER

The Student Health Center will operate on a schedule developed and posted by the Health Center Director. To access the Health Center, please use the outside entrance located on the lower level—east side of the building.

SCHEDULING OF FACILITIES

Matters pertaining to the use or scheduling of any athletic facilities, with the exception of the Natatorium, should be directed to the Coordinator of Athletic Facilities at 674-3367 or in Anderson Room 213. No person/group shall be permitted to schedule any event without prior approval from the Coordinator. A special use request form, which is available in Room 213, must be filled out a minimum of two weeks prior to an event.

For Natatorium scheduling and information, contact the Aquatics Director, at 674-6446 or in the Anderson Pool Office.

Questions regarding use of laboratories/classrooms should be directed to the Academic Vice-President or Registrar.

PARKING

Visitors should use the campus’ upper entrance and park in the lot next to the tennis courts.

Respect and enjoy your Athletic Center!

ACCESS TO ATHLETIC FACILITIES

Members of the University community (students, faculty, staff and trustees) holding a valid college ID may use all athletic facilities. Spouses of those in this category, and their children under the age of 18, will be admitted to all facilities.

Those under the age of 16 must be accompanied by a parent.

Members of the Sisters of Mercy of Dallas Community shall have access to all athletic facilities.

Contract employees (Metz) shall have access to all athletic facilities. Proper ID is required.
Alumnae/ni bearing a valid pass shall have access to all athletic facilities. A designated number of alumnae/ni passes are available for a fee on a semester/summer basis and may be purchased through the alumni office.

The Anderson Center is accessible through a motorized front entrance door, is equipped with an elevator and the Natatorium is equipped with an access lift. All those who use athletic facilities, including the Natatorium, must sign in at the information desk. Users should be prepared to show proper identification.

LOCKER ROOMS

Employee Locker Rooms

- Shall be limited to members of the faculty and staff.
- Overnight lockers will be available to full-time athletic staff members and adjunct coaches in season. Others choosing to secure a locker may do so with a personal lock. The lock must be removed along with all articles of clothing each day following use.
- Athletic Department personnel choosing to secure any overnight locker must do so with a lock issued by the department.

General Locker Rooms

- General locker rooms are for use by students, family members of University personnel, guests and members of the general community.
- Those who choose to secure a locker may do so with a personal lock. The lock must be removed along with all articles of clothing each day following use. Unauthorized locks left overnight will be removed.
- The caged area of each general locker room is available for use by visiting athletic teams.

HEALTH AND SAFETY

All users should be aware that there are dangers involved in sports participation and recognize that it is the individual's responsibility to prevent injuries, damages and other such losses.

The American College of Sports Medicine strongly suggests that individuals receive medical approval from a physician prior to beginning an exercise program.

Misericordia University or Anderson Center personnel are not responsible for damages, injuries or losses that may occur while using the Anderson Center facilities or equipment.

FEE SCHEDULE

Students, faculty and staff holding valid ID cards as well as members of the Sisters of Mercy Community and contract employees may use all athletic facilities free of charge.

Alumnae/ni passes are available for a fee of $50 per semester or summer.

Spouses and children of University community members, as well as those of contract employees, will be permitted to use all athletic facilities free of charge, with the exception of the Natatorium.

Guests of faculty, students and staff are permitted use of all facilities free of charge, with the exception of the Natatorium.

Guests and the general public may use the Natatorium according to the following fee schedule:

- Adults $2.00
- Children/students (5-18 years) $1.00
- Children/students (under age five) Free
- Senior Citizens $1.00

GENERAL RULES FOR FACILITY USE

- Only scuff resistant shoes are allowed in the sports areas of the building. Turf shoes and spikes are prohibited. Any other type of shoes that mark the floors are not permitted. No muddy or dirty shoes, please.
- Use of tobacco products of any kind is not permitted in any part of the Center.
- Use of profane language is unacceptable.
- Food and drink shall be confined to designated areas and are not permitted in any sports area.
- Use of skateboards, roller skates or bicycles are not permitted in the Center.
Use of soccer balls, baseballs and softballs must be supervised by a University staff member.

Use of privileges may be withdrawn for failure to comply with Center regulations.

Dunking of a basketball which causes the rim to depress or hanging on the rim is prohibited.

Spitting is an unsanitary practice and is prohibited.

Bodily fluids (blood, vomit, saliva, etc.) pose a significant health hazard. Any discharge of bodily fluids in the Anderson Center should be reported to the building supervisor immediately for proper cleaning and disposal.

**SPORTS EQUIPMENT AND SUPPLIES FOR RECREATION**

Basketballs will be available for sign out at the Security desk on a limited basis. Identification will be required to borrow equipment. Equipment returned damaged other than through normal wear or not returned at all, will be charged to the user. Those who use the facility will be responsible for providing their own towel.

**RACQUETBALL COURTS**

Court time shall be limited to one hour if others are waiting.

**FITNESS CENTER**

Eye protection is recommended.

Racquet wrist straps should be worn at all times.

**FITNESS CENTER**

All persons are required to sign in and swipe ID card upon entry to the Fitness Center.

Spotters should be used when utilizing the free weight equipment.

Following use, all free weight equipment shall be returned to its proper place.

Appropriate attire, including footwear and shirts is required.

**NATATORIUM**

A shower is required before swimming.

Appropriate swimwear is required; gym shorts and cut-offs are not permitted. Goggles are recommended.

All are required to sign in upon entry and sign out upon exit from the facility.

Footwear other than flip-flops and aqua slippers is not permitted in the pool/deck area.

Diving is not permitted.

Children under 12 must be accompanied by an adult, except when participating in designated special programs.

Food, gum, drink and glass containers are not permitted in the facility.

Inappropriate conduct such as running, dunking and harassment of others is prohibited.

During recreational periods, lap swimming has priority in the outside lanes (5 and 6).

The unauthorized use of starting blocks is not permitted.