The Recreation Program

**Fitness. Friendship. Fun.** Try out something new at one of three different primer venues: Coles Sports Center, Palladium Athletic Facility, and Chelsea Piers. It’s easy to make a habit out of exercise because it’s healthy and makes you feel good. Classes at Coles Sports Center begin with the call letters CLS. Classes at the Palladium Athletic Facility begin with PLD. Classes at Chelsea Piers begin with CP. Registration for all recreation classes is held at Coles Sports Center. Choose from an array of sports and fitness activities. Check out our offerings by visiting our Web site at www.gonyuathletics.com.

**Eligibility:** Registration is open to all NYU students, staff, faculty, administration, alumni, family, and domestic partner members of the Athletic Department. A valid NYU photo ID card or an Athletic Department photo ID card must be presented at the time of registration. ID cards are required; there are no exceptions. The department may, at its discretion, require a doctor’s note as a condition to register for any recreation course.

**Coles Community Punch Members**

Coles recreation courses are available to Coles Community Members on a limited basis. In addition to the fees for classes, community members must purchase a punch card for $105.00, which will be punched each class visit. Coles Community Members who participate in Coles programs for families and children (CLSF courses) or programs for children (CLSC classes) will have their punch cards punched for each visit. Coles Community Members may not enroll in class programs with flex schedules, as in CLSF 1, CLSC 3, CLS 99, CLS 100, CLS 101, CLS 102, CLS 103, CLS 104, CLS 105, CLS 106, CLS 107, CLS 108, CLS 109, CLS 110, CLS 119, CLS 219, CLS 228, CLS 317, CLS 426, and CLS 524. Coles Community Members are not eligible to register for classes held at the Palladium Athletic Facility or Chelsea Piers.

**Coles Program for Families, Children, and Teens**

These various classes are designed to promote family fun, fitness, and sports activities appropriate for parents and children of all ages in the NYU community and at Coles. The CLSC category of classes is for children and teens; the CLSF segment is for parents/guardians and children together. You must register your children under your recreation account and obtain a white NYU access card for them at the Membership office in order to register for classes. Children have to be escorted to and from the location of the class within the building. The location of the class is on a chronological listing posted in the lobby during registration and in the main staircase between the lobby and natatorium levels after registration and throughout the class term. Children are not allowed in the sauna, the weight rooms, or the aerobic fitness room. These programs are subject to permanent cancellation if enrollment minimums are not met and to weekly cancellations due to conflicts in building operations and schedules. All reasonable attempts will be made to notify participants in those canceled courses. Proper athletic attire is recommended for participation, and participants should adhere to all general Coles operations rules and procedures.

**Payment and Refunds:** All payments must be made at the time of registration. Personal checks and money orders will not be accepted for amounts under $75.00. We do accept credit cards (Visa, MasterCard, and Discover) and NYU Campus Cash. Fees are not refundable except in the case of course cancellation by the Athletic Department. If your class has been cancelled due to low enrollment you have three options:

1. Transfer into another class. You can transfer into any other class as long as it is not closed.
2. Have your recreation account credited for use at future registration periods.
3. Get a refund. Contact Kira Keegstra (klk200@nyu.edu). You will be sent the paperwork to complete. You will need your official receipt or your confirmation page. If you do not have either of these, you are ONLY eligible for a class transfer or account credit.

If you pay by credit card, you will be reimbursed by check in four to six weeks. All refunds over $150.00 will be issued by check. There are no tuition remission benefits extended for these classes.
On-Line Registration:
Online Registration is an online course registration system. This system is available 24-hours a day, 7 days a week, beginning on the first day and times of In-Person registration. Please visit us at www.gonyuathletics.com/recreation to register for classes. Registration requires a Login and PIN.

To retrieve your Login and PIN
1. go to www.gonyuathletics.com/recreation
2. click “Please click here to set up your account and register”
3. click “Retrieve my Login and/or PIN”
4. enter your email address
   a. NYU students, faculty, staff, administration- it will be your NYU email address.
   b. Other Memberships- It will be the one you provided us with when you became a member

If you do not have a valid Athletic Department Membership or have not provided us with your email address, you must come it to the Membership Office at either Coles Sports Center or the Palladium Athletic Facility to join or update your account to include an email address. If you have problems, please contact Kira Keegstra at klk200@nyu.edu.

Course Cancellation:
Reasonable attempts will be made to notify participants of course cancellations. Students should check on class status by referring to the chronological list posted in the Coles Lobby during registration periods, on-line and in the main staircase off the lobby through the door just past the equipment room thereafter. All courses are subject to cancellation if enrollment minimums are not met. Refunds, transfers, and/or credit toward other classes will be accommodated. Please contact klk200@nyu.edu for further help.

Adaptive Activities
Individuals with disabilities are encouraged to participate in any of our activities. CLS 98 is a program specifically designed for individuals to bridge the gap made by physical and mental challenges. The objective of this program is to maximize participation. For your convenience, registration for this course can be done in person or on the telephone by calling 212-998-2018. Students who wish to participate must first register with NYU’s Moses Center for Students with Disabilities; for further information, call 212-998-4980.

Fit Quest
This is a trial membership for NYU employees. Visit the Coles Sports Center and the Palladium Athletic Facility and see what it is like to work out in two of the most modern, best-equipped gymnasiums on the East Coast. Observe a sampling of the Recreation Program, take a tour, and explore the resources available to you for improving your health and fitness. Three passes, which together cost $20.00, may only be purchased with a valid NYU ID card in the Coles Sports Center Membership Office, 212-998-2045, during Recreation Course Registration periods only. Fit Quest passes are valid for one academic semester. Passes are available to NYU faculty, staff, and administration one time only. You must present a valid NYU ID card to purchase. Passes are non-transferable.

Exec Rec
For all NYU employees who are members of Coles Sports Center and the Palladium Athletic Facility, we offer you Exec Rec. When you sign up for three recreation classes, you get a fourth one free! The privilege spans the calendar year. Present your class receipt for three classes along with your current NYU photo ID and get your free class at Coles or Palladium. This offer does not apply to Chelsea Piers. The free class does not include FIT packages or One on Ones. You may not facilitate this on-line. You must come to in person registration to obtain your free class.

Education Station
Visit the Wellness and Exercise Board in the main stairwell on the natatorium level for the most scientifically sound, up-to-date information on wellness and exercise. Our professional consultant with a master’s in physical education, Joel Kaye, is available in the purple donut to answer your questions in person every Tuesday and Thursday from 5:30 to 6:25 p.m. during the recreation calendar year.

Coles Nutrition Education
Ask questions of our registered dietitian/nutrition educator, Rebecca Fuller, on Wednesdays, 6:30-7:30 p.m., in the Main Lobby of the Coles Sports Center during the recreation calendar year. Or submit questions and find answers on the nutrition information display on the bulletin board in the main staircase of the natatorium level. Weekly topics include recipes for low-fat cooking, portion control, food labeling, caloric need estimates, and the latest information on nutrition supplements. Sound nutrition is critical to achieving optimal health and fitness.