



## Howard Hall Recreation Center, Helpful Hints for New Students

Welcome to the University of Portland and the Howard Hall Recreation Center. This quick overview should help you get the most out of your workout experience. Please ask our staff if you have any questions.

### Getting Started

[www.up.edu/recservices](http://www.up.edu/recservices) (503)943-8755

## I.D. & sticker req'd

Please hand your UP student ID with current validation sticker to the front desk attendant when you enter Howard Hall. You will get it back on your way out of the building.

- We need just your card, no attachments like keys, lanyards or sliders. We will ask you to remove any of these items.
- IDs are required to enter the building whether you're working out, going to a class, playing intramural sports or just watching.
- If you fail to bring your ID, we'll let you in once but not again in the same semester without your valid UP ID. We will record your name and ID number
- Non- UP students are only allowed into the facility as a paying guest of a student, faculty or staff member. The sponsor must be with the guest.

## Storage

There's a shelf down the hall to the right to put backpacks. On top of this shelf are small cubbies for your small items like your phone, wallet or keys. Don't leave valuables unsupervised!

Fill out a locker request form at the front desk to get your own locker. This might take a few days and only if lockers are available.

- The women's locker room is on the right down the hall and the men's is farther down on the left just past the scale.
- Both lockerrooms have showers and bathroom in addition to the lockers.
- You can also choose to bring your own lock and utilize the day use lockers, but these are for day use only.

## Hours

Hours for the Facility, pool, bike shop, outdoor pursuits (OPP) and fitness class times can be found at: [www.up.edu/recservices](http://www.up.edu/recservices)



## Common Courtesies

There's a 30-minute limit on all cardio equipment. Whether you realize it or not, someone may be waiting for the machine you are on.

Clean cardio equipment, weight machines, mats, anything you touch before and after you use them with disinfectant spray. Use the rags in the green mesh bag then throw it into into the red mesh bag. \*Towels checked out from the front do NOT go in these bags. Please put a towel on locker room benches before sitting on them unclothed.

Appropriate workout clothes are required, no jeans, belts, tank tops, uncovered jog bras, shirts missing armpits, etc. Shirts should catch sweat from the armpits and reach to at least the waist. Please take your clothes home and machine-wash them after every workout. Stinky clothes are no fun! Please refrain from the use of cologne or perfume before workouts. They can knock people out!

Close-toed shoes only. No Sandals.

Restack your own weights and put away any equipment you brought out.

All workout areas are no cell phone zones. Talk later, it's time to workout.

Ask nearby patrons before changing a channel or the radio station or even moving the position of the fans.



### Where can I find.....?

Outdoor Pursuits and the Bike Shop are on the main floor down the hall to the left.

The pool is straight down the hall.

The aerobics room is down the hall on the right. The stretching room is on the right before the Aerobics room.

The gymnasium is upstairs. Take a right in the main hallway into the corridor. The Rec Services and Intramural Sports office is on the right at the top of the stairs. The heavy bag, climbing rope and ping-pong table is up one more flight of stairs.



*Stop by the Bike Shop!*

## Front Desk Services

You can borrow small and large workout towels (one of each per visit). After using these towels, return them to the front desk and throw in the large gray bin.

Check out equipment such as basketballs, radios to watch the TVs, tennis rackets, ping pong set and much more.

If you cut or injury yourself, your front desk attendant is first aid and CPR certified and can provide you with bandages and ice

Feel free to ask us for assistance!



## Fitness Classes

Fitness Classes are a great way to get in shape and meet new people. The classes are free and taught by other UP students. No sign up necessary, but space might be limited, so come 5 minutes early, especially to spin (indoor cycling) classes, because there are only so many bikes. Don't be afraid to come alone or bring a friend! Check out class descriptions on our website as well.

1. Get involved. Everybody is welcome!
2. Get fit, eat right, be social, have fun, take care of your heart, mind & soul!
3. Live long & prosper!



## Outdoor Pursuits

Get outside with the Outdoor Pursuits program! The beauty and excitement of the Pacific Northwest is yours with our diverse outings. Activities like backpacking, mountain biking, white water rafting, snowshoeing, cross country skiing and more fill our calendar. Our friendly staff can help you plan your outing and we offer trips that will help you experience the great outdoors.

## Intramural Sports

The intramural sports program at the University of Portland gives students, faculty and staff the opportunity to compete in popular sports within a friendly atmosphere. Leagues include softball, kickball, flag football, basketball, ultimate (frisbee), dodgeball, soccer, and volleyball. Individual/dual tournaments include tennis, table tennis, golf and 3 point shoot-out. Get a team together with friends, classmates, professors, or university administrators. Intramural champions win the highly-coveted championship T-shirt.

