NYU Athletics
Policy & Procedure Handbook for Athletic Facilities
2018-19

GoNYUAthletics.com
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Operating Hours

404 Fitness
404 Lafayette Street, New York, NY 10003-4170
212-992-8500

Membership Office
Monday, Tuesday, Thursday, Friday, 10:00 a.m.-4:00 p.m.
Thursday, 11 a.m.-7 p.m.
212-992-8507

General Use Hours (activity areas close 1/2 hour before listed closing time)

Academic Year (September 4-May 27):
Monday-Friday, 7:30 a.m.-10:00 PM
Saturday and Sunday, 8:30 a.m.-8:00 p.m.

Winter Break Hours:
Weekdays: December 22-30 12:00 PM - 8:00 PM
Weekends: December 22-30 9:00 AM - 5:00 PM
Weekdays: January 2 - January 27 9:00 AM - 5:00 PM.

Spring Break Hours:
Mar. 16 - 24 Weekday: 9 a.m.-10 p.m.
Weekend: 10 a.m.-8 p.m.
Summer (May 28-August 31):
Monday-Friday, 7:30 a.m.-10:00 PM
Saturday and Sunday, 9:00 a.m.-5:00 p.m.

404 Fitness Closings
November 21, 2018 7:30 AM - 8:00 PM
November 24-25, 2018 8:00 AM - 4:00 PM
President’s Day (February 18, 2019) 8:00 AM - 9:00 PM

BROOKLYN ATHLETIC FACILITY
Six MetroTech Center, Brooklyn, NY 11201
646-997-4029

General Use Hours (activity areas close 1/2 hour before listed closing time)

Academic Year (September 4 - May 27):
Monday - Friday 7:30 AM - 10:00 PM
Saturday and Sunday 9:30 AM - 5:00 PM

Winter Break Hours:
January 2 - 27
Monday through Friday 7:30 AM - 7:00 PM
Saturday and Sunday 9:00 AM - 4:00 PM

Spring Break Hours:
March 16 - 24
Monday - Friday 7:30 AM - 7:00 PM
Saturday and Sunday 9:00 AM - 4:00 PM

Summer (May 28 - August 31):
Monday - Friday 7:30 AM - 9:00 PM
Saturday and Sunday 10:00 AM - 5:00 PM

Brooklyn Athletic Facility Adjusted Hours
Wednesday, November 21 7:30 AM - 8:00 PM
President’s Day February 18 7:30 AM - 7:00 PM

Brooklyn Athletic Facility Closings
Labor Day Weekend 2018 Sept. 1-3
Thanksgiving Recess 2018 Nov 22-25
Winter Recess 2018-19 Dec. 22 - Jan. 1
Easter 2019 Apr 21
Memorial Day 2019 May 22-24
Independence Day 2019 July 4
Labor Day Weekend 2019 Aug 31 - Sep. 2

Hours of operation, dates of closings and facility offerings are subject to change. Please visit the Brooklyn Athletic Facility Website to stay up to date.
**Palladium Athletic Facility**

140 East 14th Street, New York, NY 10003-4170
212-992-8500

**Membership Office**
Monday, Tuesday, Thursday, Friday, 9:30 a.m.–4:30 p.m.
Wednesday, 11 a.m.–7 p.m.
212-992-8507

**General Use Hours** (activity areas close 1/2 hour before listed closing time)

**Academic Year (September 4-May 27):**
Monday - Friday 7:00 AM - 10:00 PM
Saturday and Sunday 10:00 AM - 8:00 PM

**Summer (May 28-August 31):**
Saturday and Sunday 8:30 AM - 9:00 PM

**Weekends: January 2-27, 2019 10:00 AM - 8:00 PM**

**Weekdays: January 2-27, 2019 9:00 AM - 10:00 PM**

**Winter Break Hours:**
Monday - Friday 9:00 AM - 10:00 PM
Saturday and Sunday 10:00 AM - 8:00 PM

**Summer (May 28-August 31):**
Monday - Friday 7:00 AM - 10:00 PM
Saturday and Sunday 8:30 AM - 8:00 PM

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**Eligibility, Fees, and Admission to the NYU Sports and Recreation Centers**

**Membership Year:**
The membership year extends from September 1 to August 31. Membership fees do not include admission to recreation courses; additional fees are required.

**NYU Athletic Facility Rate Schedule Effective 9/4/2018-8/30/2019**

**Membership Categories:**
- **Alumni:** $366 + $150 = $516
- **Alumni Family (Limited Access):** $185
- **Alumni Family (Full Access):** $465 + $150 = $615
- **FT Employee Family:** $148 (per member)
- **PT Employee Family:** $366 (per member)
- **HUC:** $88
- **NYFDNY:** $366
- **Community Passes:** $110 for 12 passes or $55 for 6 passes (Access to 404 only) (No Refunds)

*All Alumni membership categories include a $150 tax-deductible donation to the NYU school or department of the applicant’s choice.

Access for All Members requires a properly validated NYU ID card which must be presented at all times for admission to the NYU Athletic Facilities. Members may elect to purchase a family membership or a domestic partner membership, but not both.

**Students:**
New York University students who are enrolled in credit-bearing courses; including employees that are degree-seeking students in possession of currently valid student ID cards, are eligible to use the NYU Athletic Facilities. Full-time, part-time, and summer session students may use all facilities except the Varsity Performance Center according to availability at no charge. Consult posted room schedules for availability. Spring semester students continuing in the fall semester, and students with courses in the summer session are eligible to purchase memberships for the summer period for $46.

**Students on Official Leave of Absence or Maintaining Matriculation:**
Students on official leave of absence may purchase memberships per semester. Forms for certifying students in these categories and instruction for their completion may be obtained from the Membership Office. At all times, a properly validated NYU student photo ID card is required for admission to the NYU Athletic Facilities.

**Student Family Memberships:**
Full-time, matriculated students (graduate and undergraduate) are eligible to purchase family memberships for spouses and declared domestic partners only, residing at the same address for $128 per year. Spouses and domestic partners of part-time, matriculated students may purchase memberships at the $366 per year rate for qualifying family members. An NYU ID card will be issued. The Membership Office will sell these memberships only after verifying the spouse’s proof of marriage and residence and only after verifying the domestic partner’s proof of partnership.

**Faculty/Administration:**
Full-time University employees, adjunct faculty teaching in degree-granting programs, SCPS nondegree faculty members (upon meeting eligibility requirements as determined by the SCPS Personnel Office), and part-time permanent administrators who are currently paid on the monthly payroll and who are not in arrears to the University are eligible to purchase memberships for use of the NYU Athletic Facilities. Membership entitles these individuals to use all facilities except the Varsity Performance Center according to availability at no additional charge. Consult posted room schedules for availability. Faculty or administration employees terminated during the academic year may be refunded $50 per month for each remaining complete month. No refunds will be made after May 1. Faculty members who are granted official sabbatical leaves for the spring semester and who present letter granting leave approval to the Membership Office may also receive refunds at the same rate. The refund will be determined based on the official start of the leave or the date on which the leave begins. If the faculty member wishes to regain membership for the summer after a spring leave, a prorated fee will be applicable.

When a membership is purchased, your NYU photo ID card is validated.

- **Faculty/Admin:** $366
- **Union Staff:** $130
- **NYU:** $88
- **NYFDNY:** $366

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**Palladium Athletic Facility Adjusted Hours**

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<tr>
<th>Date</th>
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<tr>
<td>Sep 1-2, 2018</td>
<td>9:00 AM - 8:00 PM</td>
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<td>Sep 3-30, 2018</td>
<td>9:00 AM - 10:00 PM</td>
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<td>Sep 28, 2018</td>
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<td>Sep 29-30, 2018</td>
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<td>Oct 1-31, 2018</td>
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<td>Nov 1-30, 2018</td>
<td>9:00 AM - 10:00 PM</td>
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<td>Dec 1-21, 2018</td>
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**Palladium Athletic Facility Closings**

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<tr>
<td>Dec 24-25, 2018</td>
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<td>Jan 1, 2019</td>
<td>9:00 AM - 10:00 PM</td>
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<td>Jan 2-6, 2019</td>
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<td>Jan 7-27, 2019</td>
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<td>Feb 18, 2019</td>
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Hours of operation, dates of closings and facility offerings are subject to change. Please visit the **Palladium Athletic Facility Website** to stay up to date.
Staff: Full-time and part-time permanent University employees who are paid biweekly and who are not arrearers to the University are eligible to purchase memberships for use of the NYU Sports and Recreation Centers. Membership entitles these individuals to use all facilities except the PAF Varsity Performance Center according to availability at no additional charge. Consult posted room schedules for availability. The annual fee for these members is $130 for the period September 1 to August 31. Staff employees terminated during the academic year may be refunded $14 per month for each remaining complete month. No refunds will be made after May 1. When a membership is purchased, your NYU photo ID card is validated. This properly validated ID card is required at all times for admission to the NYU Sports and Recreation Centers. Medical Center staff and other employees should refer to their personnel office for fee schedules relevant to their status.

Employee Family Memberships: Faculty, administration, and staff are eligible to purchase family memberships. For full-time employees, payment of an additional $148 fee will provide privileges for all eligible family members, i.e., spouse, domestic partner, and any children 16 to 21 years of age residing at the same address. Part-time employees may obtain family memberships by paying an additional $458 (for faculty and those paid monthly) or $148 (for nonfaculty paid biweekly; there will be no prorating for this membership category) for each eligible family member. New York University photo ID cards must be obtained for each eligible family member. ID cards and proof of age and residency for spouses, domestic partners, and children must be presented at the Membership Office before family memberships are sold. When family memberships are purchased, your NYU photo ID card is validated. This properly validated ID card is required at all times for admission to the NYU Sports and Recreation Centers.

Alumni: All University alumni who have contributed a minimum of $150 per year to the Department of Athletics, Intramurals, and Recreation-sponsored Violet Booster Club, their school's alumni fund, or other University fund-raising campaigns are eligible to purchase memberships for use of the NYU Sports and Recreation Centers. This level is valid for 2018-2019. Membership entitles those individuals to use all facilities except for the Varsity Performance Center according to availability at no additional charge. Alumni members should realize that the centers are programmed primarily to fill student needs, and that annual schedules are prepared accordingly. Consult published and posted schedules for facility and room availability. The annual fee for alumni is $366 (plus the $150 contribution) for the period September 1 to August 31. For memberships purchased anytime after September 1, the $366 membership fee is prorated on a weekly basis. Once a membership is purchased, the Membership Office will issue a New York University Sports and Recreation Centers photo ID card. These cards must be presented at all times for admission to the NYU Sports and Recreation Centers.

Graduating students may purchase an alumni membership, beginning the Monday after Commencement, for the summer and following academic year, at the yearly rate. This provides three extra months of membership without cost.

Family Memberships: An off-peak family membership is available to all who purchase a membership. The alumni member's spouse, domestic partner, and dependent children (16 to 21 years of age) residing with the alumni member can purchase a membership for $185 for each individual family member for the academic year. The off-peak membership is good only on Saturdays and Sundays during the fall and spring semesters and during all hours of the summer schedule. This type of membership provides access only to facilities other than the PAF Varsity Performance Center due to availability. Consult posted schedules for availability. Proof of age and residence for children plus marriage certificate or Statement of Domestic Partnership (see page 11) must be presented at the Membership Office before membership is sold.

A New York University photo ID card must be obtained for each eligible family member. The ID card authorization and the ID card will be issued by the Membership Office. The properly validated ID card must be presented at all times for admission to the NYU Sports and Recreation Centers.

Alumni Family Full-Use Membership: A limited number of full-use memberships may be purchased by current alumni members for use by domestic partners, or children over the age of 18 who reside at the same address. The membership will be good during the fall, spring, and summer semesters during all hours of operation at the NYU Sports and Recreation Centers. This type of membership provides access to the full offerings of our recreation class program. Consult the Athletics Department Recreation Guide for details.

Community Residents: A limited number of Community Board No. 2 area residents are eligible to apply to purchase memberships for restricted use of 404 Fitness. Membership entitles these individuals to use the facilities on a swipe-card basis, according to the schedules, rules, and regulations available at the 404 Fitness front desk. To purchase swipe cards, eligible residents must obtain a special NYU Athletic Facilities membership card. The annual fee for this membership is $615 per person and includes a $150 tax-deductible donation to the Violet Booster Club. The full-use membership is good during the fall, spring, and summer semesters during all hours of operation at the NYU Sports and Recreation Centers. This type of membership provides access to the full offerings of our recreation class program. Consult the Athletics Department Recreation Guide for details.

Community Members: An NYU ID card authorization must be obtained by the eligible family member. The Membership Office will issue the ID card authorization and the ID card. The properly validated ID card must be presented at all times for admission to the NYU Sports and Recreation Centers.

Domestic Partner Membership: A domestic partner membership is available for partners who reside at the same address as students, faculty, staff, administration, or alumni who are members. These NYU Sports and Recreation Centers members may purchase this membership for one individual, age 18 or older, who meets the criteria established for recognition of domestic partners by the University Benefits Office. This type of membership is good during the fall, spring, and summer semesters during all hours of operation at the NYU Sports and Recreation Centers. This type of membership provides access to the full offerings of our recreation class program. Consult the Athletics Department Recreation Guide for details.

Employee Family Memberships: Faculty, administration, and staff are eligible to purchase family memberships. For full-time employees, payment of an additional $148 fee will provide privileges for all eligible family members, i.e., spouse, domestic partner, and any children 16 to 21 years of age residing at the same address. Part-time employees may obtain family memberships by paying an additional $458 (for faculty and those paid monthly) or $148 (for nonfaculty paid biweekly; there will be no prorating for this membership category) for each eligible family member. New York University photo ID cards must be obtained for each eligible family member. ID cards and proof of age and residence for spouses, domestic partners, and children must be presented at the Membership Office before family memberships are sold. When family memberships are purchased, your NYU photo ID card is validated. This properly validated ID card is required at all times for admission to the NYU Sports and Recreation Centers.
**Guests:**
All eligible users (except community members) may bring two guests per day into 404/Palladium. The guest fee for use of Palladium Athletic Facility or 404 Fitness is $10 per visit. (Cash only; no refunds; $20 bills or less). A receipt will be issued and should be kept by the guest at all times while using the centers. All guests must be over 16 years of age (proper photo ID and proof of age are required) and must be personally accompanied by the host member. Members will be required to sign the guest receipt book attesting to the fact that they know their guest, that they know where he or she lives, and that they accept full responsibility for their guest’s actions while using the NYU Athletic Facilities. Members should not bring individuals into the centers who solicit invitations near the entrance. At this time, the Brooklyn Athletic Facility does not allow guest access.

**Refunds:**
Fees collected for memberships and other center requirements are not refundable except as indicated on pages 6 and 7.

**Fee Collection**
(Membership Office)
All fees (except guest fees and recreation course fees) are collected in the Membership Offices.

**Hours of operation** are listed on pages 3 and 4.

**Forms for all available services** are provided in these offices. Membership forms are also available at the offices of the deans at the Medical Center and the Dental Center. These forms must be accurately completed and presented together with the proper ID card to the office staff before any transaction can be finalized.

- All purchases (e.g., memberships, lockers) may be made by cash, check, or credit card.
- Community cards will be swiped at the entrance to the 404 Fitness. Cash or checks will not be accepted by monitors for use of the facilities.
- Persons in arrears to the University will be denied membership.
- A $25 service fee will be charged for any uncollected check.
- A $20 fee will be charged to replace a lost or stolen Athletic Facilities Membership card and label. A police report must accompany notification of a stolen membership card and label. The $20 fee will be waived for the first occurrence of theft, but only if a police report is provided.
- No fees are refundable except those indicated on pages 6 and 7.

**Accessibility for Persons with Disabilities**
The athletics department staff is acutely aware of the special needs of individuals with disabilities in the New York University community. These needs have been kept in mind in the design and construction of the NYU Athletic Facilities, resulting in barrier-free recreational facilities. Doors and areas throughout the centers are of ample size to allow wheel-chair access, and elevator services are available on the main levels of both centers. Braille markings, contrasting color paint, and continuous stairwell railings have been included for those with visual impairments. Stairs, railings, and a hydraulic stairlift make pool access at Palladium easier for persons with disabilities.

Stairwell railings have been included for those with visual impairments. Stairs, railings, and a hydraulic stairlift make pool access at Palladium easier for persons with disabilities.

5. Do not bring individuals into the centers as guests unless you know them.
6. Use the valuables lockers located outside the locker rooms (BAF).

**Remember,** the Department of NYU Athletics, Intramurals and Recreation is not responsible for your valuables.

**Lost and Found**
Articles found at 404 Fitness and the Palladium Athletic Facility should be turned in to the Equipment Room, items found in Brooklyn Athletic Facility should be turned in to the Physical Fitness Room. Nonvaluable items may be claimed at the Equipment Room during all operating hours. To claim any lost items, speak to the operations supervisor on duty.

**First Aid and Injuries**
In the event of injury, members should immediately report the occurrence to a supervisor, a staff member, or the security control desk at the main entrance. The athletic staff will assist you with minor injuries. All other injuries will be referred to the Student Health Center, a hospital emergency room, or the 911 emergency number. A member who has sustained an injury will be required to provide information for an injury report form.

**Waring:**
During the hot summer months, all users should be particularly cautious when exercising. Heat exhaustion and heat stroke are serious conditions that require immediate attention. Avoid the hazards. Do not overexert. Maintain a normal body temperature. Replenish lost fluids.

**Sweat-n-Shop**
Sweat-n-Shop is located on Level C1 of the Palladium Athletic Facility. It offers patrons quality athletic apparel and accessories commonly needed by members at affordable prices. Available athletic apparel includes, but is not limited to, T-shirts, shorts, sweatshirts, yoga pants, hats, swimsuits, and other workout gear. Accessories include swim caps, goggles, flip-flops, gym bags, towels, locks, headphones, and monogrammed gear.

**Vending Machines**
Vending machines with bottled water, juice, soft drinks, and sports drinks are located throughout the centers. Please discard empty containers in the trash receptacles. Problems with machines should be reported to the front desk.

**Keep Our Facilities Clean**
In facilities the size of 404, Palladium, and Brooklyn, cleanliness must be constantly maintained if all members are to benefit fully from their use. Be sure to dispose of all litter, hats, caps, gum, and other debris in trash receptacles. Do not leave papers on locker room floors. Dry off in the specified drying areas after showering. If you observe unclean areas, you are encouraged to report them to the front desk or through the online portal.

404 Fitness: 212-998-2026
Brooklyn Athletic Facility: 646-997-4029
Palladium Athletic Facility: 212-992-8503

404 Fitness Comments and Suggestions
Brooklyn Athletic Facility Comments and Suggestions
Palladium Athletic Facility Comments and Suggestions
NYU Athletic Facilities Rules

1. Proper valid ID card will be required at all times. No exceptions. When you enter the NYU Athletic Facilities, you must hand your ID card to the monitor for inspection. Do not leave your ID card with another person. You will not be permitted to use the NYU Athletic Facilities without it.

2. Do not lend your ID card to others. These ID cards will be confiscated by the NYU Athletic staff. For these instances, a range of sanctions has been instituted. Sanctions may range from suspension of membership privileges to ID card misuse is a serious violation of University policy and will be dealt with accordingly.

3. With the popularity of the NYU Athletic Facilities, numerous unauthorized persons attempt to gain access. When they are successful, they deprive students and other members of facilities for their use. A corresponding effort has been carried out to discover and expel unauthorized persons out. In many of these cases, invalid counterfeit ID instruments have been confiscated from persons attempting to enter the facilities. In other instances, it was determined that authorized members were assisting others in their efforts to gain access. To deal with such cases, an established series of sanctions, such as the suspension or revocation of membership privileges, has been instituted. This is a serious matter, and all members are requested to cooperate in protecting their membership privileges for their own benefit and the benefit of others.

4. No one under 16 years of age is allowed in the centers except for viewing intercollegiate competition.

5. No one under 16 years of age is allowed in NYU Athletic Facilities.

6. No Pets are allowed in the centers. (The only exceptions to this rule are those animals dispensed by the centers’ vendors’ vending machines).

7. No profane or boisterous language is permitted in NYU Athletic Facilities.

8. All equipment must be set up by the Athletics Department staff only. If equipment malfunctions, do not attempt to fix it. Call a staff member for assistance.

9. No profane or boisterous language is allowed in NYU Athletic Facilities.

10. Proper workout attire as determined by the athletic departments are required at all times. Shirts are required at all times in 404 and Palladium. Shoes worn directly in from the street are not permitted to enter the facilities. Work-out attire due to zippers, rivets, buckles, or other items on garments are not permitted, and you will be asked to change into proper attire. If you do not have acceptable attire to change into you will not be permitted to exercise in the facilities. Boots, open-toed shoes, and shoes with cleats/spikes are not allowed on any activity surface.

11. All users of the centers must change clothes in the locker rooms. No clothing left unattended will be brought to the equipment room for claiming. Lockers must be used.

12. Free-weights, dumbbells, barbells, and plates must be returned to their proper places. Do not leave weights on the floor, on benches, or against the wall. Do not block access to free weights. Do not drop weights. If you have to drop a weight, it is too heavy for you. Spotting and collars are required on free-weightbenches. Be polite. Share weights and machines. Users may not occupy more than one machine while another machine is being used.

13. No profane or boisterous language is allowed.

14. No horseplay is allowed.

15. Free-weights, dumbbells, barbells, and plates must be returned to their proper places. Do not leave weights on the floor, on benches, or against the wall. Do not block access to free weights. Do not drop weights. If you have to drop a weight, it is too heavy for you. Spotting and collars are required on free-weightbenches. Be polite. Share weights and machines. Users may not occupy more than one machine while another machine is being used.

16. All equipment must be set up by the Athletics Department staff only. If equipment malfunctions, do not attempt to fix it. Call a staff member for assistance.

17. Cell phone use is strictly prohibited in the NYU Athletic Facilities locker rooms.

18. Outside equipment including, but not limited to, basketballs and footballs, is not permitted.

19. No pets are allowed in the centers.

20. All equipment throughout the centers must be set up by the Athletics Department staff only. If equipment malfunctions, do not attempt to fix it. Call a staff member for assistance.

21. Outside equipment including, but not limited to, basketballs and footballs, is not permitted.

22. Membership privileges in the NYU Athletic Facilities are solely for the private recreational and educational use of members and appropriate guests. Under no circumstances may any member or guest conduct any commercial solicitation or forprofit activity at or in the name of the NYU Athletic Facilities.

23. Free-weights, dumbbells, barbells, and plates must be returned to their proper places. Do not leave weights on the floor, on benches, or against the wall. Do not block access to free weights. Do not drop weights. If you have to drop a weight, it is too heavy for you. Spotting and collars are required on free-weightbenches. Be polite. Share weights and machines. Users may not occupy more than one machine while another machine is being used.

24. Cell phone use is strictly prohibited in the NYU Athletic Facilities locker rooms.

25. Outside equipment including, but not limited to, basketballs and footballs, is not permitted.

26. No horseplay is allowed.

27. No personal property is allowed in the Fitness areas, with the exception of hand grips and weight belts. Bags and clothing present in the room will be brought to the lost and found for claiming.

28. No personal property is allowed in the Fitness areas, with the exception of hand grips and weight belts. Bags and clothing present in the room will be brought to the lost and found for claiming.

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32. Free-weights, dumbbells, barbells, and plates must be returned to their proper places. Do not leave weights on the floor, on benches, or against the wall. Do not block access to free weights. Do not drop weights. If you have to drop a weight, it is too heavy for you. Spotting and collars are required on free-weightbenches. Be polite. Share weights and machines. Users may not occupy more than one machine while another machine is being used.

33. No profane or boisterous language is allowed.

34. No horseplay is allowed.

35. No profane or boisterous language is allowed.

36. No horseplay is allowed.
Located on Lafayette Street between East 4th Street and Astor Place in the Greenwich Village section of Manhattan, the 404 Fitness Athletic Facility serves the University community with a wide range of cardio and strength equipment, as well as a limited offering of recreational programs. Some of the highlights of this three-floor athletic facility include multi-floor cardio & aerobic fitness and strength areas which feature new stair steppers, treadmills, and elliptical machines. In addition, new bicycles complete with personal TV consoles with audio and video connections allow patrons to plug in their own headphones to listen to music or watch streamed-in content. Access into the facility is at street level and contains an internal elevator and stairwells. The facility is fully air-conditioned and ADA compliant.

Lobby
Located on the main level, the lobby features couches to relax on prior to or after a workout, and features a free Zephyr phone charging station.

Equipment Issue
Located on the Main Level, this area serves patrons looking for daily-issue locks and jumpropes, as well as dealing with the issuance of all rental lockers. To check out equipment, you must deposit your current valid NYU photo ID card in exchange for the items. No other type of card or item is acceptable. Guests may not borrow equipment. Members will be permitted to borrow extra items for their guests. Members must retrieve their own ID card upon return of equipment. Issued equipment is the responsibility of the borrower, and that person will be held financially responsible for loss or damage. It is a good idea to inspect equipment as it is issued to ensure that it was not previously damaged. Equipment should be returned to the equipment room immediately after use.

Locker Rooms
Locker room facilities are located on multiple levels within 404 Fitness. The men’s locker room can be found on the upper level. The women’s locker room and all gender locker room are located on the lower level. Daily lockers are available, as well as rental lockers, which are obtainable through the Membership Office for a per-semester fee. The rental price for a locker is $25 per semester. To rent lockers, members must apply and pay for the rental in the Membership Office. See Locker Rules, page 13*.

Main Level
The main level of 404 Fitness features LifeFitness cardio equipment as well as Hammer Strength free weight equipment. In addition, dumbbells and kettle bells ranging from 5 lbs-150 lbs are available, as well as a turf area for exercising and stretching.

Upper Level
The upper level of 404 Fitness features LifeFitness cardio equipment as well as selectorized weight training equipment. In addition, dumbbells and kettle bells ranging from 5 lbs-52.5 lbs are available, as well rowing machines.

Dance Studio
Located on the lower level, this area accommodates recreational and other types of dance classes, workshops, and individual practice. The room also features spin bikes for patron use as well as spin classes offered through our Recreation program. Consult the posted schedules for availability of these studios.

Fitness Room
Located on the lower level, this area accommodates recreational and other types of dance classes, workshops, and individual practice. It is ideal for stretching, yoga, or other individual activities. Consult the posted schedules for availability of these studios.

Equipment löckers:
1. Valuables should not be brought into the NYU Athletic Facilities or stored in either rental or daily use lockers. The University is not responsible for lost or stolen property.
2. Be sure your lock is securely fastened on your locker when you leave it.
3. If a lock is lost, a fee of $10 will be charged.
4. Damp clothing and towels should not be stored inside or hung outside rental lockers. If odor becomes offensive, damp items will be removed from the locker and placed for claim for 15 days in the equipment room. A fee of $10 (cash only) will be charged for the claim of equipment removed for this reason.
5. If items are hung on locker exteriors, these items will be removed and placed for claim for 15 days in the equipment room. A fee of $10 (cash only) will be charged for claim of equipment removed for this reason.
6. Lockers not vacated or renewed will be cleared on the announced dates, and equipment taken from them will be placed for claim for 15 days in storage. A fee of $10 (cash only) will be charged for the claim of equipment removed for this reason. Announcements of locker clearance deadlines will be posted throughout the centers.
7. Sharing of lockers is not permissible.
8. Only locks issued by NYU Athletics will be placed on rental lockers. Personal locks may be used only on daily-use lockers. Locks are available for loan at the equipment room. However, users are encouraged to bring their own.
9. No locks may be left on daily-use lockers overnight. Locks left on these lockers after the building closes will be removed by the equipment manager, and the contents will be placed for claim for 15 days in storage. Twenty-four hours will be required to bring locker contents from the storage area after you request them to be returned. A fee of $10 (cash only) will be charged for the claim of equipment removed for this reason.
10. Food may not be stored in lockers.
11. The department reserves the right to open and inspect the contents of any locker.
12. Locker rooms are gender specific. Please be aware that bringing an opposite-sex child into a locker room may cause discomfort to others. Please use discretion.
13. Cell phone use is strictly prohibited in the NYU Sports and Recreation Center’s locker rooms.

NYU Athletic Facilities

404 Fitness Facility
Located on East 4th Street and Astor Place in the Greenwich Village section of Manhattan, the 404 Fitness Athletic Facility serves the University community with a wide range of cardio and strength equipment, as well as a limited offering of recreational programs. Some of the highlights of this three-floor athletic facility include multi-floor cardio & aerobic fitness and strength areas which feature new stair steppers, treadmills, and elliptical machines. In addition, new bicycles complete with personal TV consoles with audio and video connections allow patrons to plug in their own headphones to listen to music or watch streamed-in content.

The facility also includes a lounge area, locker rooms complete with free daily issue and rental lockers, a membership office, dance and spin room, yoga room, and stretch areas. Access into the facility is at street level and contains an internal elevator and stairwells. The facility is fully air-conditioned and ADA compliant.

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Brooklyn Athletic Facility

Brooklyn Athletic Facility (BAF) is located at Six MetroTech Center in downtown Brooklyn. Capital improvements were made to Facility spaces in the summer of 2014 with the merger of NYU and Polytechnic. All aerobic and strength training equipment, in what is now the Aerobic Fitness Room, was upgraded to form a state of the art fitness circuit. A subsequent expansion of activity area space into the basement level of Rogers Hall made in the fall of 2015, into what is now the Physical Fitness Room, allowed for the development of cardio and weight training dedicated spaces in the Aerobic and Physical Fitness Rooms respectively. When visiting the Facility, members may enjoy partaking in many free-play activities scheduled in the Gymnasium or engage themselves in online content while utilizing the fitness industry’s most advanced cardio equipment. Patrons can complement their activity in the Facility by using our vast assortment of free weight equipment or traverse our various cutting edge selectorized strength training pieces. Either way, the Facility offers its members exercise amenities to satisfy a wide spectrum of fitness and recreation goals.

Gymnasium

Located in the lobby level of the Jacobs Academic wing, the 8,000+ square foot Gymnasium contains a regulation-sized basketball court that is generally available for free play basketball. In addition to this, other free-play activities that are occasionally scheduled for the space include futsal, volleyball, table tennis, cricket and badminton. Free play activities are based on a challenge system. The Gymnasium also hosts a number of University related events including student convocations, admission events, career fairs, student activities events, and technology conferences. The Gymnasium is home to NYU’s badminton and table tennis clubs, Women’s and Men’s softball and baseball practices respectively, and select varsity volleyball, wrestling, and basketball contests. An assortment of basketballs are available for general use while volleyballs, futsals, and jump-ropes may be available, activity-permitting, upon request.

Men’s and Women’s Locker Room

Locker room facilities are available in the basement level of the Jacobs Academic wing. Both men’s and women’s locker rooms are equipped with daily use lockers, single stall showers, toilet stalls and a general sink area with available electrical outlets. In the event of maximum occupancy of lockers in the locker rooms, additional lockers are available in the hallways leading to and between Athletics spaces in the basement level. Daily use locks can be obtained in our Physical Fitness Room in exchange for a member’s NYU ID card.

Aerobic Fitness Room

This 2,900+ square foot area is located in the basement level of the Jacobs Academic wing of the building. In August 2014, the Aerobic Fitness Room was upgraded with LifeFitness Discover equipment. This state-of-the-art technology in cardio equipment features an LCD personal viewing screen. The consoles have touch technology controls with Android and iPod/iPhone compatibility. Users can surf the internet during their workouts and track their progress through LF Connect. Additional lockers, members must apply and pay for the rental in the Membership Office. See Locker Rules, page 13.

Physical Fitness Room

The 3,300+ square foot Physical Fitness Room hosts all of Brooklyn Athletic Facility’s strength and weight training equipment. It includes adjustable benches, free weights ranging from 1lb to 100lbs, plate-loaded column equipment, weighted barbells, and plate-loaded cable column equipment to satisfy a vast array of weightlifting exercises. Patrons may obtain a daily use lock here in exchange for their NYU ID cards. The space also includes office space for NYU Athletics staff.

Palladium Athletic Facility

Located on East 14th Street near Union Square, the Palladium Athletic Facility (PAF) is the latest in cutting-edge sports complexes designed to feel like a private health club. Boasting a hydrodynamically designed L-shaped deep-water pool, perfect for anything from swimming laps, to varsity-level competition in swimming, diving, and water polo, the Palladium is sure to wow even the hardened New York City sportsclub attendee. The lounge area, which overlooks both the pool and the main gym area is furnished with a LED TV, a snack bar that features nutritional fare, and a pro shop that sells NYU athletic merchandise. One can choose to lounge in perfect comfort or venture into the more challenging parts of the complex that contain state-of-the-art machines and weights.

Some of the highlights include a 3,140-square-foot weight room complete with free weights, plate-loaded machines, and selectorized machines. On the lower level is a 3,453-square-foot aerobic fitness room dedicated to cardio equipment. From this environment, one can move to the 30-foot-high climbing center that spans the two floors between the cardio room and the weight room. Existing separately from the two rooms is a group cycling room perfect for classes or general use.

The main gym can be used for either volleyball or basketball. The auxiliary gym, a large area for stretching, is outfitted with fitness equipment such as exercise balls, medicine balls, and body bars, making it the perfect haven for recreation classes.

Lounge

Relax in the comfortable seating area that overlooks the natatorium and the main gym. Chat with a friend, enjoy a snack, or watch TV equipped with surround sound.

Sweat-n-Shop

Sweat-n-Shop is located on Level C1 of the Palladium Athletic Facility. It offers patrons snacks (including Cliff Bars, Kind Bars, and Oh Yeah! One Bars); drinks (including Naked Juice, Muscle Milk, and Gatorade); and quality athletic apparel and accessories commonly needed by members at affordable prices. Available apparel and accessories include: T-shirts, shorts, sweatshirts, swimsuits, swim caps, goggles, and other workout gear.

AUX A/Fencing Room

This room serves as a room for team practices and recreational classes, a stretching area, and an individual workout space. Feel free to use the exercise balls, weighted body bars, mats, and other stretching equipment provided. Equipment provided in the auxiliary gyms may not be removed.

Lockers

Locker room facilities are available on both levels of the PAF, each connected by an internal staircase. Daily lockers are available, as well as rental lockers, which are obtainable through the Membership Office for a per-semester fee. The rental price for a locker is $25 per semester. To rent lockers, members must apply and pay for the rental in the Membership Office. See Locker Rules, page 13.

Spinning Room

Spinning at its finest is available at the PAF. The spinning room features Life Fitness Lifecycles with cutting-edge sports complexes designed to feel like a private health club. Boasting a hydrodynamically designed L-shaped deep-water pool, perfect for anything from swimming laps, to varsity-level competition in swimming, diving, and water polo, the Palladium is sure to wow even the hardened New York City sportsclub attendee.

Weight Room

Life Fitness and Hammer Strength equipment make this room one of the best for a top-quality workout. Free weights, as well as selectorized weightlifting equipment and kettlebells, cater to all fitness levels.

Equipment Room

Recreation equipment such as basketballs, volleyballs, jump ropes, stretch bands, and medicine balls are available for daily use; lockers for daily use lockers can be found here free of charge. Semester locker rental is also available based on a lottery system.
Taekwondo Championships.

Athletic Association Championships in volleyball, wrestling, and fencing; and the National Collegiate Wrestling Championships; international wrestling events; international fencing events; University Volleyball Regional Championships; ECAC Regional Basketball Championships; Metropolitan Regional Wrestling Championships; NCAA Regional Fencing Championships; NCAA Women's Basketball National Championship; and the Coles Sports Center also played host to the following events: 1997 NCAA Women's

University's 25 intercollegiate athletic programs. In addition to being home to the intercollegiate at various skill levels, serving over 10,000 participants. It also housed club sports and an intramural individual and group recreational sports and fitness activities, including over 140 different courses

34 years. The Sports Center was located at 181 Mercer Street and accommodated a wide range of recreational and athletic needs for the University's students, faculty, staff, and alumni for over

Coles Sports and Recreation Center (1981-2016)

challenging bouldering cave. Enthusiastic and caring staff members are ready to instruct all levels of climbers. Both novice and experienced climbers will be thrilled by the 30-foot-high Nicros A.R.T.Wall and Rock Climbing Wall

Main Gym

Play basketball on the regulation-sized full court of the main gym or half-court at any of the six bas-kets. The main gym is also used for intramurals. Equipment such as jump ropes, dumbbells, stretch mats, and kettlebells are not permitted on the main court, and sitting on the sidelines is prohibited.

Aerobic Fitness Room

Challenge yourself on one of the many treadmills, stairclimbs, ellipticals, cross- trainers, and recumbent or upright bikes. Have the option of personal TVs while you work out and get a good stretch on the available mats.

Rock Climbing Wall

Both novice and experienced climbers will be thrilled by the 30-foot-high Nicros A.R.T.Wall and challenging bouldering cave. Enthusiastic and caring staff members are ready to instruct all levels of climbers. Harnesses and climbing shoes are available to borrow free of charge. Please check for hours of operations.

Coles Sports and Recreation Center (1981-2016)

Coles Sports Center, which opened in September of 1981 and closed in February 2016, was the hub of recreational and athletic needs for the University's students, faculty, staff, and alumni for over

The facilities are ideally suited for numerous personal interests, and the department has effectively developed a comprehensive recreation schedule for each center's use. The instructional recreation program is comprised of more than 140 courses (over 500 sec-tions), available at the centers' users. These supervised recreation classes are of-

Recreation Programs

The Athletics Department offers recreation courses in two venues: 404 Fitness and Palladium Athletic Facility. The facilities are ideally suited for numerous personal interests, and the department has effectively developed a comprehensive recreation schedule for each center's use. The instructional recreation program is comprised of more than 140 courses (over 500 sections), available at the centers' users. These supervised recreation classes are offered to promote health and physical fitness, to develop leisure and recreational skills, and to impart knowledge of skills, game strategy, and rules for understanding specific sports. Participants can choose from the wide range of noncredit courses listed in the departments' recreation course listing, which is available at the centers' information desks and online at www.gonyuathletics.com.

Recreation courses are offered on a quarterly basis. A calendar is provided. Primary emphasis is on beginning and intermediate levels of instruction, although advanced instruction is offered in some areas.

Courses are taught by trained and qualified instructors and provide an excellent opportunity for personal development. Unless specified, all classes are open to men and women. Individual private instruction, outside the recreation courses offered, is prohibited. The department does have an opportunity for one-on-one personal training, and it can be found in the Athletics Department Recreation Guide.

For the entire recreation program to be responsive to its users' interests and needs, the department maintains a wide degree of programming flexibility. As these interests and needs change, the department will innovate and implement new activities and augment its program to meet new demands of the NYU community. We welcome your suggestions. The intention of the department is to increasing or improve skills and confidence and to convey to NYU Athletic Facilities members the value of achieving and maintaining physical fitness throughout their lives.

Eligibility: Registration is open to all NYU students, staff, faculty, administration, alumni, family, and domestic partner members of 404 and Palladium. Off-peak members may register only for those recreation courses that are offered on the days and times when they are eligible to use the facilities. A valid NYU student photo ID card, an NYU photo ID card with a valid athletics department membership, or an athletics department photo ID card with a valid membership must be presented at the time of registration. If you are not an NYU student or are receiving a discount, it is your responsibility to present proof of eligibility to the staff at the time of registration. The department may, at its discretion, require a doctor's note as a condition to register for any recreation course.

Payment and refunds: All payments must be made at the time of registration. Personal checks will not be accepted for amounts under $75. We do accept credit cards (Visa, MasterCard, and Discover) and NYU Campus Cash. Fees are not refundable except in the case of course cancellations. If an athletics department, you must return your refund request by appointment only. If you pay by credit card, you will be reimbursed by check in four to six weeks. Please contact the recreation assistant for an appointment or further information. All refunds over $150 will be issued by check. There are no tuition remission benefits extended for these courses.

Registration: To facilitate the registration process, members will be permitted to register in advance during any registration period for any subsequent quarter or semester during the current academic year. For example, you may register during A quarter registration for B quarter or CD semester offerings. This accommodation does not include tennis courses, children's swimming courses, or any other courses for which there is a high demand for a limited number of spaces. Questions concerning multiquarter registration should be addressed to: Kira Keesstra at 212-998-2014 or at the information desk during recreation course registration.

Please consult the Athletics Department Recreation Guide 2018-2019 for further details.

Please visit www.gonyuathletics.com for current recreation class information and schedules.

404 Community Swipe Members

Community members may now register for recreation courses through the 404 Community Swipe Members program. See the Athletics Department Recreation Guide or call 212-998-2014 for further information.
Club Sports
To support club sports, the department has established standard rules and procedures for club activities and advises in the development of new club sports on campus. All existing club sports that represent New York University and make use of 404/Palladium must be approved by the department annually. For additional information on club sports, please visit www.gonyuathletics.com/club sports.

Intramural Programs
The intramural program at NYU is one of the most popular attractions throughout the university, serving over 8,700 students each academic year. The intramural staff is here to serve you in meeting the mission statement of the program by providing programming that is safe, fun, social, competitive, and emphasizes the overall well-being and wellness of all participants.

The program offers 25-plus sports, activities, fitness programs, and events over a wide range of recreational, fitness and athletic experience. Offerings such as Intra-Run, Intra-Fit, and Powerlift Meets, as well as team sports such as soccer, basketball, volleyball, cricket, and flag football, are provided and are some of the most participated offerings. Winter and Summer session offerings are also programmed on a limited basis as well. The offerings of sports, events, and activities by the intramural program will differ and vary depending on the semester, on facility availability, and in regards to the current seasonal weather. There are sports and activities for everyone!

In addition to the 404 Fitness Center, the Palladium Athletic Facility, and the Brooklyn Athletic Facility, the Intramural Office uses various locations throughout New York City. Chelsea Piers Sports and Entertainment Complex is one of the most utilized locations. It is located along the Hudson River at West 23rd Street and houses indoor soccer fields as well as ice rinks, roller rinks, and sand volleyball courts. East River Park, Chelsea Waterside Park, and Pier 40 are also popular locations for intramurals such as flag football, softball, and soccer. Free transportation is available via shuttle buses and is provided to most locations.

Participants in the program include undergraduate and graduate students. All skill levels and abilities are welcomed to register and taken into account (e.g. League divisions based on experience). Prizes are awarded to competition winners and some participants. With an extremely diverse and global campus that has no boundaries or borders, it is our goal to offer a unique, inclusive, and engaging program that meets the interests of all and helps in the education and personal development of the NYU student.

For more information, you can visit gonyuathletics.com/nyu, e-mail us at nyuintramurals@nyu.edu, or follow us on social media (Twitter, Instagram, and Facebook) at @NYUIntramurals.

Violet Booster Club
The Violet Booster Club was established in 1983 and provides parents, alumni, and boosters of NYU Athletics the opportunity to continually show their support for NYU’s outstanding intercollegiate programs. Violet Booster Club members are entitled to a variety of exclusive benefits, including access to NYU home athletic competitions and invitations to receptions and special events throughout the year. VBC members also have the opportunity to get to know other NYU supporters, alumni, and members of the current varsity teams. New York University is proud to offer a unique experience to our student-athletes as we are dedicated to the highest level of success in both academics and athletics. We continually strive to offer competitive intercollegiate athletics programs that reflect the academic prestige of our university. The consistent contributions made by VBC members allow NYU to make programming, facility improvements, and opportunities for our student-athletes possible. Please join the NYU Department of Athletics, Intramurals and Recreation in recognizing the excellence of NYU Athletics by becoming a member of the Violet Booster Club!

Also, be sure to save the date for two of NYU Athletics’ outstanding annual events: The NYU Athletics Hall of Fame event will be held on Saturday, May 4, 2019. Join us as we recognize the outstanding achievement of five current varsity student-athletes and induct four new members into the prestigious NYU Athletics Hall of Fame!

The NYU Athletics Annual Golf Outing will be held on Monday, May 13, 2019. Supporters of NYU are invited to join us for a day of golf, a live/silent auction, raffle giveaways, a tremendous breakfast and dinner, and a ton of great NYU gear!

To learn more about being a VBC member, attend the Hall of Fame, or the Golf Outing, please contact Corey Saleh at corey.saleh@nyu.edu or 212-998-2029.
Palladium Health & Safety Pool Regulations

Lifeguards are available to assist patrons and enforce rules. Obey Lifeguards’ instructions at all times.

A Lifeguard or pool supervisor must be on deck before anyone enters the pool.

Palladium is a deep water pool in which intermediate level swimming ability is required. Lifeguards reserve the right to ask swimmers to complete a swim test of one lap (two lengths) without stopping or using swimming aids such as fins, paddles or jogging belts.

All swimmers must take a soap shower before entering the pool, per NYC DOH Regulations.

Food, gum, and beverages (with the exception of non-glass bottles) are prohibited in the pool area.

Personal belongings must be secured in a locker. Palladium is not responsible for lost or stolen valuables.

Only bare feet or slip-resistant aquatic footwear are permitted on the pool deck.

All swimmers must wear proper swimsuits. Cut-offs, athletic shorts, sports bras, compression shorts, powerliners or similar athletic wear are not permitted.

Swim caps are required for swimmers with hair longer than collar length.

Please read and obey all signs regarding the use of lap lane etiquette. Lifeguards will regulate lane speeds and may ask swimmers to switch lanes accordingly.

Swimmers must always circle swim, staying to the right side of the lane. See Lane Etiquette Poster

Starting block usage is restricted to Swim Team only.

Hanging on lane lines is prohibited.

Running, pushing, jumping, or unwanted contact of any kind is prohibited.

Diving in the lap pool area is prohibited.

Limited diving is permitted in the diving area, pending permission from the pool supervisor. A complete set of diving rules is posted in the diving area.

Intentional hyperventilation or underwater competitive breath-holding is prohibited. Prolonged or Repetitive Breath Holding can be deadly.

Urinating, discharging fecal matter, spitting or nose blowing in the pool is prohibited.

Band-aids must be removed prior to entering the pool.

Only staff members or lifeguards are permitted to operate the chair lift. Please request assistance from the pool staff to use the lift.

Please return all swim accessories to the storage bin after use.

Photography and video is prohibited.

The maximum occupancy of the recreation pool is limited to 83 persons at a time.

Rule violations will result in disciplinary action up to and including expulsion.